

SSAA Competition Age Groups

Dates of Births for 2026/27 Championships

Primary & Secondary Road Race Championships (October)*

Race 1A & 1B	Born between 1/03/16 & 28/02/17 in Primary School
Race 2A & 2B	Born between 1/03/15 & 29/02/16 in Primary School
Race 3/4	Born between 1/03/14 & 28/02/15 in Secondary School
Race 5/6	Born between 1/03/13 & 28/02/14 in Secondary School
Race 7	Para event 10 & over in education/training
Race 8/9	Born between 1/03/11 & 29/02/13 in Secondary School
Race 10/11	Born before 28/02/11 in Secondary School

*These dates are school years

Primary Schools Cross Country Championship (April)*

Races 1, 2, 3, 4	Born between 1/03/16 & 28/02/17
Races 5, 6, 7, 8	Born between 1/03/15 & 29/02/16

*These dates are school years

Primary Schools Track Relays (June)*

Born between 1/03/15 & 28/02/17

*These dates are school years

Indoor Championship (February), Secondary Schools Cross Country Championship (March), Relays & Pentathlon Championships (June) Track & Field Championship(June)

Age in year of competition

Under 14	Born in 2014, 2015,
Under 16	Born in 2012, 2013
Under 18	Born in 2010, 2011
Under 20	Born in 2008, 2009