



NATIONAL MASTERS NEWS



The official world and U.S. publication for Masters track & field, long distance running and race walking.

Enclosed are the simplified procedures for conducting an age-graded road race.

The purposes of age-graded competition are to:

- 1) Compare performances of older and younger runners.
- 2) Select the best performance in a race among all age groups.
- 3) Make awards more meaningful.
- 4) Give recognition to good performances in the upper age groups.
- 5) Make the competition more interesting and exciting.

Races have traditionally awarded masters awards on the basis of 5- or 10-year age groups. But, often in the upper age-groups, only a handful of runners shows up. Either they all get meaningless awards, or the race director avoids the problem by lumping all 60-and-up runners into one division. That, in turn, penalizes the 75-year-old who runs an outstanding time. Moreover, the 40-44 division tends to get the recognition, even though an older runner might have a better time, based on age and sex.

Using age-grading, medals and recognition can go to the best runners, regardless of age or sex. First place may go to a 41-year-old man or to a 76-year-old woman. Age-graded competition can also include open-class runners.

The tables are easy to use. All you need is a hand calculator. The standards are generally based on the potential world record for each age-group.

The tables were researched and compiled by two committees of the World Association of Veteran Athletes (WAVA).

Please call or write if you have any questions.

Al Sheahen
Editor



HOW TO CONDUCT AN AGE-GRADED ROAD RACE

Find the time standards for each age group. Divide the time standard for a person's age-group by the time he/she ran.

That gives you a "performance-level percentage." The runner with the best percentage is the winner, regardless of age or sex.

Example: A 53-year-old woman runs 10K in 45:18.

- 1) Find the W50-54 standard for 10K.
- 2) The W50 standard for 10K is 34:25.
- 3) Convert 45:18 into seconds ($45 \times 60 = 2700$ seconds + 18 seconds = 2718 seconds).
- 4) Convert 34:25 into seconds ($34 \times 60 + 25 = 2065$ seconds).
- 5) Divide 2065 by 2718 = 76.0%.

Grade Levels: 90+% = World Class
80+% = National Class
70+% = Regional Class
60+% = Local Class

The performance-level (P.L.) percentage can also be expressed as an age-graded time by dividing the open-class (OC) standard by the P.L.%.

On the following pages are:

- 1) Age-group standards for each long-distance event.
- 2) Samples of completed heat sheets of a mythical competition, using the age-group standards.
- 3) Blank heat sheets which can be copied for use in calculating performance percentages.

In the sample, the actual times of the winners of each five-year age division in the 1988 Paramount, Calif. 10K are listed.

Whereas Steve Ferraz, M40, and Gail Scott, W40, were the overall male and female masters winners, the best age-graded performance was turned in by Steve Lester, M45, with a 93.3%. Next was Orlo Kenniston (M60, 90.5%). Ferraz was third (90.5%); Gina Faust (W50, 90.2%) was fourth.

You can find each runner's age-graded time -- what he/she would theoretically run in their prime. In Lester's case, divide the open-class men's standard (26:55) by his P.L. (93.3%) and get 28:51. To get Faust's age-graded time, divide the open-class women's standard (29:53) by her P.L. (90.2%) and get 33:08.

A race can be staged using five-year age-group standards, as described above, or by using single-age standards. The advantage of using age-group standards is there are less numbers to deal with. The advantage of using single-age standards is that all performers can compete equally, based on their exact ages. To get the single-age standards, send \$5.00 to cover printing and postage to NMN, PO Box 2372, Van Nuys CA 91404.

A race can also be staged using a "Portsmouth Start," where the oldest runner starts first and the youngest runner starts last. The first one to the finish line is the winner. For complete instructions, send \$7.50 to NMN, PO Box 2372, Van Nuys CA 91404. (This "director's kit" also contains single-age factors and standards, personal performance charts, track & field and racewalk instructions, and examples of meets, races and racewalks.)

LONG DISTANCE RUNNING STANDARDS - 1989

AGE DIV.	5K	8K	10K	15K	20M	20K	HALF-MAR	25K	30K	MARATHON	AGE DIV.
OC	12:57	21:18	26:55	41:17	44:29	56:02	59:25	1:11:09	1:26:27	2:04:20	OC
M35	13:19	21:54	27:41	42:27	45:45	57:37	1:01:06	1:13:10	1:28:44	2:06:06	M35
M40	13:44	22:35	28:33	43:47	47:10	59:25	1:03:00	1:15:27	1:31:31	2:10:03	M40
M45	14:12	23:21	29:30	45:15	48:45	1:01:24	1:05:07	1:17:58	1:34:34	2:14:24	M45
M50	14:43	24:12	30:34	46:53	50:32	1:03:39	1:07:29	1:20:49	1:38:01	2:19:17	M50
M55	15:21	25:14	31:53	48:54	52:42	1:06:23	1:10:23	1:24:17	1:42:14	2:25:17	M55
M60	16:07	26:29	33:29	51:22	55:20	1:09:43	1:13:55	1:28:31	1:47:21	2:32:33	M60
M65	16:59	27:56	35:18	54:09	58:22	1:13:31	1:17:57	1:33:21	1:53:13	2:40:53	M65
M70	18:00	29:36	37:25	57:24	1:01:51	1:17:55	1:22:37	1:38:56	1:59:59	2:50:30	M70
M75	19:10	31:31	39:50	1:01:06	1:05:50	1:22:56	1:27:56	1:45:18	2:07:43	3:01:29	M75
M80	20:30	33:42	42:36	1:05:20	1:10:24	1:28:41	1:34:03	1:52:37	2:16:34	3:12:17	M80
M85	22:02	36:16	45:49	1:10:17	1:15:44	1:35:24	1:41:09	2:01:08	2:26:54	3:28:47	M85
M90	24:32	39:15	49:35	1:16:42	1:21:58	1:43:15	1:49:29	2:11:06	2:39:00	3:45:56	M90
WOC	14:22	23:39	29:53	45:49	49:23	1:02:12	1:05:57	1:18:59	1:35:58	2:18:00	WOC
W35	14:49	24:23	30:49	47:15	50:56	1:04:09	1:08:01	1:21:27	1:38:47	2:20:10	W35
W40	15:20	25:14	31:53	48:53	52:41	1:06:22	1:10:22	1:24:16	1:42:12	2:25:01	W40
W45	15:54	26:10	33:04	50:43	54:39	1:08:50	1:12:59	1:27:24	1:45:59	2:30:24	W45
W50	16:33	27:14	34:25	52:46	56:52	1:11:38	1:15:57	1:30:57	1:50:17	2:36:29	W50
W55	17:20	28:33	36:04	55:18	59:36	1:15:05	1:19:36	1:35:20	1:55:36	2:44:01	W55
W60	18:19	30:09	38:06	58:25	1:02:58	1:19:19	1:24:06	1:40:43	2:02:08	2:53:15	W60
W65	19:27	32:02	40:28	1:02:03	1:06:53	1:24:14	1:29:19	1:46:58	2:09:41	3:03:59	W65
W70	20:47	34:13	43:14	1:06:18	1:11:27	1:30:00	1:35:26	1:54:17	2:18:52	3:16:33	W70
W75	22:20	36:46	46:27	1:11:13	1:16:46	1:36:41	1:42:31	2:02:46	2:29:11	3:31:08	W75
W80	24:49	39:45	50:13	1:17:00	1:23:00	1:44:32	1:50:50	2:12:44	2:41:18	3:48:13	W80
W85	26:18	43:18	54:43	1:23:54	1:30:26	1:53:54	2:00:46	2:24:37	2:55:44	4:08:39	W85
W90	28:54	47:15	60:08	1:32:11	1:39:22	2:05:09	2:12:42	2:38:55	3:13:06	4:33:06	W90

