2010 Retirement Plan Contribution Limits

The Internal Revenue Service announced the following cost-of-living adjustments applicable to dollar limitations for pension plans for tax year 2009:

- If you are under age 50 with less than 15 years of service, your annual maximum will increase from $15,500 to $16,500.

- If you are under age 50 with 15 years or more of service, your annual maximum will increase from $18,500 to $19,500.

- If you are over age 50 with less than 15 years of service, your annual maximum will increase from $20,500 to $22,000.

- If you are over age 50 with 15 years or more of service, your annual maximum will increase from $23,500 to $25,000.

Keep in mind the double-tax benefit of 403(b) contributions. First, all of your contributions go into the plan on a pre-tax basis (federal and most states) so your current tax bill will be reduced. Second, all plan accumulations grow tax deferred so any investment earnings are not eroded by current income taxes.

If you have questions about your 403(b) tax-deferral limits, you can visit the TIAA website where a Calculator Planning Tool can assist you with calculating your maximum contribution limit or call 1-800-842-2776.