

# REGULATION

## I.ZUNDA AND G.PEDERS HURDLES CUP IN CESIS 2026

**Mission** - To popularize athletics and hurdle running of various distances in Cesis and Latvia

### **Goal:**

- 1) Promote the development of athletics in Cesis;
- 2) Provide an opportunity for children and young athletes to participate in official competitions and set qualification mark for Latvian, European and World championships of their age;
- 3) Promote hurdle running, as one of the most engaging discipline in athletics.

**Competition date:** 08.06.2026., at 10:00, at Cesu City Stadium, Valmieras Street 6.

**The competition is organized by:** Cesu City Sports School in cooperation with Cesu Athletics Club, the Latvian Children and Youth Sports Association, EDZ Sports association.

**Chief referee:** Edvins Krums

**Secretary:** Dace Lezdina (dace.lezdina@cesusportaskola.lv)

### **Participants and age groups:**

U12 – 2015 un 2016 girls and boys  
U14 – 2013 and 2014 girls and boys  
U16 - 2011 and 2012 young women and young men  
U18 - 2009 and 2010 young women and young men  
U20 - 2007 and 2008 juniors and juniors  
Adults: born in 2006 and older

### **Registration:**

The registration is open to everyone, including international athletes. Registration is done via the LVS (Latvian Athletic association) electronic system. Registration is open from 01.05.2026, 12:00 and closes – 06.06.2026, 12:00

**For organizations and athletes who do not have access to the LVS electronic system registration should be done via e-mail: [bernusports11@gmail.com](mailto:bernusports11@gmail.com).**

### **Disciplines (distance to the 1st hurdler - spaces between hurdles - height of hurdles - number of hurdles):**

U12 group – 60m/h (girls and boys, 12.00-7.00-68.6- 5hurdles.)

U14 group – 80m/h (boys, 13.00-7.50-76.2- 8 hurdles), (girls, 12.00-7.50-68.6- 8 hurdles), 200m/h (girls and boys, 20.00- 35.00-68.6- 5 hurdles).

U16 group – 100m/h (girls, 12.00-8.00-76.2-10 hurdles), 110m/h (boys, 13.00-8.50-83.8 – 10 hurdles), 300m/h (50.00-35.00 -76.2- 7th hurdles);

U18 group - 100m/h (youth women, 13.00-8.50-76.2-10 hurdles), 110m/h (youth men, 13.72-9.14-91.4- 10 hurdles), 400m/h (45.00 -35.00-83.8, 10 hurdles);

U20 group - 100m/h (juniors and women, 13.00-8.50-83.8-10 hurdles), 110m/h (juniors, 13.72-9.14-99.1-10 hurdles) 400m/h (junior women and women, 45.00-35.00-76.2 - 10 hurdles), juniors and men (45.00-35.00-91.4 - 10 hurdles).

Adults: 110m/h (men, 13.72-9.14-106.7-10 hurdles).

**Awards:**

Top three athletes in each discipline will be awarded with a competition medals and sponsors prizes.

Special prizes (EUR 300) will be presented to one female athlete and one male athlete of all age groups with the best performance of the day

**Our friends:** Zelteris, Latvia Timber International, Astarte nafta, Multum, Balcia Insurance, Gardu Muti zelteris, Colemont FKB Latvia, Banalat, Wild Flower, Stelpes udens.

**Membership fees:**

Participation fee from each athlete is 7 EUR. More information about payment – bernusports11@gmail.com

**Protests:**

Any protests are dealt with in accordance with Article 146 of the IAAF Competition Rules.

In case of submitting a protest, the team representative, together with a deposit amounting to EUR 50.00 (fifty euros), must submit it to the main judge of the competition within 30 minutes after the announcement of the results.

**Medical service:**

Each organization is responsible for its own athletes' fitness and health.

**Other conditions:**

Each participating organization is responsible for the behavior of the participants.

Within registration, participants confirm that they do not object to the use of photos taken during the competition in public materials.