

## Age Groups for 2020

Age Groups/grades align with the New Zealand Athletics cross country age grades.

<b>Ages, Grades and Distances based on age as at 31<sup>st</sup> December 2020</b>			
<b>Grade</b>	<b>Age</b>	<b>Distance (approximate)</b>	
		<b>Cross Country</b>	<b>Road</b>
Boys/Girls Under 7	4,5,6	1000m	1000m
Boys/Girls Under 8	7	1700m	2000m
Boys/Girls Under 10	8,9	1700m	2000m
Boys/Girls Under 12	10,11	2300m	2500m
Boys/Girls Under 14	12,13	3000m	3000m
Boys/Girls Under 16	14,15	4000m	4000m
Women Under 18	16,17	5000m	5000m
Men Under 18	16,17	6000m	6000m

**Please note that age groups are worked out on the athlete's age on the 31<sup>st</sup> December in the year of competition. e.g If a runner turns 12yrs old in September 2020, they will be in the U14's**