

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**

** rule change for 2021/22

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