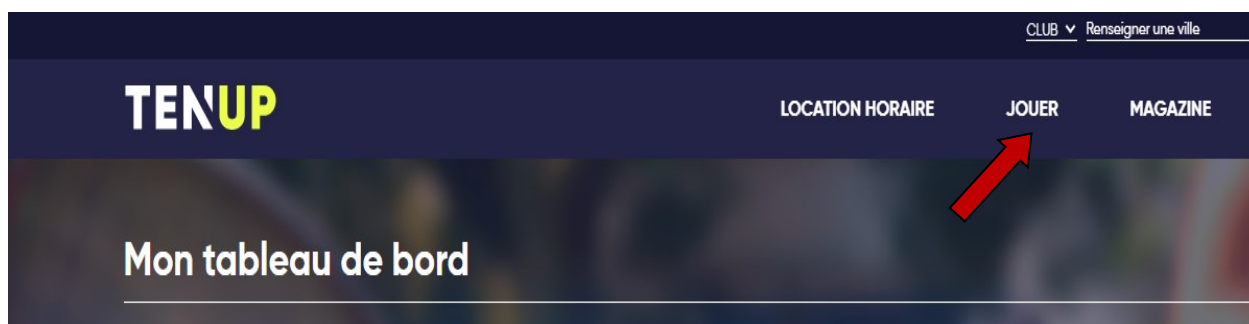


# Procédure Inscriptions Championnat Individuel Séniors + – Séniors et Jeunes

1 – Ce connecter à Ten'up : <https://tenup.fft.fr/>

2 - Cliquez sur jouer



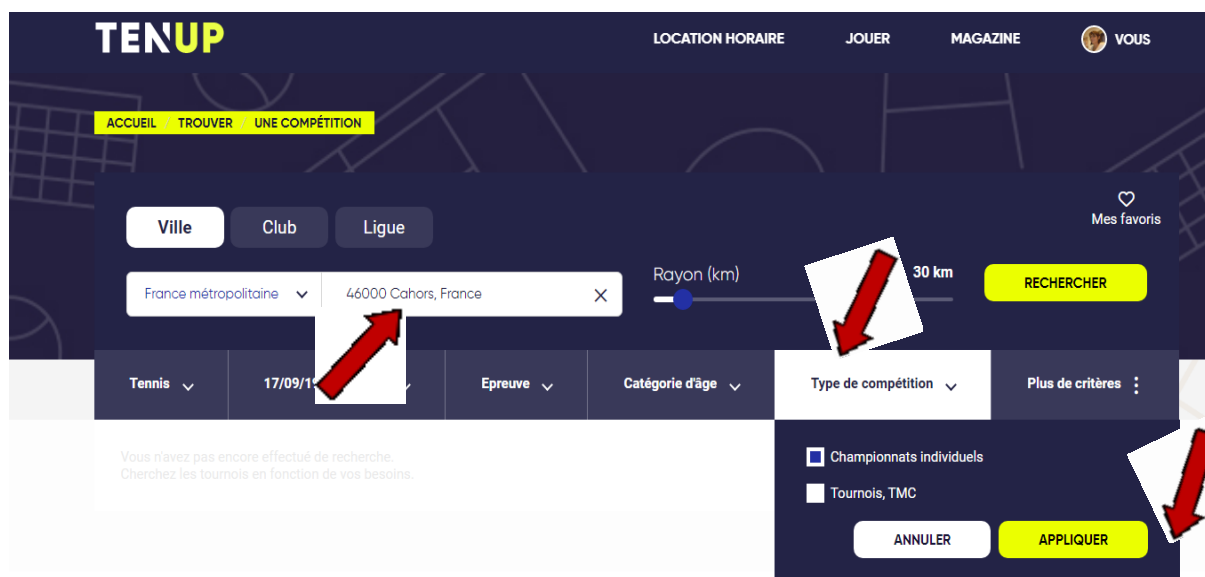
3 – Cliquez sur une compétition

4 - Renseignez la ville (46000)

Cliquez sur Type de compétition

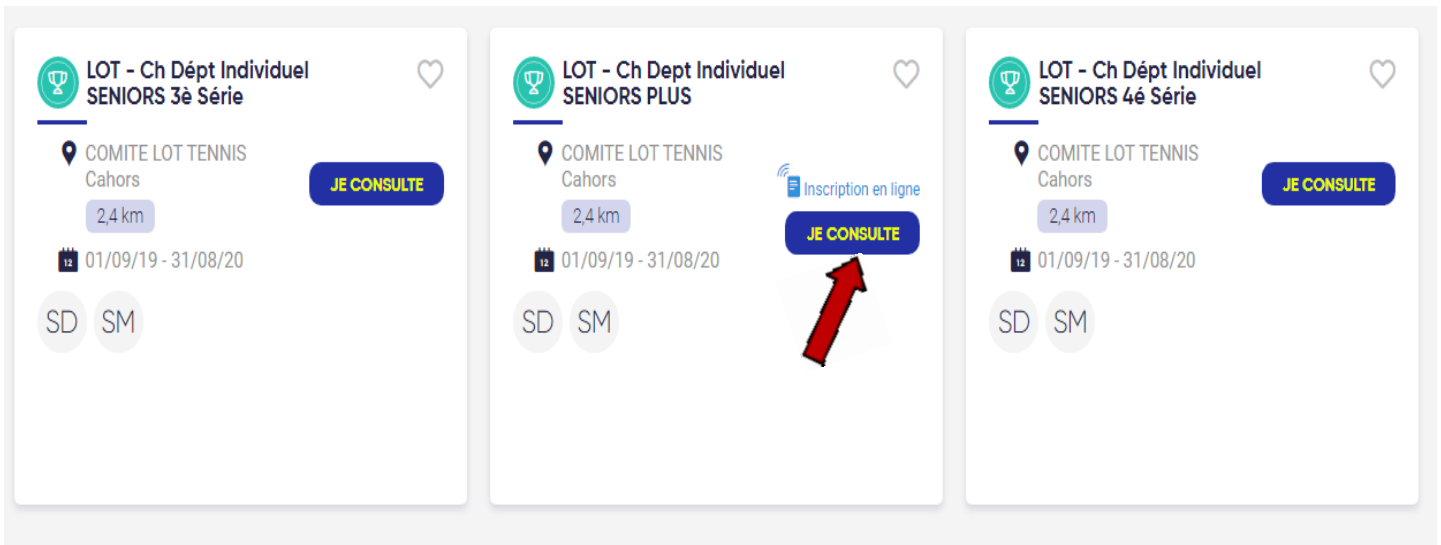
Cochez Championnat Individuel

Cliquez sur Appliquer



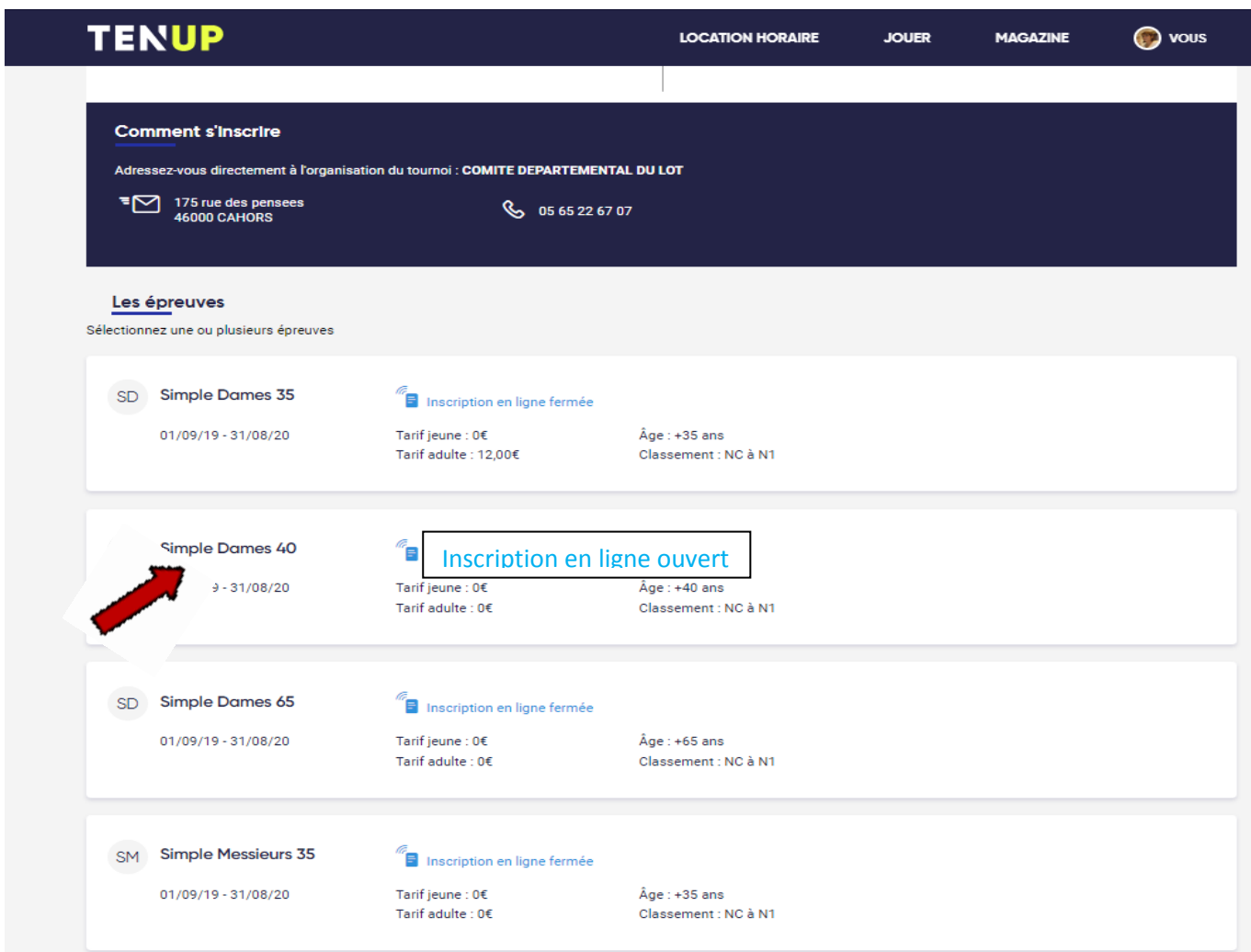
## 5 – Choisir un championnat

Cliquez sur je consulte (il faut que la mention **inscription en ligne** soit visible)



Three tournament cards are displayed side-by-side. Each card includes a trophy icon, the title 'LOT - Ch Dépt Individuel', the series name, the organizing committee 'COMITE LOT TENNIS Cahors', a distance of '2,4 km', and the dates '01/09/19 - 31/08/20'. The middle card, 'SENIORS PLUS', features a blue 'JE CONSULTE' button with a red arrow pointing to it, and an 'Inscription en ligne' icon above the button. The other two cards, 'SENIORS 3è Série' and 'SENIORS 4è Série', have only the 'JE CONSULTE' button. Each card also has a heart icon in the top right and 'SD' or 'SM' category icons at the bottom.

## 6 – Cliquez sur votre catégorie d'âge (il faut que la mention **inscription en ligne ouvert** soit visible)



The screenshot shows the TENUP website interface. At the top, there is a navigation bar with 'TENUP' logo and links for 'LOCATION HORAIRE', 'JOUER', 'MAGAZINE', and 'VOUS'. Below this is a dark blue section titled 'Comment s'inscrire' with contact information for 'COMITE DEPARTEMENTAL DU LOT'. The main content area is titled 'Les épreuves' and lists several categories. A red arrow points to the 'Simple Dames 40' category, which is highlighted with a box around the text 'Inscription en ligne ouvert'. Other categories include 'Simple Dames 35', 'Simple Dames 65', and 'Simple Messieurs 35', all with 'Inscription en ligne fermée' status. Each category card displays the category name, dates, and pricing for young and adult participants.

Procédez au paiement en ligne muni de votre carte bancaire