



## Age-Graded Information

### ***What is Age-Graded Scoring?***

Age-Graded Scoring allows all participants within a race to be 'scored' against each other regardless of age. This is done by comparing a participant's finish time at a particular race distance to an 'ideal' or best time achievable for that participant's age and gender (not necessarily the 'World Record'). Age-Graded Scoring utilizes statistical tables to compare the performances of individual athletes at different distances, between different events, or against other athletes of either gender and/or of any age.

### ***How Does Age-Graded Scoring Work?***

**Example #1:** A 55-year old male runs a marathon in 3:00:27. His Age-Graded Score would be 80.21%. The 80.21% is because, according to Age-Graded Scoring tables, the 'ideal' finish time for a 55-year old male is 2:24:22, and that's about 20% faster than the 55-year old male ran.

**Example #2:** A 27-year old male ran the same marathon in 2:45:47. His Age-Graded Score would be 76.51% according to the Age-Graded Scoring tables.

So even though the 27-year old ran almost 15 minutes faster than the 55-year old, the 55-year old actually won according to the Age-Graded Scoring method. The 27-year old runner needs to get almost 4% faster over time to be able to run the same time as the 55-year old man by the time he reaches that age.

### ***Why Age-Graded Scoring?***

The World Association of Veteran Athletes (WAVA) originally developed the Age-Graded Scoring system to do two things:

- 1) Provide each race finisher with a percentage score that will enable them to judge their performance against any other race finisher without bias to age or gender. So no matter how old you get, your Age-Graded Score or 'performance percentage' will be judged against the standard for your current age within your gender. As your performances decline with advancing age, so too will the standards used to calculate your Age-Graded Score, giving you a true measure of your performance.
- 2) Correct each person's performance, regardless of age, to what it would have been (or will be) in their 'prime' athletic years. This allows for comparisons of current performance to previous ones over the same distance. You can also compare your performance to other finishers of any age or either gender.

### ***Age-Graded Scoring Achievement Levels***

100% - Approximate World Record Level  
90-99% - World Class  
80-89% - National Class  
70-79% - Regional Class  
60-69% - Local Class