

# Recommended Maximum Distance for Cross Country Competitions for Young Athletes (Primary to Secondary)

Competition organisers should use these distances as guidelines and ensure that any competition offered provides the appropriate distances and activities for the level of athlete present. This should take into consideration their physical and developmental age.



School Year	Age	Age Group	Recommend Maximum Distance	Distance Increments
Year 3	7-8		1200m	
Year 4	8-9		1600m	+ 400m
Year 5	9-10		2000m	+ 400m
Year 6	10-11		2500m	+ 500m
Year 7	11-12	Under 13's	3500m	+ 1000m (over 2 years)
Year 8	12-13		3500m	
Year 9	13-14	Under 15's	5000m	+ 1500m (over 2 years)
Year 10	14-15		5000m	
Year 11	15-16	Under 17's	6500m	+ 1500m (over 2 years)
Year 12	16-17		6500m	
Year 12	16-17	Under 18's	10,000m	+ 3500m (over 2-3 years)
Year 13	17-18	Under 20's	10,000m	
University	18-19		10,000m	

***Please note that the U13 - U17 age groups differ in terms of school years for T&F and Cross Country competitions.***

***This is due to when the age groups change, with T&F changing at the end of the competition year and Cross Country (CC) changing at the start of the competition year***

***An example of this is: An U13 T&F athlete would be a maximum age of 12 years at 31<sup>st</sup> August for the upper age group, but an U13 CC athlete could be 13 on the 1<sup>st</sup> September.***