



City of York Athletics Club

YES 1 Prospectus – Monday, April 6th 2026 (10:00am – 18:00pm, License Applied For)

Costs - £10 for the first event and £7 for each event following enter here [Roster](#)

U12, U14 U16 and U18 athletes are limited to a maximum of three events; all other age groups may enter up to five events.

Hammer; (U16+): Minimum entry standard of 30m. Limited to 12 athletes, with six trials per competitor.

Discus; (U16+): Minimum entry standard of 25m. Limited to 12 athletes, with six trials per competitor.

Shot Putt; (U12+): Two pools with a maximum of 20 athletes per pool. U12/U14 athletes receive three trials; all other age groups receive six trials.

Long Jump; (U12+): Four pools with a maximum of 12 athletes per pool. U12 and U14 athletes receive three trials; all other age groups receive six trials.

High Jump: Two pools with a maximum of 12 athletes per iteration. Starting heights are 1.20m for pool 1 and 1.40m for pool 2.

The 3000m will be run with combined age groups (U16 & U18, and U20 & Senior), U16 can compete in either the 800m or 3k but not both . Competitive entry standards apply.

A season's best performance is required at entry for seeding purposes.

All athletes must be England Athletics registered.

<u>Age Group</u>	<u>Events</u>
U12 Male	75m; LJ, SP
U12 Female	75m; LJ, SP
U14 Male	100m; 80mH; SP,LJ
U14 Female	100m; 75mH; SP, LJ
U16 Male	100m; 200m; 800m; 3000m; 100mH; SP, Disc, HT, LJ, HJ
U16 Female	100m; 200m; 800m; 3000m; 80mH; SP, Disc, HT, LJ, HJ
U18 Male	100m; 200m; 800m; 3000m; 110mH; SP, Disc, HT, LJ, HJ
U18 Female	100m; 200m; 800m; 3000m; 100mH; SP, Disc, HT, LJ, HJ
U20 Male	100m; 200m; 800m; 3000m; 110mH; SP, Disc, HT, LJ, HJ
U20 Female	100m; 200m; 800m; 3000m; 100mH; SP, Disc, HT, LJ, HJ
Senior Male	100m; 200m; 800m; 3000m; 110mH; SP, Disc, HT, LJ, HJ
Senior Female	100m; 200m; 800m; 3000m; 100mH; SP, Disc, HT, LJ, HJ
Invitation Mixed	400m
Disability	100m; SP, LJ, Jav