

USATF 2026 Age Divisions

Age Division	Year of Birth
8 & under	2018+*
9-10	2016 – 2017
11-12	2014 – 2015
13-14	2012 – 2013
15-16	2010 – 2011
17-18	2008 – 2009**

*Per USATF Rule 300.1(c) "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 Championships."

** Per USATF Rule 300.1(d) "Athletes who are still eighteen (18) years of age through the final day of the National Junior Olympic Track and Field Championships shall be eligible to compete in the 17-18 year old division through that meet."