



# BE A HIGH STRIKER!

## Contribution Limits

**2023**

	Maximum Contribution Amount	Suggested Bi-Weekly Contribution*	Suggested Monthly Contribution*
<b>Regular Limit</b>	\$22,500.00	\$865.38	\$1,875.00
<b>Ages 50+ Catch-Up</b>	\$30,000.00	\$1,153.84	\$2,500.00
<b>Standard Catch-Up</b>	\$45,000.00	\$1,730.76	\$3,750.00

*\*Based on regular payroll dates (26 bi-weekly/12 monthly) starting in January 2023. Contributions can be changed at any time (suggested deferral amounts will vary based on deferral start date).*