



2024-25 Cross Country Age Classifications

Cross Country	Age	Birth Year
General Member	0 – 17	2007 and under
Non – Scored Athlete	18 and Over	2006 and over
Competitor U14*	13	2011
Competitor U16	14 and 15	2009 - 2010
Competitor U18	16 and 17	2007 - 2008
Competitor U20	18 and 19	2005 - 2006
Competitor SR	20 – 39	1985 - 2004
Adaptive Competitor	All Ages	2024 and under
Official	18 – 100	2006 and under
Coach with Official	18 – 100	2006 and under
Junior Coach	15 – 17	2007 – 2009
Volunteer	18 – 100	2006 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**.