

## 2019-20 Age Groups

Each discipline of athletics observes different age groups. For the current competition year, the following cut-off dates apply for **scottishathletics** Championships:

### Cross Country (141 S1 and 141 S3)

Competition year: 1<sup>st</sup> October 2019 – 30<sup>th</sup> September 2020

Under 13	01/09/06 – 31/08/08
Under 15	01/09/04 – 31/08/06
Under 17	01/09/02 – 31/08/04
Under 20	01/09/99 – 31/08/02
Senior	born on or before 31/08/99
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

### Hill (Dates determined by Hill Commission)

Competition year: calendar year

For further information on hill running, contact Angela Mudge on [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)

Under 13	born 2007-2009
Under 15	born 2005-2006
Under 17	born 2003-2004
Under 20	born 2000-2002
Under 23	born 1997-1999
Senior	born 1996 or earlier
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

### Road (141 S1 and 141 S3)

Competition year: 1<sup>st</sup> September 2019 – 31<sup>st</sup> August 2020

Under 13	01/09/06 – 31/08/08
Under 15	01/09/04 – 31/08/06
Under 17	01/09/02 – 31/08/04
Under 20	01/09/99 – 31/08/02
Senior	born on or before 31/08/99
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

### Track and Field (141 S1 and 141 S2)

Competition year: 1<sup>st</sup> October 2019 – 30<sup>th</sup> September 2020

As no track and field Championships take place October-December, the calendar year of competition for U20s is 2020

Under 13	01/09/07 – 31/08/09
Under 15	01/09/05 – 31/08/07
Under 17	01/09/03 – 31/08/05
Under 20	01/01/01 – 31/08/03
Senior	born on or before 31/12/00
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

### Trail (141 S1)

As there is no specific rule for trail race age groups, and the general rule only covers young athletes up to U17, the cross country age group dates for U20 and above are used for Trail Championships

Competition year: 1<sup>st</sup> October 2019 – 30<sup>th</sup> September 2020

Under 13	01/09/06 – 31/08/08
Under 15	01/09/04 – 31/08/06
Under 17	01/09/02 – 31/08/04
Under 20	01/09/99 – 31/08/02
Senior	born on or before 31/08/99
Masters	aged 40+ on the day of the Championship (some events will offer age bands, also based on age on the day)

Organisers of licensed events in Scotland are encouraged to provide competition opportunities in the age groups described above. However, organisers may opt to offer alternative age groups at their events. Any changes to the standard age groups must be advertised in advance so all participants know which age group they will fall into. Any change to age groups must still observe Rule 141's supplementary rules regarding maximum distances/event restrictions applicable to young athletes.