



SEPTEMBER 2025 - AUGUST 2026 AGE DIVISIONS

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