



Track and field age groups

If you are unsure whether you can compete within a certain age group (u11, u13, u15, u17, u20 etc) then the following guidelines taken from the UK Athletics Rules for Competition (Rule 107) will help determine which age group is applicable.

(1) The Competition Year shall extend from 1st October to 30th September in the following year.

Under 11 Boys and Girls (School Years 4 and 5)

UK Athletics Rules do not specifically cater for athletes under the age of 11 years. This does not necessarily preclude provision by organisers of competitions for events for athletes younger than 11 years, with correspondingly reduced distances to be run and lighter implements to be used.

Under 13 Boys and Girls (School Years 6 and 7)

Track and Field competition for Under 13's shall be confined to competitors who are aged 11 or 12 on the 31st August within the Competition Year, as defined in (1) above.

Under 15 Boys and Girls (School Years 8 and 9)

Track and Field events for Under 15's shall be confined to competitors who are aged 13 or 14 on 31st August within the Competition Year, as defined in (1) above.

Under 17 Men and Women (School Years 10 and 11)

Track and Field events for Under 17's shall be confined to competitors who are aged 15 or 16 on 31st August within the Competition Year, as defined in (1) above.

Under 20 Years Junior Men and Women

Track and Field events for Juniors shall be confined to competitors who are 17 or over on 31st August within the Competition Year, as defined in (1) above, but Under 20 on 31st December in the calendar year of competition.

Seniors

A Senior is a competitor who is at least 20 years of age on 31st December in the calendar year of competition.

Masters

Events for Masters shall be confined to athletes who are at least 35 years of age on the day of competition.