



Athletics age groups

The Athletics year runs from April the 1st of that year to the 31st of March the following year. Your age on the 31st of August within that year determines your age group (same as the school year).

Summer Track and Field Season

The Track and field season runs from the end of March to the end of September of that year.

Lower Age Groups	U9	Current school year (from 1st of April to 31st August) 3 Under the age of 9 on the 31st of August
	U11	Current school years (from 1st of April to 31st August) 4 & 5 Over the age of 9 and Under the age of 11 on the 31st of August
Upper Age Groups	U13	Current school years (from 1st of April to 31st August) 6 & 7 Over the age of 11 and Under the age of 13 on the 31st of August
	U15	Current school years (from 1st of April to 31st August) 8 & 9 Over the age of 13 and Under the age of 15 on the 31st of August
	U17	Current school years (from 1st of April to 31st August) 10 & 11 Over the age of 15 and Under the age of 17 on the 31st of August
	U20	Current school years (from 1st of April to 31st August) 12 & 13 Over the age of 17 on the 31 st of August and Under the age of 20 on the 31st of December

Winter Cross Country and Sportshall Season

The Cross Country / Sportshall season runs from the end of September to the end of March the following year. Age groups remain the same as the previous summer season

Lower Age Groups	U9	Current school years (from 1st of September to the following 31st March) 3 & 4 Under the age of 9 on the previous 31st of August
	U11	Current school years (from 1st of September to the following 31st March) 5 & 6 Over the age of 9 and Under the age of 11 on the previous 31st of August
Upper Age Groups	U13	Current school years (from 1st of September to the following 31st March) 7 & 8 Over the age of 11 and Under the age of 13 on the previous 31st of August
	U15	Current school years (from 1st of September to following 31st March) 9 & 10 Over the age of 13 and Under the age of 15 on the previous 31st of August
	U17	Current school years (from 1st of September to following 31st March) 11 & 12 Over the age of 15 and Under the age of 17 on the previous 31st of August
	U20	Over the age of 17 on the 31 st of August and Under the age of 20 on the 31st of December