



Masters Athlete of the Year Awards Criteria

Athlete of the Year Awards for the Masters Age Categories in Track & Field, Road Running and Cross Country will be based on Age Grading. Age grading will be based on five (5) year tables. In other words, for a 5 year age group, the entry for the lowest age in the group will be used to calculate the age graded result of all 5 ages in the group. This means that the best performances within the age group will get the best age graded result. This change was made in order to reward direct competition within an age group and to provide more opportunities for athletes entering a new age group.

The age grading calculator may be found at: <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>;

Track Master of the Year Award Criteria (male and female)

The awards will be based on the Five Best Age Graded track performances for the year (may be the same event or different events)

For example, an athlete could have results for: 100m, 200m, 400m and 800m or five results for 100m.

Field Master of the Year Award Criteria (male and female)

The awards will be based on the quality of field performances based on a percentage of the Canadian 5 year age group records. Consideration will be given to records set. A minimum of five performances will be required.

Road Running Master of the Year Award Criteria (male and female)

The awards will be based on the Five Best Age Graded performances for the year (may be the same event or different events)

Cross Country Master of the Year Award Criteria (male and female)

The awards will be based on the best age graded performance in the BC Championships and the Canadian Championships. Normally, the winners must also have participated in at least one other cross country race during the year.

For more information or questions, please contact the BC Athletics Masters Track & Field Committee.