



### SEPTEMBER 2025 - AUGUST 2026 AGE DIVISIONS

	<b>U18*</b>	<b>U17</b>	<b>U16</b>	<b>U15</b>	<b>U14</b>	<b>U13</b>	<b>U12</b>	<b>U11</b>	<b>U10</b>	<b>U9</b>
	<b>Gr 12*</b>	<b>Gr 11</b>	<b>Gr 10</b>	<b>Gr 9</b>	<b>Gr 8</b>	<b>Gr 7</b>	<b>Gr 6</b>	<b>Gr 5</b>	<b>Gr 4</b>	<b>Gr 3</b>
<b>SEPT</b>	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>OCT</b>	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>NOV</b>	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>DEC</b>	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
<b>JAN</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>FEB</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>MAR</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>APRIL</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>MAY</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>JUNE</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>JULY</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>AUG</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>SEPT</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>OCT</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>NOV</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
<b>DEC</b>	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017

**\*Must be currently in grade 12 - graduated athletes are not eligible**

#### GUIDING PRINCIPLES

Research on long-term development shows that grouping athletes solely by their birth year in sports can have drawbacks. Sometimes, athletes born in the same year face differences that put late bloomers at a disadvantage, especially among male athletes and, to a lesser extent, among females who develop earlier. To address this, offering a range of 16 months within each competition division provides athletes with more flexibility to choose a level that truly fits their needs. It's helpful for athletes, parents, and coaches to consider both the immediate and long-term benefits of competing in different age categories.