

Division/Age (*minimum age)	222m	333m	500m	777m	1000m	1500m
Junior E Men / (7*-10 yrs.)	28.6	42.2	1:01.9	1:39.0		
Junior E Ladies/ (7*-10 yrs.)	29.5	41.9	1:02.0	1:38.0		
Junior D Men/ (11-12 yrs.)		38.6	56.4	1:29.3	1:57.1	
Junior D Ladies/ (11-12 yrs.)		40.7	1:00.6	1:34.3	2:02.3	
Junior C Men/ (13-14 yrs.)			53.8	1:26.8	1:52.6	2:54.3
Junior C Ladies/ (13-14 yrs.)			57.8	1:32.5	2:03.5	3:14.3
Junior B Men/ (15-16 yrs.)			55.6		1:54.7	2:58.7
Junior B Ladies/ (15-16 yrs.)			58.5		2:02.5	3:13.0
Open Men / (17 yrs. and older)			55.0		1:52.2	2:59.2
Open Ladies/ (17 yrs. and older)			59.6		2:03.2	3:14.5
Master 30-39 Men			55.6		1:55.5	2:58.2
Master 30-39 Ladies			1:03.0		2:09.6	3:20.9
Master 40-49 Men			59.9		2:03.3	3:14.5
Master 40-49 Ladies			1:04.9		2:15.4	3:27.1
Master 50-59 Men			1:01.9	1:38.2	2:07.8	3:18.9
Master 50-59 Ladies			1:07.5	1:46.6	2:18.6	3:33.5
Master 60-69 Men			1:03.1	1:38.9	2:09.9	3:22.5
Master 60-69 Ladies			1:11.1	1:51.2	2:25.7	3:41.4
Master 70+ Men			1:13.0	1:56.5	2:30.0	3:53.4
Master 70+ Ladies			1:39.9	2:20.9	2:58.0	4:32.8

Variations and Exceptions to the Age Group Divisions

1. At a National Age Group Championship meet, a skater meeting the time standard may compete in an advanced age group up to and including the Open division (17+). In the event the skater scores points, the skater shall be disqualified from compete in a lower age group at the next National Age Group Championship meet. This disqualification shall not apply to Master skaters scoring points in one of the Master divisions. Skaters scoring points in a Master division may skate in a lower age group down to and including the Open division (17+). The division changes permitted by this paragraph are the only ones that shall be allowed and applies only to the National Age Group Championship.
2. A skater may compete in an advanced age group in National Age Group Short Track Championship without jeopardizing his current or future lower age status in National Age Group Long Track Championship and vice versa. If a skater is placed in an advanced age group as a result of combining divisions but did not sign up for that division and scores points, they will not be required to skate in