How to score points

- Max points that can be scored in any race by an age group winner is 4,000.

- Age group winners in **AbbottWMM** races automatically get 4,000 points.

- The minimum amount of points that can be scored is 1,000.

- Any age group athlete within 29 seconds of the age group winning time in an **AbbottWMM** race receives 10 points less, earning 3990 points. Runners within 30-59 seconds of the winning time receive 20 points less, and those earning times within 1 minute and 29 seconds less than the age group winning time receive 30 points less, etc.

- In **all other qualifying races**, scoring is based on a platinum time for each age group and gender

- Age group winners in these races must run faster than the platinum time for their age and gender to score 4000 points.

- The same points deduction according to time behind the winner applies.

- If the age group winning time is below the platinum time, then the points awarded to the winner, and every subsequent age group runner are reduced by the time the age group winner has missed platinum time for the age and gender of the athlete.

Platinum times for each age group are as follows

Men	Women
40-44 **2:26**	40-44 **2:46**
45-49 **2:34**	45-49 **2:48**
50-54 **2:41**	50-54 **3:04**
55-59 **2:50**	55-59 **3:18**
60-64 **3:00**	60-64 **3:33**
65-69 **3:09**	65-69 **3:48**
70-74 **3:21**	70-74 **4:09**
75-79 **3:51**	75-79 **4:51**
80+ **4:17**	80+ **5:33**

- If a runner moves age group during a series, they will remain in the rankings category where they first scored Age Group World Rankings points.
- Age group at the Age Group World Championship will be based on the athletes' age on race day, and not necessarily the age group in the previous series