

APPROVED BY
Sostinės sporto centras
Director Vytautas Janušaitis

REGULATIONS

1. AIMS AND OBJECTIVES

- 1.1 To foster amicable relations between Vilnius and other cities within Lithuania and neighbouring countries
- 1.2 To promote the sport of track and field athletics.
- 1.3 To identify and recognise outstanding track and field athletes.
- 1.4 To facilitate the exchange of coaching expertise.

2. VENUE AND DATES

- 2.1 The competition will be held on May 30th, 2026, at the Vilnius Vingis Stadium, located at M. K. Čiurlionio st. 112, LT-03134 Vilnius.
- 2.2 The competition will commence at 12:00 PM on May 30th, 2026.

3. PARTICIPANTS

- 3.1 Teams from Lithuania, Latvia, Estonia, Poland, and other countries are invited to participate.
- 3.2 The competitions are individual and conducted for the following age groups:
 - U14 (Born in 2013 and Younger)
 - U16 (Born in 2011-2012)
 - U18 (Born in 2009-2010)
 - U20 + Adults (Born in 2007 and Older)

4. STRUCTURE

- 4.1 The competition organiser is the Sostinės sporto centras.
- 4.2 The chief judge of the competition – Andrejs Tolstiks.
- 4.3 The competition is conducted according to the current WA rules.

5. Competition programme

Female Athletes	Male Athletes
U14 (Born in 2013 and Younger)	
60 m Sprint	60 m Sprint
U16 (Born in 2011-2012)	
200 m Sprint	200 m Sprint
1000 m Run	

100 m Hurdles (12,00-0,762-8,00)	110 m Hurdles (13,00-0,838-8,50)
300 m Hurdles	300 m Hurdles
High Jump	High Jump
Long Jump	Long Jump
U18 (Born in 2009-2010)	
100 m Sprint	100 m Sprint
400 m Run	400 m Run
800 m Run	800 m Run
3000 m Run	3000 m Run
100 m Hurdles (0,762-8,50)	110 m Hurdles (0,914-9,14)
High Jump	High Jump
Pole Vault	Pole Vault
Long Jump	Long Jump
Triple Jump	Triple Jump
Javelin (500 g) Throw	Javelin (700 g) Throw
	Discus (1,5 kg) Throw
4x100 m relay	4x100 m relay
U20 + Adults (Born in 2008 and Older)	
100 m Sprint	100 m Sprint
200 m Sprint	200 m Sprint
400 m Run	400 m Run
800 m Run	800 m Run
1500 m Run	1500 m Run
	110 m Hurdles (0,991-9,14)
400 m Hurdles	400 m Hurdles
Discus Throw	
4x400 mixed relay	

6. CONDITIONS OF PARTICIPATION

- 6.1 Each athlete may participate in a maximum of two individual events in addition to a single relay.
- 6.2 Younger athletes are allowed to participate in the older age group events if the desired event is not present in their own age group.
- 6.3 Applications must be submitted via email to lengvojiatletika@sostinessc.lt by May 22nd, 2026.
- 6.4 Competition entry fee is €12 per person.**
- 6.5 The competition entry fee is payable for each athlete included in the initial protocol through invoice.
- 6.6 The original application form must be presented upon arrival.
- 6.7 Medical clearance, confirmed by a medical doctor's signature on the application form, is required for participation.
- 6.8 Travel, accommodation, and meal expenses for participants are covered by the sending organisation.

7. AWARDS

- 7.1 Winners in each age group are determined in each event based on the best achieved result.
- 7.2 Athletes placing first, second and third in each event will receive medals and prizes established by the competition organisers and sponsors.
- 7.3 The winner of each event will be awarded a cup.
- 7.4 Special prizes may be awarded to outstanding athletes, subject to the organiser's financial capacity.
- 7.5 The organisers reserve the right to decide on awarding prizes to winners in events with less than 3 participants.

8. SUBMISSION OF PROTESTS

- 8.1 Protests are permissible if competition rules and regulations are not followed, if other conditions pose a risk to the competition and athletes, but not against the fact of an infringement.
- 8.2 Protests must be submitted in writing, along with a €20 deposit, no later than 30 minutes after the appealed infringement.
- 8.3 Protests are considered by the judges' appeals committee (chief judge of the competition, chief secretary, and technical delegate) according to WA competition rules.
- 8.4 If the protest is upheld, the deposit is refunded.

9. FINAL PROVISIONS

- 9.1 The Vilnius City Athletics Cup 2025 competition is held at the Vingis Stadium and is a public event where filming and photography may take place.
- 9.2 Filmed or photographed material may be distributed in the media, on TV channels, and online.
- 9.3 Team leaders/coaches are responsible for:
 - Timely submission of documents
 - The safety of participants during the competition
 - Proper conduct of participants during the competition and leisure time
- 9.4 By applying to the competition, the team/coaches confirm that they have read and will comply with these regulations.
- 9.5 The organisers reserve the right to change the competition date, time, or program.

10. CONTACTS

- 10.1 Email – lengvojiatletika@sostinessc.lt
- 10.2 Phone number - +370 608 03315.
- 10.3 Results and all competition-related materials can be found on the Sostinės sporto centras website - <https://sportas.vilnius.lt/> and the Lithuanian Athletics Federation website <https://lengvoji.lt/>.