

## **Age group rules for County Championships**

Athletes should be aware that the age group rules for County Championships vary – as do UKA and IAAF rules. Within any one year it is possible to be two different ages because different rules apply to different disciplines.

### **Track and Field Championships**

UKA rules for competition rule 107 applies which says that “the competition year shall extend from 1<sup>st</sup> October to 30<sup>th</sup> September of the following year”.

The age groups are

- U11 for athletes who are 9 or 10 on 31<sup>st</sup> August within the competition year but they must be at least 9 on the day of the competition.
- U13 for athletes who are 11 or 12 on 31<sup>st</sup> August within the competition year
- U15 for athletes who are 13 or 14 on 31<sup>st</sup> August within the competition year
- U17 for athletes who are 15 or 16 on 31<sup>st</sup> August within the competition year
- U20 for athletes who are over 17 on 31<sup>st</sup> August within the competition year but under 20 on 31<sup>st</sup> December in the calendar year of the competition.
- Seniors for athletes who are at least 20 years of age on 31<sup>st</sup> December in the calendar year of the competition.
- Masters for athletes who are at least 35 years of age on the day of the competition.

The County will normally base entries on the date of birth of the athlete but if they specifically say then an U20 or Master can nominate to compete as a Senior.

The County awards a gold, silver and bronze medal to the first, second and third competitor in every event regardless of the number of competitors.

### **Cross Country Championships**

The same rule as for track and field applies for U13 to U17 athletes therefore they shall be in the same age group as the previous track and field season.

For U20 and above the IAAF rules for competition rule 141 applies. This is because the races are used to select the County teams for the Inter County Championships which use the IAAF age groups.

- U20 for athletes who are 17 or over on 31<sup>st</sup> August prior to the competition but 18 or 19 on 31<sup>st</sup> December in the calendar year of the competition.
- Seniors for athletes who are at least 20 years of age on 31<sup>st</sup> December in the calendar year of the competition.
- Masters for athletes who are at least 35 years of age on the day of the competition.

The County will normally base entries on the date of birth of the athlete but if they specifically say then an U20 or Master can nominate to compete as a Senior.

The County gives awards to the first three individuals and the first three teams in each age group.

## **Road Championships**

UKA rules for competition rule 207 applies which says that “the competition year shall extend from 1<sup>st</sup> October to 30<sup>th</sup> September of the following year”.

The age groups are

- U20 for athletes who are 17, 18 or 19 on 31<sup>st</sup> August prior to the commencement of the competition year as defined above.
- Seniors for athletes who are at least 20 years of age on 31<sup>st</sup> August prior to the commencement of the competition year as defined above.
- Masters for athletes who are at least 35 years of age on the day of the competition. Masters are subdivided into M35, M45, M55, M65, F35, F45, F55 categories.

The County will normally base entries on the date of birth of the athlete but if they specifically say then an U20 can nominate to compete as a Senior and a Master can nominate to compete as a Senior or in any Masters category younger than his/her normal age group..

The County awards a gold, silver and bronze medal to the first, second and third competitor in each Championship event regardless of their age. The first three are deemed to be the Senior event winners. In addition the first competitor home in the U20 and each of the Masters age groups will be awarded a gold medal for their age group.

It is possible therefore, for example, that a M55 may win two medals – one in the Senior race and another in his own age group. A Master can only win one Masters medal in the age group in which s/he enters