

What is Age-Group Swimming?

The non-elite format of the sport is known as Age-Group competition. Age-Group allows athletes to compete for medals and titles against fellow competitors within pre-defined age group categories. These age group categories are divided by gender and age and are set apart by three age bands, Juniors, Seniors Division and Masters divided into ten year age bands, from the age of 40 for men & women.

The distance which juniors can compete in will vary depending on their age on the day of the event. U16s will be restricted to our multi sport events and may contact us should they wish to take part in the swim only events. Age 16 are restricted to a maximum distance of 3,800 metres, age 18+ there is no upper restriction.

The age band category that you fall into depends on your age on the day of the competition. Example: If you are 20 on race day, you will compete within the Open category.

Key Category	Age	Key Category	Age
FJ Female Junior	15-19	MJ Male Junior	15-19
FS Female Seniors	20-39	MS Male Seniors	20-39
F40 Female Masters	40-49	M40 Male Masters	40-49
F50 Female Masters	50-59	M50 Male Masters	50-59
F60 Female Masters	60-69	M60 Male Masters	60-69
F70 Female Masters	70-79	M70 Male Masters	70-79
F80 Female Masters	80+	M80 Male Masters	80+

