



Senior Track & Field 2025 - 2026 Season

Age Grades

October - December 2025

Grade	Age at 31 December 2025	Born in
U14	12-13	2012, 2013
U16	14-15	2010, 2011
U18	16-17	2008, 2009
U20	18-19	2006, 2007
Senior	20-29	1996-2005
Masters	30+	1995 or earlier

January - March 2026

Grade	Age at 31 December 2026	Born in
U14	12-13	2013, 2014
U16	14-15	2011, 2012
U18	16-17	2009, 2010
U20	18-19	2007, 2008
Senior	20-29	1997-2006
Masters	30+	1996 or earlier