

YOUR AGE RANGE	YEAR YOU WERE BORN	AGE CATEGORY CODE	WHAT RACES YOU CAN DO ** WHEN ON THE RACE DAY PROGRAMME	RACE NAME	DISTANCE
10 year olds	2014	AFN BOYS - C GIRLS - K	AQUA-FUN - as an individual or as part of a team	AQUA-FUN	1.25km run / 6 width swim / 1.25km run
11 year olds	2013	AFN BOYS - D GIRLS - L	AQUA-FUN - as an individual or as part of a team	AQUA-FUN AQUA-FIT	1.25km run / 6 width swim / 1.25km run 2.5km run / 10 width swim / 1.25km run
UNDER 13 12 - 13 year olds	2012 & 2011	AFN/AFT BOYS - E GIRLS - M	AQUA-FUN / AQUA-FIT - as an Individual or as part of a team	AQUA-FUN AQUA-FIT	1.25km run / 6 width swim / 1.25km run 2.5km run / 10 width swim / 1.25km run
UNDER 15 14 - 15 year olds	2010 & 2009	AFN/AFT BOYS - F GIRLS - N	AQUA-FUN / AQUA-FIT - as an Individual or as part of a team	AQUA-FUN AQUA-FIT	1.25km run / 6 width swim / 1.25km run 2.5km run / 10 width swim / 1.25km run
UNDER 17 16 - 17 year olds	2008 & 2007	AFN/AFT BOYS - G GIRLS - P	AQUA-FUN / AQUA-FIT - as an Individual or as part of a Team	AQUA-FUN AQUA-FIT	1.25km run / 6 width swim / 1.25km run 2.5km run / 10 width swim / 1.25km run
UNDER 19 18 -19 year olds	2006 & 2005	AFN/AFT BOYS - H GIRLS - Q	AQUA-FUN / AQUA-FIT - as an Individual or as part of a Team	AQUA-FUN AQUA-FIT	1.25km run / 6 width swim / 1.25km run 2.5km run / 10 width swim / 1.25km run
AGE GROUPERS					
20 - 24 25 - 29 30 - 34 35 - 39	2000 - 2004 1995 - 1999 1990 - 1994 1985 - 1989	AFN/AFT MEN - R LADIES - S	AQUA-FUN / AQUA-FIT - as an Individual or as part of a Team	AQUA-FUN AQUA-FIT	1.25km run / 6 width swim / 1.25km run 2.5km run / 10 width swim / 1.25km run
40 - 44 45 - 49 50 - 54 55 - 59 60 - 64 65 - 69 70 - 74 75 +	1980 -1984 1975 - 1979 1970 -1974 1965 - 1969 1960 -1964 1955 - 1959 1950 - 1954 1949 -	MEN - V LADIES - X	AQUA-FUN / AQUA-FIT - as an Individual or as part of a Team	AQUA-FUN AQUA-FIT	1.25km run / 6 width swim / 1.25km run 2.5km run / 10 width swim / 1.25km run