

SSAA Competition Age Groups Dates of Births for 2019/20

Secondary Road Race Championships (October)

Race 1/2	Born on or after 1/03/07
Race 3/4	Born between 1/03/06 & 28/02/07
Race 5	Para event U20 in education
Race 6/7	Born between 1/03/04 & 28/02/06
Race 8/9	Born before 28/02/04

Indoor Championships (February)

Over 16	Born on or before 31/8/04
Under 16	Born on or after 1/9/04

Cross Country Championships (March)

Group A (Over 17)	Born on or before 31/8/03
Group B (Under 17)	Born between 1/9/03 and 31/8/05
Group C (Under 15)*	Born between 1/9/05 and 31/12/06
Group D (Under 14)*	Born on or after 1/1/07

* Different from Track and Field dates of birth

Outdoor Track and Field Championships (June)

Group A (Over 17)	Born on or before 31/8/03
Group B (Under 17)	Born between 1/9/03 and 31/8/05
Group C (Under 15)	Born between 1/9/05 and 31/8/06
Group D (Under 14)	Born on or after 1/9/06