ATHLETICS IRELAND AGES DEFINITIONS

1. Senior athletes must be 16 years of age or over on the 31st of December in the year of competition.
2. Senior Cross-Country athletes must be 18 years of age or over on the 31st of December in the year of competition.
3. Under 23 athletes must be aged 20 and under 23 years on the 31st of December in the year of competition
4. Intermediate Cross-Country athletes must be 20 years or over on the 31st of December in the year of competition.
5. Novice Cross Country athletes must be 19 years of age or over on the 31st of December in the year of competition.
6. Junior athletes must be 16 years on the 31st of December in the year of competition and under 20 years on the 31st of December in the year of competition.
7. Except in Combined Events where a junior athlete must be 18 years & under 20 years and youth athletes must be 16 years & under 18 years on the 31st December in the year of Competition.
8. Juvenile Athletes U9 - U19 years, no athlete may obtain a birthday in the year of competition and compete in that age.
9. Master athletes both male and female attain eligibility on their 35th birthday. They shall be in 5- year age categories, no stepping down shall be allowed.
10. Athletes must be 18 years of age or over on 31st December in the year of competition to compete in events of 10,000m and over, along with the Senior Men Shot Putt, Hammer Throw, Discus Throw, Weight Throw, Weight For Distance / Height Throws.
11. The recommended age groups distances for juveniles are:  
    Up to 11 - 1 mile, 12 - 13 2km, 14-15 5km, 16+ 10km,
12. Minimum Ages on the day of event for Permitted Run, Jog, Walk Events.

a. Minimum Age of 13 for events up to 5km,

b. Minimum Age of 15 for event up to 10km

**Celtic Games**

13. Cross Country Under 17 on 31st December in the year of competition

**Schools**

14. Schools Ages  
a. Minor - Under 14 on 1st July in the year of competition  
b. Junior - Under 15 on 1st July in the year of competition  
c. Under 16 - Under 16 on 1st September in the year of competition d. Intermediate - Under 17 on 1st July in the year of competition  
e. Senior - Under 19 on 1st Jan in the year of competition

15. Tailteann Games Intermediate - Under 17 on 1st September in the year of competition 16. For all SIAB (i.e., International) competition:

**Schools Indoor**: Under 16 - Under 16 on 1st September in the year of competition

**Cross Country:**

Junior - Under 15 on 1st September in the year of competition Intermediate

Intermediate - Under 17 on 1st September in the year of competition

**Track & Field:**

Intermediate - Under 17 on 1st September in the year of competition

**Combined Events:**

Junior - Under 15 on 1st September in the year of competition Intermediate

Under 17 on 1st September in the year of competition Senior

Under 19 on 1st January in the year of competition