



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 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 |

* **NOTE:** 2nd year U14s will **only** receive NRL points if they are racing in an event that is sanctioned for U16 or older athletes. Events sanctioned for U14s or younger athletes are NOT scored. U14 athletes **not intending to race up** against older athletes should purchase the Cross Country **General License**.