

## Age-Graded Performance Awards Announcement

Purpose: To award runners for top performances. The age-graded aspect would take into account age and gender differences as well as race distance in comparing performances.

Scoring Table: WAVA/WMA age-graded tables (2006 factors, not 1994 factors). The Pacific Association uses this one. This table makes calculations for non-standard distances (e.g. 5.67 miles or 7K).

- <http://www.howardgrubb.co.uk/athletics/wavalookup.html>

Awards: There will be **no double-dipping**. Someone can only win 1 (one) award per year.

**Top 3 Male/Female** for the time period

**Top Performance Award from every “Pamakid Racing Team Race”**

- “Pamakid Racing Team races” are those which appear on the schedule as announced by the Racing Team Captains.
- Note: In X-C, only the PA Championships race would count.
- KP Half, KP 5K, and Rites of Spring would also be included in this category.

The exact awards will vary but traditionally have been Sports Basement gift certificates.

Time Period: Awards to be presented at the Holiday Gala.

For the 2010 Gala the time period is: Nov 1, 2009 – Oct 31, 2010.

The Nov cut-off is to give time to make the calculations before the Gala.

Scoring:

- People submit their race results to the racing team captain or coach ([coach@pamakids.org](mailto:coach@pamakids.org)), who will keep a database.
- **You must submit your result, your age at the time of the race, and a link or something to verify the performance.**
- Races must be run on a certified course. People are on their honor to not submit race times from courses that were obviously mis-measured (e.g. Stadium to Stadium 2006).
- Some important rules:
  - No relay splits (i.e. Couples Relay, Lake Merced Christmas Relays).
  - Track marks (100 meters, 200 meters, etc.) are accepted. No field marks (e.g. long jump, shot put) or hurdle races.
  - **Race must be done while representing the Pamakids/running in a Pamakids uniform.**

### **Top 3 Male/Top 3 Female Awards:**

- All submitted marks will be scored and ranked.
- The top 3 male and top 3 female performances will be determined.
- No double-dipping means that if the same person has the #1 and #2 performance, they would win for #1, but not win a second award for their #2. Whoever was #3 would move up to earn the #2 award, etc.
- The race does not have to be a “Pamakids Racing Team race”.
- But you must have been representing the Pamakids at the race/running in a Pamakids uniform.

### **“Pamakid Racing Team race” Top Performance Awards:**

- For each Pamakid Racing Team race (as defined above), we would score all the performances to get a score for everyone who ran.
- Again, everyone should submit their time and age. But the race captain could also assist with this by submitting the names, ages, and times of everyone from a given race.
- The 6 people who won the “Top 3” awards would not be eligible for these awards so we would cross out their names everywhere.
- The top remaining score would be declared the Top Performance Award for that race. Doesn't matter if it's male or female. One winner per race. That person's name would then be crossed off everywhere and the rest of the performances from that race are now out.
- The next remaining top score would be declared the performance award for that race. Then that person's name and all remaining performances from that race would be out.
- This would continue until all the races have a winner (if possible).

Rationale: This would give more people the chance to “win” an award for their race performance.

The no double dipping award will give more people the chance to win something.  
Reward factor for participating in a lot of races.

Questions: Andy Chan ([coach@pamakids.org](mailto:coach@pamakids.org)) or ask him to try to explain it when you see him at the track.

**Don't Forget: You must submit your own result and age for any race performance that you want entered into the database. And you must be representing the Pamakids/running in a Pamakids uniform at the race for that race to be eligible.**