2023 WAG Age Group cheat sheet

Easterns:

- JR 1: November 15, 2010 to current (minimum 8 years old to compete)
- JR 2: November 14, 2010 March 4, 2010
- JR 3: March 3, 2010 August 20, 2009
- JR 4: August 19, 2009 April 14, 2009
- JR 5: April 13, 2009 January 2, 2009
- JR 6: January 1, 2009 September 6, 2008
- JR 7: September 5, 2008 June 1, 2008
- JR 8: May 31, 2008 March 4, 2008
- SR 1: March 3, 2008 December 2, 2007
- SR 2: December 1, 2007 August 9, 2007
- SR 3: August 8, 2007 April 20, 2007
- SR 4: April 19, 2007 December 27, 2006
- SR 5: December 26, 2006 September 7, 2006
- SR 6: September 6, 2006 March 3, 2006
- SR 7: March 2, 2006 June 20, 2005
- SR 8: June 19, 2005 and earlier

Nationals

- JR A: January 26, 2009 to current (minimum of 9 years to compete)
- JR B: January 25, 2009 May 9, 2008
- JR C: May 8, 2008 October 14, 2007
- JR D: October 13, 2007 May 10, 2007
- JR E: May 9, 2007 November 25, 2006
- JR F: November 24, 2006 July 22, 2006
- SR A: July 21, 2006 April 3, 2006
- SR B: April 2, 2006 December 15, 2005
- SR C: December 14, 2005 September 5, 2005
- SR D: September 4, 2005 May 21, 2005
- SR E: May 20, 2005 January 29, 2005
- SR F: January 28, 2005 and earlier