



# 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*	13	2010
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**.