



2019-20 Cross Country Age Classifications

Cross Country	Age	Birth Year
General Member	0 – 17	2002 and under
Competitor U6	5 and under	2014 and over
Competitor U8	6 and 7	2012 - 2013
Competitor U10	8 and 9	2010 - 2011
Competitor U12	10 and 11	2008 - 2009
Competitor U14	12 and 13	2006 - 2007
Competitor U16	14 and 15	2004 - 2005
Competitor U18	16 and 17	2002 - 2003
Competitor U20	18 and 19	2000 - 2001
Competitor SR	20 – 39	1980 - 1999
Master (Adult Competitor)	40 and over	1979 and under
Non – Scored Athlete	18 – 39	1980 – 2001
Adaptive Competitor	All Ages	2019 and under