

SSAA Competition Age Groups

Dates of Births for 2021/22

Secondary Road Race Championships (October)

Race 1/2	Born on or after 1/03/09
Race 3/4	Born between 1/03/08 & 28/02/09
Race 5	Para event U20 in education
Race 6/7	Born between 1/03/06 & 28/02/08
Race 8/9	Born before 28/02/06

Indoor Championships (February)

Over 16	Born on or before 31/8/06
Under 16	Born on or after 1/9/06

Cross Country Championships (March)

Group A (Over 17)	Born on or before 31/8/05
Group B (Under 17)	Born between 1/9/05 and 31/8/07
Group C (Under 15)	Born between 1/9/07 and 31/08/08
Group D (Under 14)	Born on or after 1/09/08

Outdoor Track and Field Championships (June)

Group A (Over 17)	Born on or before 31/8/05
Group B (Under 17)	Born between 1/9/05 and 31/8/07
Group C (Under 15)	Born between 1/9/07 and 31/8/08
Group D (Under 14)	Born on or after 1/9/08

Age group confirmation

Following numerous queries around the differing age groups between Scottish Schools & Scottish Athletics events, the following should help clarify the situation. A schools athlete competes in the same age group for both Cross Country and Track events in any school year, eg 2021 – 2022.

Their age group is determined by their age at the **end** of the school year, August 31st.

This does differ from UKA & SAL events.

Group A (Over 17)	Born on or before 31/8/05
Group B (Under 17)	Born between 1/9/05 and 31/8/07
Group C (Under 15)	Born between 1/9/07 and 31/08/08
Group D (Under 14)	Born on or after 1/09/08