



2023-24 Cross Country Age Classifications

Cross Country	Age	Birth Year
General Member	0 – 17	2006 and under
Non – Scored Athlete	18 – 39	2005 - 1984
Competitor U6	5 and under	2018 and over
Competitor U8	6 and 7	2016 - 2017
Competitor U10	8 and 9	2014 - 2015
Competitor U12	10 and 11	2012 - 2013
Competitor U14	12 and 13	2010 - 2011
Competitor U16	14 and 15	2008 - 2009
Competitor U18	16 and 17	2006 - 2007
Competitor U20	18 and 19	2004 - 2005
Competitor SR	20 – 39	1984 - 2003
Adaptive Competitor	All Ages	2023 and under
Official	18 – 100	2005 and under
Coach with Official	18 – 100	2005 and under
Junior Coach	15 – 17	2006 – 2008
Volunteer	18 – 100	2005 and under