



SCHEDULE & AGE DIVISIONS:

8 & under (born 2014 +)
9 - 10 (born 2012-2013)
11 - 12 (born 2010-2011)
13 - 14 (born 2008-2009)
15 - 16 (born 2006-2007)
17 - 18 (born 2004-2005)
*Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championship.

Age Division	Distance	Time
8 & Under (born 2014+)	2 km (1.24 miles)	Boys-1:30 pm Girls-1:30 pm
9 & 10 (born 2012-2013)	3 km (1.86 miles)	Boys-2:00 pm Girls-2:00 pm
11 & 12 (born 2011-2010)	3 km (1.86 miles)	Boys-2:30 pm Girls-2:30 pm
13 & 14 (born 2008-2009)	4 km (2.48 miles)	Boys-3:00 pm Girls-3:00 pm
15 & 16 (born 2007-2006)	5 km (3.1 miles)	Boys-3:30 pm Girls-3:30 pm
17 & 18 (born 2004-2005)	5 km (3.1 miles)	Boys-3:30 pm Girls-3:30 pm