



Senior Track & Field 2023 - 2024 Season

Age Grades

October - December 2023

Grade	Age at 31 December 2023	Born in
U14	12-13	2010, 2011
U16	14-15	2008, 2009
U18	16-17	2006, 2007
U20	18-19	2004, 2005
Senior	20-29	1994-2003
Masters	30+	1993 or earlier

January - March 2024

Grade	Age at 31 December 2024	Born in
U14	12-13	2011, 2012
U16	14-15	2009, 2010
U18	16-17	2007, 2008
U20	18-19	2005, 2006
Senior	20-29	1995-2004
Masters	30+	1994 or earlier