

**Birth Year Guidelines**

**2019**

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| **AGE GROUP** | **BIRTH YEAR** |
| U12 | 2009-2007 |
| U15 | 2006-2004 |
| U19 | 2003-2000 |

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| **AGE GROUPS** | **PLAYING NIGHTS** |
| U12 | Tuesday/Thursday |
| U15 | Monday/Wednesday |
| U19 | Tuesday/Thursday/Sunday |