

SSAA Competition Age Groups

Dates of Births for 2018/19

Secondary Road Race Championships (October)

Race 1/2	Born on or after 1/03/06
Race 3/4	Born between 1/03/05 & 28/02/06
Race 5	Para event U20 in education
Race 6/7	Born between 1/03/03 & 28/02/05
Race 8/9	Born before 28/02/03

Indoor Championships (February)

Over 16	Born on or before 31/8/03
Under 16	Born on or after 1/9/03

Cross Country Championships (March)

Group A (Over 17)	Born on or before 31/8/02
Group B (Under 17)	Born between 1/9/02 and 31/8/04
Group C (Under 15)*	Born between 1/9/04 and 31/12/05
Group D (Under 14)*	Born on or after 1/1/06

* Different from Track and Field dates of birth

Outdoor Track and Field Championships (June)

Group A (Over 17)	Born on or before 31/8/02
Group B (Under 17)	Born between 1/9/02 and 31/8/04
Group C (Under 15)	Born between 1/9/04 and 31/8/05
Group D (Under 14)	Born on or after 1/9/05