



Age-Grading as used in USATF Master Long Distance Running Championships

Age-Grading in USATF Master Long Distance Running Championship events is used to compare performances for runners of different ages within each Championship event. This allows each runner's performance to be judged against a performance standard for their own age. Thus, runners of different ages can compare their races relative to others in the same race with the age factor taken into account through the use of the **Age-Graded Tables**. These tables were first developed by the World Association of Veteran's Athletes (WAVA) in 1989 and were last updated in 2006.

These age graded results do not supplant or replace the scoring system already in place to award finish places and championship medals, rather they serve as an additional system to compare performances in that race across all age divisions. At least one award for each gender should be given based on Age-Graded results. The USATF Masters Long Distance Running (LDR) Committee recommends the use of age-grading to award at least 50% of the total prize purse in its Championship events to at least the top 10 age-graded performers.

All finishers in Master Championship event should be age-graded using the Performance-Level Percentage (PLP) from the **Age-Graded Tables**. Performance-Level Percentage (PLP) is found by dividing a runner's time into the "age standard" found in the tables. These age standards are equivalent to the all-time best performance ever at a given distance for that single year age. This calculation is usually a pre-set in most modern timing system software packages. This will provide a percentage value that can be used to compare all runners' results from that race.

PLP Achievement levels

Above 100%	Would indicate a record setting performance
100%	Approximate World Record Level for the single year age.
Over 90%	World Class Level
Over 80%	National Class Level
Over 70%	Regional Class Level
Over 60%	Local Class Level