

SSAA Competition Age Groups

Dates of Births for 2023/24

Secondary Road Race Championships (October)*

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| Race 1/2 | Born between 1/03/11 & 28/02/12 |
| Race 3/4 | Born between 1/03/10 & 28/02/11 |
| Race 5 | Para event P6 to U20 in education |
| Race 6/7 | Born between 1/03/08 & 28/02/10 |
| Race 8/9 | Born before 28/02/08 |

*These dates are school years

Indoor Championships (Event cancelled) ** new age groups

Group A (under 20) Born between 1/09/04 and 31/08/07

Group B (under 17) Born between 1/09/07 and 31/08/09

Group C (under 15) Born between 1/09/09 and 31/08/11

Under 13s may be considered for an U15 event with conditions.

Cross Country Championships (March)

Secondary Relays & Pentathlon (June)

Group A (Under 20) Born between 1/09/04 and 31/8/07

Group B (Under 17) Born between 1/09/07 and 31/08/09

Group C (Under 15) Born between 1/09/09 and 31/08/10

Group D (Under 14) Born on or after 1/09/10

Outdoor Track and Field Championships

Group A (Under 20) Born between 1/09/04 and 31/8/07

Group B (Under 17) Born between 1/09/07 and 31/08/09

Group C (Under 15) Born between 1/09/09 and 31/08/11

Group D (Under 13) Born on or after 1/09/11

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 2023– 2024.

Their age group is determined by their age at the **end** of the schools' athletic calendar, August 31st.

This does differ from UKA & SAL events.