



## 2024 UK U18 Competition Opportunities

Meet	Date(s)	Entries	Opportunities for
<b>Yeovil Spring Open</b>	30 <sup>th</sup> March	<a href="#">Yeovil Olympiads</a>	110m/100m/400m Hurdles, Throwers, Jumpers & Steeplechasers
<b>Yeovil Spring Open</b>	1 <sup>st</sup> April	<a href="#">Yeovil Olympiads</a>	Throwers, Jumpers & Steeplechasers
<b>Blackheath &amp; Bromley Open</b>	7 <sup>th</sup> April	Email <a href="mailto:john.hubbard@live.co.uk">john.hubbard@live.co.uk</a>	110m/100m/400m Hurdles
<b>London Inter club throwing festival</b>	7 <sup>th</sup> April	<a href="#">Opentrack</a>	Throwers
<b>Liverpool Harriers Meeting</b>	13 <sup>th</sup> April	<a href="#">Liverpool Throws Jumps</a>	Throwers & Jumpers
<b>Be Fit Today, Lee Valley</b>	14 <sup>th</sup> April	<a href="#">Opentrack</a>	100m
<b>Watford Open</b>	17 <sup>th</sup> April	Roster Athletics	Men Only: 800m, 1500m, 3000m
<b>Loughborough Open</b>	20 <sup>th</sup> April	<a href="#">Loughborough Entries</a>	110m/100m/400m Hurdles
<b>Somerset Schools</b>	April 27-28	<a href="#">Somerset Schools Athletics</a>	Heptathletes/Decathletes
<b>Steeplechase Festival, Bury St Edmunds</b>	28 <sup>th</sup> April	<a href="#">British Millers Club</a>	Steeplechasers
<b>Run With The Wind, Cardiff</b>	1 <sup>st</sup> May	<a href="#">Welsh Athletics</a>	Sprinters, Throwers
<b>Watford Open</b>	1 <sup>st</sup> May	Roster Athletics	Men Only: 800m, 1500m, 3000m
<b>Birchfield Harriers Midweek Open</b>	8 <sup>th</sup> May	<a href="#">Entry 4 Sports</a>	All
<b>Manchester Open</b>	8 <sup>th</sup> May	<a href="mailto:matthewcullen16@googlemail.com">matthewcullen16@googlemail.com</a>	Pole Vault, Hammer Throw



<b>Scottish National Opens, Grangemouth &amp; Kilmarnock</b>	11 <sup>th</sup> - 12 <sup>th</sup> May		Grangemouth – Jumps & Sprints Kilmarnock – Endurance & Throws
<b>BMC, Trafford</b>	14 <sup>th</sup> May	Via BMC website	Women's 3000m
<b>University of Birmingham Track and Field Series</b>	15 <sup>th</sup> May	<a href="#">Opentrack</a>	All - only selected middle distance and field events available to compete in
<b>Watford Open</b>	15 <sup>th</sup> May	Roster Athletics	Men Only: 800m, 1500m, 3000m
<b>Loughborough International</b>	19 <sup>th</sup> May	Roster Athletics	110m/100m/400m Hurdles
<b>Be Fit Today, Lee Valley</b>	19 <sup>th</sup> May	<a href="#">Opentrack</a>	100m
<b>Chelmsford Hurdles Festival</b>	25 <sup>th</sup> May	<a href="#">Opentrack</a>	110m/100m/400m Hurdles
<b>Bedford Games, Oxford</b>	25 <sup>th</sup> May	<a href="http://bedfordgames.co.uk">bedfordgames.co.uk</a>	100m, 400m, High Jump, Long Jump, Triple Jump and all Throwing events
<b>BMC Grand Prix, Manchester</b>	25 <sup>th</sup> May	Via BMC website	800m, 1500m
<b>Newham Open</b>	26 <sup>th</sup> May	<a href="#">Entry 4 Sports</a>	Sprints
<b>Pickering Memorial, Loughborough</b>	27 <sup>th</sup> May	<a href="#">Loughborough Entries</a>	Throwers only
<b>Watford Open</b>	29 <sup>th</sup> May	Roster Athletics	Men Only: 800m, 1500m, 3000m Women: 3000m
<b>Loughborough</b>	29 <sup>th</sup> May	<a href="#">Competition Entries</a>	Selected track & Field events
<b>Hercules Wimbledon 1500m Festival Night</b>	29 <sup>th</sup> May	<a href="#">Opentrack</a>	1500m



<b>Scottish Championships, Crownpoint</b>	31 <sup>st</sup> May		3000m
<b>Be Fit Today</b>	2 <sup>nd</sup> June	<a href="#">Opentrack</a>	100m
<b>University of Birmingham Track and Field Series</b>	5 <sup>th</sup> June	<a href="#">Opentrack</a>	All - only selected middle distance and field events available to compete in
<b>BMC Grand Prix, Watford</b>	8 <sup>th</sup> June	Via BMC website	800m, 1500m
<b>England Athletics Regional u20s</b>	8 <sup>th</sup> /9 <sup>th</sup> June	To be confirmed	Throwers
<b>BMC, Bury</b>	11 <sup>th</sup> June	Via BMC website	800m
<b>Watford Open</b>	12 <sup>th</sup> June	Roster Athletics	Men Only: 800m, 1500m, 3000m
<b>Birchfield Harriers Midweek Open</b>	12 <sup>th</sup> June	<a href="#">Entry 4 Sports</a>	All
<b>Newham Open</b>	16 <sup>th</sup> June	<a href="#">Entry 4 Sports</a>	Sprints
<b>Loughborough Open</b>	19 <sup>th</sup> June	<a href="#">Loughborough Entries</a>	Selected track & Field events



<b>BMC Grand Prix, Loughborough</b>	22 <sup>nd</sup> June	Via BMC website	800m, 1500m, 3000m, Steeplechase
<b>Be Fit Today, Lee Valley</b>	23 <sup>rd</sup> June	<a href="#">OpenTrack</a>	100m
<b>Southern Combined Events, Oxford</b>	29 <sup>th</sup> /30 <sup>th</sup> June	Matt Cullen	Heptathletes/Decathletes

#### Notes

If your event is 100m, 200m, 400m, 800m or 1500m, any jumps disciplines and you are born between 1<sup>st</sup> January and 31<sup>st</sup> August 2007 then you can do your regional U20 champs on June 8/9 2024.

Please be aware that field eventers will be able to contest NAL meets on 1<sup>st</sup> & 22<sup>nd</sup> June with their u18 implements. Please contact Ian Hodge ([ihodge@talentpathway.org.uk](mailto:ihodge@talentpathway.org.uk)) to confirm your closest/most suitable meet.