

WAVA Scoring

WAVA stands for World Association of Veteran Athletes, the old name for what became World Masters Athletics. But the WAVA name stuck for the scoring system.

It works by comparing an individual's time for a race with data on the world's best times for the same distance male or female.

It doesn't use the absolute fastest times in the world, instead using statistical data on the best times it's possible to generate a nice smooth curve on a graph that shows the current limits of what's possible at every age.

Think of it as a graph showing relative race speed by age.
For example for a 10k race:

A male age 20 with a time of 40mins gets a WAVA of 66%,
A male ages 50 getting the same time 40 mins gets a WAVA of 75%
and at 60 years old, 40mins gets a WAVA of 82%

A female age 20 with a time of 40 mins gets a WAVA of 75%
A female age 50 getting the same 40 mins gets a WAVA of 85%
and by age 60, 40 mins gets a whopping WAVA of 97% approaching the world record.

These curves have changed shape a few times over the past 20 years as world record times change. This is particularly so for the female graphs as female athletes have made greater gains over that time.

In short, WAVA is a way to measure your performances that takes your age into account.