The Right Tool for the Job: Understanding the limits and potential of period-age relations

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Theoretical behavior in cool MS dwarfs







Rebull et al. 2016



Rebull et al. 2017 (see also Douglas et al. 2017 and the K2 Hyades, Douglas et al. 2016)



Meibom et al. 2011



Meibom et al. 2015



Barnes et al. 2016, but see also Esselstein et al. 2018

Gyrochronology Cheatsheet



Building a functional tool



Kawaler 1988 Matt & Pudritz 2009 Reiners & Mohanty 2012 van Saders & Pinsonneault 2013 Epstein & Pinsonneault 2014 Brown 2014 Matt et al. 2015 Gallet & Bouvier 2015 van Saders et al. (2016)

Semi-empirical $\frac{dJ}{dt} = f(\omega, M, R, \tau, \dot{M} \dots)$

Challenges

The calibrator situation is still dire



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The impact of metallicity is an open question ... but models suggest it's important



We're not really sure we understand the old stars

... in part because the calibrator situation is dire



van Saders et al. (2016), see also Angus et al. (2015)

We know we don't understand the M dwarfs



How do these stars reach long periods at this young age?

Model predictions (Matt et al. 2015)

Douglas et al. (2017)

And maybe K dwarfs are a problem too..



Curtis et al. 2019, see also Agueros et al. 2018, Douglas et al. (2019)

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Take-aways

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> Where it's calibrated, it's a beautiful tool. Just be sure to use it wisely!



Nielsen et al. 2013