

LITTLE ATHLETICS AGE GROUPS for 2025-26 SEASON

Little Athletics Age groups for the 2025-26 season are based on how old the athlete is as of 31 December 2025.

Find out what age group you will be in for 2025-26 Little Athletics Season, by looking for your year of birth and seeing the associated age group.

Note that these are ONLY applicable for the 2025-26 season.

Year of Birth	Age Group
2009	U17
2010	U16
2011	U15
2012	U14
2013	U13
2014	U12
2015	U11
2016	U10
2017	U9
2018	U8
2019	U7
2020	U6
2021	Little Athletics Tiny Tots
2022	Little Athletics Tiny Tots

Note: Three and four year old's may register as a Little Athletics Tiny Tot if the Centre runs such a program. The minimum age is 3 years prior to commencing the program. Children cannot register until their 3rd Birthday.

Note: The Little Athletics Tiny Tots program IS NOT run in all States and Territories. Refer to the state or territory that you live in to check if Little Athletics Tiny Tots program is available.