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 November 21st, 2026, at the Vilnius Athletics Arena, located at Žemaitės st. 6, LT-03117 Vilnius.

2.2 The competition will commence at 11:00 AM on November 21st, 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)

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)	
60 m Hurdles (12,00-0,762-7,75)	60 m Hurdles (13,00-0,838-8,25)
60 m Sprint	60 m Sprint
200 m Sprint	200 m Sprint
600 m Run	600 m Run

1000 m Run	1000 m Run
High Jump	
	Pole Vault
Long Jump	
Shot Put (3 kg)	Shot Put (4 kg)
U18 (Born in 2009-2010)	
60 m Hurdles (0,762-8,50)	60 m Hurdles (0,914-9,14)
60 m Sprint	60 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
High Jump	High Jump
Pole Vault	Pole Vault
Triple Jump	Triple Jump
Shot Put (3 kg)	Shot Put (5 kg)
800+600+400+200 m mixed relay (F-M-F-M)	

6. CONDITIONS OF PARTICIPATION

6.1 Each athlete may participate in a maximum of two individual events in addition to the mixed relay. Additional individual events are permitted under the Out of Competition (OOC) status.

6.2 Athletes of younger age groups may participate in events of older age groups. Athletes of older age groups may participate in events of younger age groups under the OOC status.

6.3 Athletes participating under OOC status must be clearly indicated as such in the application.

6.4 Applications must be submitted via email to lengvojiatletika@sostinessc.lt **by November 13th**, 2026. Application form will be attached to the email of the invitation.

6.5 Competition entry fee is €12 per person.

6.6 The competition entry fee is payable for each athlete included in the initial start lists.

6.7 Possible **payment methods**:

- **Invoice**: Details must be attached to the application or sent via email. The invoice will be sent **after** the competition.
- **On-Site Bank Card Payment**: Payment on-site by bank card at the arena on the day of the competition.

6.8 The original application form must be presented upon arrival.

6.9 Medical clearance, confirmed by a medical doctor's signature on the application form, is required for participation.

6.10 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 €30 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 2026 competition is held at Vilnius Athletics Arena 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 programme.

9.6 Participating organisations can book or inquire about accommodation at Hotel Žemaitės by emailing info@hotelzemaites.lt or calling +370 5 213 3193.

- Prices as of October 9th are 57 EUR for a single room and 30 EUR for multiple-occupancy rooms (plus city tax of 1 EUR per person).

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/ .