



SC COSMA SUMMER CUP 2020 COMPETITION REGULATIONS

I. GOALS

- Promote track and field.
- Help athletes excel.
- Strengthen the collaboration and relationship between sport clubs.
- Determine the best athletes of the competition.

II. COMPETITION LOCATION AND TIME

Date and place: **21 of July, 2020** Vilnius Vingio stadium (M.K.Čiurlionio g.)
Start of the competition: **16:15.**
Registration: **registration closes at 15:00 on 20th of July 2020.**
Please submit your participation applications via email:
remigija.raisiene@gmail.com
Applications on the day of competition are not accepted.

III. PARTICIPANTS

- SC COSMA SUMMER CUP is an open competition that welcomes Lithuanian as well as foreign athletes. Age limit: participants born in 2002 and older.
- Participants must have medical permit to compete, which they shall present when they arrive at the stadium to pick up their competition bibs.

IV. EVENTS

Women:

100, 400, long jump, discus, shot put, javelin.

Men:

100, 400, 1500, high jump, long jump, discus, shot put, javelin.

Organizers retain the right to change the program. If there will be less than three participants registered in one of the events, that event will be cancelled.

V. AWARDS

Competition is individual. Each event winner receives SC COSMA Cup. First, second and third places will receive medals, diplomas and certain money prizes (based on a result achieved). Participants of each event will be awarded as follow (for money prizes athletes must reach at least **KSM** result):

I place – 200 Eur,
II place – 100 Eur,
III place – 75 Eur.

Women	
100 m (KSM)	12,40
400 m (KSM)	57,00
Long jump (KSM)	6,00
Shot put (KSM)	14,00 (4 kg)
Discus (KSM)	48,00 (1 kg)
Javelin (KSM)	48,00 (600 g)

Men	
100 m (KSM)	10,90
400 m (KSM)	49,20
1500 m (KSM)	3:55,00
Long jump (KSM)	7,20
High jump (KSM)	2,03
Shot put (KSM)	15,60 (7,257 kg)
Discus (KSM)	51,00 (2 kg)
Javelin (KSM)	67,00 (800 g)

Important note: money prizes are only awarded if the qualification is reached at the permitted wind velocity (where relevant).

PROMO prizes will go to 5 athletes who reach the best results according to WA scoring table:

I place – 500 Eur,
II place – 400 Eur,
III place – 300 Eur,
IV place – 200 Eur,
V place – 100 Eur.

VI. CONTACT INFORMATION

*Competition secretary - Remigija Raišienė +37065028214, email
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Competition technical delegate - Jurdanas Radžius +37061128172

Event sponsored by Vilnius city municipality and Cosma Club

