



**BALTIC OPEN
MASTERS ATHLETICS
CHAMPIONSHIPS
2024
COMPETITION GUIDE**

1. GOALS

- To popularize the athletics among masters.
- To identify best master athletes of 2024 in Baltic countries.
- To strengthen sports relations between the Baltic and neighbouring countries among the master athletes.

2. PLACE AND TIME

Place: **Janis Dalins stadium (Jana Dalina Street 2, Valmiera, LV-4201, Latvia)**

Date: **July 27-28, 2024**

Competition starts: **July 27, 12:00**

Technical Information Centrum starts: **July 27, 09:00**

3. GENERAL ORGANIZER

Latvian Masters Athletic association (LVVA)

President – Guntis Zālītis, mob. +371 29456458

Vice president – Dace Brakanska, mob. +371 29398024

Vice president – Laine Kreicere, mob. +371 26410552

Competition director: Megija Stalberga

(t. +371 27079858; e-pasts: megija.stalberga@voc.lv)

Competition chief judge:

(t., e-pasts:).

4. AGE CATEGORIES

- **Championships are open to all master athletes.**
- **Woman:** W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85+, W90+
- **Man:** M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85+, M90+
- **The age of the competitor is determined from the date of birth on the 27th of July.**

5. REGISTRATION

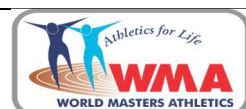
LVVA homepage www.lvva.lv

Name, Surname, Date of birth, Country (club) and events.

- Preregistration for the competition is open until 22 of July 2024.
- Changes are available in the stadium before competition until 10:00, 27 of July 2024.



Adrese: Zemes iela 4. Ķekava, Ķekavas nov., LV 2123
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LV60HABA0551035821716,
Tel.: +371 26410552; E-mail: lvva.masters@gmail.com; WEB: www.lvva.lv





6. ENTRY FEE

First event	20,00 EUR
Every next event, including relays (2nd, 3rd etc.)	6,00 EUR
* Hammer throw - please transfer the participation fee for the hammer throw after receiving confirmation from the organizer - 20 athletes according to the World ranking list will be allowed to participate	

- Entry fee should be transferred until 26 of July 2024 to
Latvian Masters Athletic Association
Reg. No. 40008203134
Address: Zemes iela 4, Ķekava, Ķekavas nov., LV-2123
Bank: AS SWED, code: HABALV22,
Iban: LV60HABA0551035821716
- Entry fee can be paid in cash in the Stadium.
- **Payment cards are not accepted!!!**
- **If a participant does not start in a competition or in some of the disciplines, the participation fee will not be refunded.**
- **Late registrations on the day of the competition, are generally not allowed, but, if possible, costs additionally 10 Euros.**

7. EVENTS

100m, 200m, 400m, 800m, 1500m, 3000m (W), 5000m (M), 4x100m, 5000m race walking, long jump, triple jump, high jump, shot put, javelin, hammer (20 athletes according to World ranking list), discus, weight throw, pole vault.

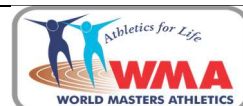
8. CONDITIONS OF ATHLETICS EVENTS

- Participants of long jump, triple jump and throwing events have **4 (four) attempts** for each age group. **No final attempts.**
- In the running disciplines participants **only have final races** (no preliminaries).
- In high jump Women and Men **Starting Height - 0,80 m; Progression – 5 cm.**
- All non-defined problems will be solved by the organizer of the competition together with the chief judge and a representative of LVVA. Competitions are held according to World Athletics (WA) and WMA regulations.
- Technical specification of events:

	Age groups	Shot put (kg)	Discus (kg)	Javelin (g)	Hammer (kg)	Weight (kg)
Women (W)	30+; 35+; 40+, 45+	4	1	600	4	9,08
	50+; 55+	3	1	500	3	7,26
	60+; 65+; 70+	3	1	500	3	5,45
	75+; 80+; 85+	2	0,75	400	2	4,00
Men (M)	35+; 40+; 45+	7,26	2	800	7,26	15,88
	50+; 55+	6	1,5	700	6	11,34
	60+; 65+	5	1	600	5	9,08
	70+; 75+	4	1	500	4	7,26
	80+; 85+; 90+	3	1	400	3	5,45



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9. ATHLETES COMPETITION AND WARMING UP CLOTHING

- Participants may participate only in the form of athletics clothing and sports equipment should also comply with WA rules and regulations. Athletes are advised to wear a national team uniform approved by their national federation.
- The competition bib issued to the participant must be properly affixed (in four corners), the bib must not have inverted or folded edges. If these conditions are not met, the participant will not be admitted to the start.

10. LIMITATIONS ON PARTICIPATION OF ATHLETES

- Based on the Sports Law of the Republic of Latvia, the guidelines of the Latvian Olympic Committee and the guidelines of the International Athletics Association (World Athletic), **citizens of Russia and Belarus are prohibited from participating in the competition.**

11. DOPING CONTROL

- Competitors may be subject to doping control in accordance with WADA regulations.

12. PROTESTS

- Any protests will be considered in accordance with Article 146 of the World Athletics Competition Rules.
- In case of submission of a protest, the team representative must submit it in writing, together with a deposit of EUR 20,00 (twenty euros), to the Chief Judge of the competition within 30 minutes after the announcement of the results.
- Other unmentioned problems and situations will be solved together with the chief judge of the competition and representatives of LVVA.

13. PRIZES

- Winners are determined according to the World Athletics competition rules.
- I, II, III place **individual winners** in the Baltic Championships will be awarded with Baltic Championships medals in each age category. Victory ceremony will take place as soon as possible after disciplines competition finish or according to victor ceremony schedule.
- Team points will be calculated for men and women jointly –
Individual and Relays: 1st place – 3 points; 2nd place – 2 points 3rd place – 1 point.
- **National team's winners** will be awarded with Cups.

14. COMPETITION RESULTS

- All results are published in printed form on the information desk.
- The results of the competition will be available at: www.lvva.lv.

15. MEDICAL SERVICE

- Each competitor is responsible for their own state of health.
- In all competitions organized by LVVA, a nurse or doctor is provided, who, if necessary, helps the athlete in case of a minor injury.
- For more serious situations, there is an emergency service, requiring a telephone call to 112, the national emergency number.



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16. MANAGEMENT

- Expenses of the competition organization are covered by LVVA.
- Participation expenses shall be borne by the sending organisations or the participants themselves.

17. PROTECTION OF PERSONAL DATA (Photography and Video)

- By applying for the competition, the participant agrees to the processing of his personal data for the purposes of organizing the competition.
- By applying for the competition, participants confirm that they agree to the use of photos, videos and audio materials taken before, after and during the competition for the needs of the competition organizer, including publication on the website www.lvva.lv, Latvian media and social networks.
- The organizers of the competition confirm that personal data will not be transferred to third parties and will be used only for the purposes of the competition.

18. USEFUL LINKS

www.lvva.lv

www.athletics.lv

www.lsys.lv

<https://janadalinastadions.lv>

www.world-masters-athletics.com

19. ACCOMMODATION OPTIONS

<https://janadalinastadions.lv/stadium-hotel/>

www.sportshotel.lv

<https://valmierastehnikums.lv/par-tehnikumu/dienesta-viesnica/>

<https://hotelwolmar.lv>



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