

How to count the event interval in HMR (1)

Rule for doubling up at HMR: at least 8 events between an athlete's 2 events:

- Start at the first event e.g. **Event 19 (E2x)**, then count **8 Events** in both directions
- **Event 10 (F1x)** or **Event 28 (B4x)** are the first possible events

1	H2x	9	B2x	17	G4x	25	F2x	33	G2-	41	C2x	49	G8+
2	E4x	10	F1x	18	D2x	26	C1x	34	H2-	42	B1x		
3	D1x	11	C4x	19	E2x	27	H8+	35	E1x	43	F4x		
4	E2-	12	B2-	20	H1x	28	B4x	36	D4x	44	C2-		
5	D4+	13	F4+	21	D2-	29	F2-	37	E4+	45	B4+		
6	E8+	14	H4x	22	E4-	30	C4+	38	G4-	46	H4+		
7	H4-	15	C4-	23	D8+	31	B4-	39	D4-	47	F4-		
8	G1x	16	B8+	24	G4+	32	F8+	40	G2x	48	C8+		

How to count the event interval in HMR (2)

If your event is less than 8 events from the beginning:

- Start at the first event e.g. **Event 5 (D4+)**, then count **8 Events** in both directions
- Continue counting from the end starting at Event 49 (G8+)
- **Event 14 (H4x)** or **Event 45 (B4+)** are the first possible events

1	H2x	9	B2x	17	G4x	25	F2x	33	G2-	41	C2x	49	G8+
2	E4x	10	F1x	18	D2x	26	C1x	34	H2-	42	B1x		
3	D1x	11	C4x	19	E2x	27	H8+	35	E1x	43	F4x		
4	E2-	12	B2-	20	H1x	28	B4x	36	D4x	44	C2-		
5	D4+	13	F4+	21	D2-	29	F2-	37	E4+	45	B4+		
6	E8+	14	H4x	22	E4-	30	C4+	38	G4-	46	H4+		
7	H4-	15	C4-	23	D8+	31	B4-	39	D4-	47	F4-		
8	G1x	16	B8+	24	G4+	32	F8+	40	G2x	48	C8+		

How to count the event interval in HMR (3)

If your event is less than 8 events from the end:

- Start at the first event e.g. **Event 43 (F4x)**, then count **8 Events** in both directions
- Continue counting from the start at Event 1 (H2x)
- **Event 3 (D1x)** or **Event 34 (H2-)** are the first possible events

1	H2x	9	B2x	17	G4x	25	F2x	33	G2-	41	C2x	49	G8+
2	E4x	10	F1x	18	D2x	26	C1x	34	H2-	42	B1x		
3	D1x	11	C4x	19	E2x	27	H8+	35	E1x	43	F4x		
4	E2-	12	B2-	20	H1x	28	B4x	36	D4x	44	C2-		
5	D4+	13	F4+	21	D2-	29	F2-	37	E4+	45	B4+		
6	E8+	14	H4x	22	E4-	30	C4+	38	G4-	46	H4+		
7	H4-	15	C4-	23	D8+	31	B4-	39	D4-	47	F4-		
8	G1x	16	B8+	24	G4+	32	F8+	40	G2x	48	C8+		

How to count the event interval in HMR (4)

Follow this process for all the members of your crew:

- For example, you wish to enter an 8+ with crew members already entered in H2x, B2- and E4+
- Count **8 Events** in both directions from each event
- You are left with two 8+ options: H8+ and D8+

