USATF Age Divisions 2024

8 & Under	born 2016+
9-10	2014-2015
11-12	2012-2013
13-14	2010-2011
15-16	2008-2009
17-18	2006-2007

(athletes born in 2005 who turn 19 on 7/25/2024 or later are still eligible to compete in the 17-18 age division).

Open

born on 7/24/2005 or earlier, but still 29 or younger on the day of the meet

Masters

Age 30 or over on the day of the meet