INFORMATION SHEET

Checking In
No need to check in if you're pre-registered. Just go to the start, 10 minutes before your event.

Late Entries
$10 per event if space available. Check in at registration desk.

Age-Grading
Each competitor gets a distance handicap in the 100, 200 and 400; and a time handicap in the 800 and 1500. In the hurdles, 5000 and 5000 walk, we divide the "time standard" for your age/event by the time you run. For field events, we take your actual throw or jump and divide it by the "distance standard" for your age/event. This gives us a "performance percentage." The person with the best percentage is the winner.

Age-Graded Marks
To make the performance percentage more understandable, we divide the "open class standard" by your performance percentage to get your "age-graded" mark. (For field events, we multiply.) Your age-graded mark can thus be compared to Carl Lewis, Ben Johnson, etc. The age-graded mark is what you would have done if you were 25.

Can I run the full distance?
Yes. Entrants in the 100, 200 and 400 receive a distance handicap, meaning you'll run less than the full distance. However, if you want to get a time for the full distance, you may waive your handicap and start at the scratch line.

Awards
Trophies will be presented to the 1st, 2nd and 3rd place finishers in each event -- based on the age-graded tables. A team trophy will be awarded the club whose members score the most points -- based on 6-4-3-2-1 scoring.

PLEASE COME TO THE VICTORY STAND, WHEN YOU HEAR YOUR NAME ANNOUNCED, FOR YOUR TROPHY PRESENTATION.

Advancing to Finals
Only the 100 has heats. The winner of each heat, plus the next fastest from all heats, will advance to an eight-person final. The heats are seeded, based on times submitted on the entry form. The 200, 400 and both hurdles will be run in sections as finals. The best performance percentages (age-graded marks) from all sections determine the winners.

After-the-race:
Please return to the finish line and give the timers your name. Stay in your lane in the sprint events.

Field Events:
You are entitled to five throws/jumps in the shot, discus, hammer, javelin, long jump and triple jump. Your best effort, divided by your distance standard, determines your age-graded performance.

Comments and Suggestions:
This is our second age-graded meet, and we've made a few changes in the structure and in the tables. We're still experimenting and learning. If you have any comments or suggestions on the age-graded tables, or on the way the meet is run, please let us know.
SECON ANNUAL
NATIONAL MASTERS NEWS

AGE-GRADED TRACK AND FIELD MEET
SATURDAY, NOVEMBER 14, 1987

INFORMATION SHEET

Checking In
No need to check in if you're pre-registered. Just go to the start, 10 minutes before your event.

Late Entries
$10 per event if space available.
Check in at registration desk.

Age-Grading
Each competitor gets a distance handicap in the 100, 200 and 400; and a time handicap in the 800 and 1500.
In the hurdles, 5000 and 5000 walk, we divide the "time standard" for your age/event by the time you run.
For field events, we take your actual throw or jump and divide it by the "distance standard" for your age/event.
This gives us a "performance percentage." The person with the best percentage is the winner.

Age-Graded Marks
To make the performance percentage more understandable, we divide the "open class standard" by your performance percentage to get your "age-graded" mark. (For field events, we multiply.) Your age-graded mark can thus be compared to Carl Lewis, Ben Johnson, etc. The age-graded mark is what you would have done if you were 25.

Can I run the full distance?
Yes. Entrants in the 100, 200 and 400 receive a distance handicap, meaning you'll run less than the full distance. However, if you want to get a time for the full distance, you may waive your handicap and start at the scratch line.

Awards
Trophies will be presented to the 1st, 2nd and 3rd place finishers in each event -- based on the age-graded tables. A team trophy will be awarded the club whose members score the most points -- based on 6-4-3-2-1 scoring.

PLEASE COME TO THE VICTORY STAND, WHEN YOU HEAR YOUR NAME ANNOUNCED, FOR YOUR TROPHY PRESENTATION.

Advancing to Finals
Only the 100 has heats. The winner of each heat, plus the next fastest from all heats, will advance to an eight-person final. The heats are seeded, based on times submitted on the entry form. The 200, 400 and both hurdles will be run in sections as finals. The best performance percentages (age-graded marks) from all sections determine the winners.

After-the-race:
Please return to the finish line and give the timers your name. Stay in your lane in the sprint events.

Field Events:
You are entitled to five throws/jumps in the shot, discus, hammer, javelin, long jump and triple jump. Your best effort, divided by your distance standard, determines your age-graded performance.

Comments and Suggestions:
This is our second age-graded meet, and we've made a few changes in the structure and in the tables. We're still experimenting and learning. If you have any comments or suggestions on the age-graded tables, or on the way the meet is run, please let us know.