



## **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 through 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 2-3 July 2016 in Lithuania, in the city of Vilnius, at Vingis stadium (Vingio stadionas), M. K. Čiurlionio st. 112.
- 2.2. The activities in scheduled events will begin:
  - on Saturday, July 2 – 13:00 AM;
  - on Sunday, July 3 – 10 :00 AM.

### **3. Organizers**

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

### **4. Competitors**

- 4.1. Championship is opened to both men and women born before or on 2 July 1981, and who are physically fit for competition.
- 4.2. The age group for a competitor is determined by the date of his/her birth (age on 2 July, 2016).
- 4.3. Each competitor with his/her registration signature confirms the following:
  - 4.3.1. He/she is properly trained, and is in good health, and, therefore, ready to compete in the events he/she has registered;
  - 4.3.2. He/she will comply with all the rules, all written and verbal instructions that may be issued or provided by organizers;

4.3.3. the registration information about him/her is accurate.

4.4. Each race competitor also authorises and accepts that still or audio-visual images of his/her person can be taken during his/her participation in Championship and can be publicly displayed (on a website, e.g.) without his/her consent.

## 5. Programme

5.1. M-Men; W-Women; M/W- Men and Women.

5.2. Registration for one competitor is limited to 4 different events.

5.3. Timetable:

Date	Event	Date	Event
<b>02.07.2016</b>	100 m M/W	<b>03.07.2016</b>	80h,100h,110h
	400 m M/W		200 m M/W
	1500 m M/W		800 m M/W
	5000 m Walk M/W		3000 m W, 5000 m M
	4 x100 m relays M/W		TJ M/W
	LJ M/W		HJ M/W
	SP M/W		DT M/W
	HT M/W		WT M/W
	JT M/W		

100 m – running events

10000 m Walk – walking events

HJ – High Jump

JT – Javelin Throw

TJ – Triple Jump

SP – Shot Put

LJ – Long Jump

DT – Discus Throw

HT- Hammer Throw

80h,100h,110h - hurdles

WT-Weight Throw

Final timetable will be published not later than June 29, 2016.

## 6. Registration and Declaration

6.1. Competitors are requested to accomplish their registration procedures (including fee payments) till **June 24, 2016**.

6.2. Online registration on the websites [www.metikas.lt](http://www.metikas.lt) and [www.lengvoji.lt](http://www.lengvoji.lt) will be available from May 2, 2016.

6.3. Declaration procedure: a 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 July 2, 2016, 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 June 24, 2016** (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;

7.5.3. for relay race (additional) - 1,00 EUR.

7.6. Bank transfer must be referred to:

**Lengvosios Atletikos Daugiakovininkų Klubas "7 &10";**  
**į.k.195701867, Vilnius, Medeinos 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. The winners will be determined according to WMA 2014 age grading coefficients.

9.2. Medals will be awarded to the 1st, 2nd and 3rd place winners. Each competitor will receive Championship Certificate.

## **10. Additional information and contacts**

Websites: [www.metikas.lt](http://www.metikas.lt), [www.lengvoji.lt](http://www.lengvoji.lt)

E-mail: [balticmasters2016@gmail.com](mailto:balticmasters2016@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.