

USATF OKLAHOMA LDR STANDARD AGE GROUPS

Race directors are strongly encouraged to use these groups in their events. USATF Oklahoma does not encourage young age brackets for long races. Records are not kept for non-standard distances.

OPEN AGE GROUPS

All distances: All ages are eligible and always include age groups 20-24, 25-29 and 30-34. Any runner, regardless of age, who runs under the minimum times for the Open category will be listed in the Open as well as his/her individual age group.

JUNIOR AGE GROUPS

5 km - 12 & under, 13-15, 16-19. Optional groups are 8 & under, 9-12 then 13-15, etc.

8 km thru 15 km - 15 & under, 16-19.
Age groups for the very young are not recommended.

All distances over 15 km - 19 & under

SUB-MASTERS AGE GROUP

All distances - 35 - 39

MASTERS AGE GROUPS

All distances - 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over male

Female is the same except 70 and over