

2020-21 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: 1st October 2020 – 30th September 2021

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	01/09/00 – 31/08/03
Senior	born on or before 31/08/00
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

Under 13	born 2008-2010
Under 15	born 2006-2007
Under 17	born 2004-2005
Under 20	born 2001-2003
Under 23	born 1998-2000
Senior	born 1997 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: 1st September 2020 – 31st August 2021

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	01/09/00 – 31/08/03
Senior	born on or before 31/08/00
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: 1st October 2020 – 30th September 2021

As no track and field Championships take place October-December, the calendar year of competition for U20s is 2021

Under 13	01/09/08 – 31/08/10
Under 15	01/09/06 – 31/08/08
Under 17	01/09/04 – 31/08/06
Under 20	01/01/02 – 31/08/04
Senior	born on or before 31/12/01
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: 1st October 2020 – 30th September 2021

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	01/09/00 – 31/08/03
Senior	born on or before 31/08/00
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.

2019-20 Championships note:

Athletes should note that due to the Coronavirus pandemic in 2020, some Championships unable to take place in the Spring of 2020 were postponed until the end of the year. Should these Championship events take place on rescheduled dates outwith the planned competition year (September/October), age groups for the original date and original competition year will be used in determining the National and District Champions for 2019-20 in that event. In the Masters age group, age groups will be based on age on the new date for simplicity.