



Rules & Regulations Guide

1. Goals

- 1.1. To promote and develop Masters Athletics within the Baltic and neighbour states.
- 1.2. To identify the best masters athletes in the Baltic region.
- 1.3. To encourage cooperation between Baltic masters athletes and their national Associations as well as to foster international friendship, understanding and cooperation between masters athletes.
- 1.4. Endeavour to establish Baltic region championships in Masters Athletics on regular, traditional and well-coordinated bases.

2. Date and Place

- 2.1. Championship will be held on 10-11 of August 2019 in Lithuania, in the city of Vilnius, at Vingis stadium (Vingio stadionas), M. K. Čiurlionio St.116.
- 2.2. The activities in scheduled events will begin:
 - Saturday, August 10th - 13:00 AM;
 - Sunday, August 11th – 09:30 AM.

3. Organizers

- 3.1. Championship is organized by Athletic Federation of Lithuania and multi events athletics club “7&10”.

4. Participants

- 4.1. Baltic Masters Championship is open to all masters athletes, both men and women, born before or on 10 of August 1981, and who are physically fit for competition.
- 4.2. Russian masters athletes can only participate as independent athletes with the prohibition of the use of Russian symbols during competitions.
- 4.3. There are the following age categories:
 - 4.3.1. Women: W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85+ (W-Women, or 1st–11th groups);
 - 4.3.2. Men: M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85+ (M-Men, or 1st-11th groups).
- 4.4. The age of a competitor is determined from the date of birth on the 10th of August 2019.
- 4.5. Each competitor with his/her registration signature confirms the following:
 - 4.5.1. He/she is properly trained, and is in good health, and, therefore, ready to compete in the events he/she has registered;

4.5.2. He/she will comply with all the rules, all written and verbal instructions that may be issued or provided by organizers;

4.5.3. The registration information provided by a competitor to the organizers of the Championship is correct;

4.5.4. He/she does not object to use of their personal data in the Championship protocols, to use of their photographs and videos taken by the organizers during the Championship in the public materials of the Championship.

4.6. The organizers of the Championship confirm that personal data of the competitors will not be transferred to the third parties and will be used only for the purposes of the Championship.

5. Programme

5.1. Woman: 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m, 5000 m walking, high jump (HJ), long jump (LJ), triple jump (TJ), shot put (SP), javelin (JT), discus (DT), hammer (HT), weight (WT).

5.2. Men: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 5000 m walking, high jump (HJ), long jump (LJ), triple jump (TJ), shot put (SP), javelin (JT), discus (DT), hammer (HT), weight (WT).

5.3. Preliminary schedule is attached to the Guide. The final schedule will be **published August 7, 2019** at the latest.

6. Registration and Declaration

6.1. Competitors are requested to accomplish their registration procedures (including fee payments) till **August 3, 2019**.

6.2. Online registration <http://goo.gl/forms/7eh2ZM8BE0> and on the websites www.metikas.lt and www.lengvoji.lt will be available **from June 2, 2019**.

6.3. Declaration procedure: competitor's signature is considered to be of essential importance. Therefore, every team or group leader or an individual must submit their registration applications in a written form with signatures of every competitor on August 10, 2019, 12:00 AM at the stadium.

7. Entry fee

7.1. Any related expenses are covered by a competitor himself/herself or a leading organization.

7.2. Entry fee must be paid **before or on July 8, 2019** (bank transaction date). Payments executed after the date mentioned above (including payments at the stadium) will be considered as late payments and will be extra charged.

7.3. Competitors without settled entry fee will not be allowed to compete.

7.4. Only as exception will be treated entry fee payments at the stadium – by cash, on time interval when written entry applications will be submitted.

7.5. Entry fee is as follows:

7.5.1. for one event - 10,00 EUR;

7.5.2. for each additional event - 3,00 EUR;

7.6. Bank transfer must be referred to:

Lengvosios atletikos daugiakovininkų klubas „7 & 10“

į. k. 195701867, Vilnius, Medeiros g. 39 – 19

AB SEB Vilniaus bankas, a/s LT48 7044 0600 0171 2448

8. Technical rules

8.1. Championship is conducted in accordance with the World Masters Association (WMA) and technical rules of International Association of Athletics Federations (IAAF).

8.2. Organizers reserve the right to alter any rule if the need due to time constraints or other considerations occurs.

8.3. The appointed official will have the right to disqualify competitors whose performance is considered dangerous to themselves or to any other competitor.

8.4. The organizers will not be responsible for any injury, loss or damage to a competitor or his property which he may sustain in the course and in connection with Championship.

8.5. All implements for field events and starting blocks will be provided by organizers. The use of personal implements is not permitted.

9. Awards

9.1. Medals will be awarded to the winners of the 1st, 2nd and 3rd place of each age group.

10. Additional information and contacts

Websites www.metikas.lt, www.lengvoji.lt

E-mail balticmasters2016@gmail.com, saulius.svilainis@gmail.com

Tel. +370 698 79321 Saulius Svilainis



Vilnius is the capital of Lithuania and its largest city. Vilnius is located in the southeast part of Lithuania and is the second largest city of the Baltic States. The first known written record of Vilnius as the Lithuanian capital is known from Gediminas' letters in 1323. Vilnius known for its Old Town of beautiful architecture, declared a UNESCO World Heritage Site in 1994. Its Jewish influence until the 20th century has led to it being described as the "Jerusalem of Lithuania" and Napoleon named it "the Jerusalem of the North" as he was passing through in 1812. In 2009, Vilnius was the European

Capital of Culture, together with the Austrian city of Linz.