USATF Age Divisions 2023

8 & Under born 2015+

9-10 2013-2014

11-12 2011-2012

13-14 2009-2010

15-16 2007-2008

17-18 2005-2006

(athletes born in 2004 who turn 19 on 7/31/2023 or later are still eligible to compete in the 17-18 age division).

Open

born on 7/30/2004 or earlier, but still 29 or younger on the day of the meet

Masters

Age 30 or over on the day of the meet