

YAC Performance Athletes wanting to compete!

6 Step Guide to entering Open Competitions for U14 age group upwards in 2026

Step 1

Understand which age group is my athlete?

- U12 (years 5 and 6)
- U14 (years 7 and 8)
- U16 (years 9 and 10)
- U18 (years 11 and 12)

Step 2

Has my athlete got a **URN number**? If your athlete is U12 they will not need this number yet.

If your athlete is in U14 they will need to be registered with England Athletics to compete which means getting a "competition" URN number. Please email Clare on membership to request EA registration if your athlete is U14 or older. EA registration costs £23 (2026 membership fee).

PLEASE allow enough time for us to process your registration (7 working days) ahead of the competition close date!!

Step 3

Find an Open meeting on **Open Track** or **Roster**. These are examples of competition entry platforms – there is no single search site for open meetings.

Asking other parents what meetings they are entering is also helpful.

Fill in your athlete details on the online entry form.

You need to know your athlete name, email (this might be your email)

Date of birth (not your date of birth!!)

Club: Young Athletes Club (YAC) or other club

The system should find us.

Also know your: Athlete URN number (as explained)

Step 4

Choose athlete event:

Track events: 100m, 200m, 300m, 400m, 800m, 1500m, 3000m, 75m hurdles. 300m/400m hurdles

Field events : LJ (long jump) High Jump, Triple Jump, Throws: Javelin, Discus, Shot etc

Step 5

Know your athlete PB (personal best time or distance)

If an athlete has competed, their results should be on Power of 10 which is the UK ranking lists for all athletes.

Enter athlete PB as requested on entry form

If you do not have an official PB then you can put n/a. Or make an estimated time / distance. We can advise!

Power of 10 website

Once an athlete has competed in a licenced meeting (not schools meetings) athlete results will go on Power of 10. It's a brilliant website and you can check where your athlete is in their age group nationally against other athletes doing the same event.

<https://www.powerof10.uk/>

Step 6

Pay the competition entry fee and complete your athlete entry.

You will get an email confirmation straight away and will be sent a timetable nearer the event date. Let us know if you have any queries.

Email us on: membership@yac-admin.co.uk