



BALTIC OPEN MASTERS CHAMPIONSHIPS IN ATHLETICS 2021

COMPETITION GUIDE

Competition is organized with shortened program, that was decided due to coronavirus, please accept it.
Please follow safety rules, keep distances and follow other regulation made by organizers.

1. GOALS

- To popularize the athletics among masters.
- To identify best master athletes of 2021 in Baltic countries.
- To strengthen sports relations between the Baltic and neighboring countries among the master athletes.

2. PLACE AND TIME

Place: **Olympic Center "Ventspils" stadium (Sporta Street 7/9, Ventspils, LV-3601)**

;
Date: **August 21-22, 2021**

Competition starts: **August 21, 11:45**

Technical Information Centrum starts: **August 21, 09:00**

3. GENERAL ORGANIZER

Latvian Veterans (Masters) Athletic association (LVVA)

President – Guntis Zālītis, mob. +371 29456458

Vice president – Dace Brakanska, mob. +371 29398024

Vice president – Laine Kreicere, mob. +371 26410552

Competition director: **Aigars Matisons**

(t. 29217674; e-pasts:)

Competition chief judge: **Dainis Lodiņš**

(t.26147685, e-pasts:).

Head of competition secretary: **Kārlis Gubāts**

(t.26490802; karlis.gubats@ventspils.lv:)

4. AGE CATEGORIES

- **Championships are open to all master athletes.**
- **Woman:** W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85+
- **Man:** M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85+
- **The age of the competitor is determined from the date of birth on the 21st of August.**

5. REGISTRATION

LVVA homepage www.lvva.lv or lvva.masters@gmail.com

Name, Surname, Date of birth, Country (club) and events.

- Preregistration for the competition is open until 19 of August 2021.
- Changes are available in the stadium before competition until 21 of August 2021 10:00.



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6. ENTRY FEE

First event	15,00 EUR
Every next event, including relays (2 nd , 3 rd etc.)	3,00 EUR

- Entry fee should be transferred until 20 of August 2021 to
Latvian Veterans Athletic association
Reg. No. 40008203134
Address: Zemes iela 4, Ķekava, Ķekavas pag., Ķekavas nov., LV-2123
Bank: AS SWED, code: **HABALV22**,
Iban: **LV60HABA0551035821716**
- Entry fee can be paid in cash in the Stadium.
- **Payment cards are not accepted!!!**
- **If a participant does not start in a competition or in some of the disciplines, the participation fee will not be refunded.**
- **Late registrations on the day of the competition, are generally not allowed, but, if possible, costs additionally 10 Euros.**

7. EVENTS

1st day – 100m, 400m, 1500m, discus, triple jump, high jump, shot put, weight throw.

2nd day – 200m, 800m, 5000m, 5000m race walking, long jump, javelin, hammer, 4x100m.

8. CONDITIONS OF ATHLETICS EVENTS

- Participants of long jump, triple jump and throwing events have **4 (four) attempts** for each age group. **No final attempts.**
- In the running disciplines participants **only have final races** (no preliminaries).
- In high jump Women and Men **Starting Height - 0,80 m; Progression – 5 cm.**
- All non-defined problems will be solved by the organizer of the competition together with the chief judge and a representative of LVVA. Competitions are held according to World Athletics (WA) and WMA regulations.
- Technical specification of events:

Age groups	Shot put (kg)	Discus (kg)	Javelin (g)
Women (W):			
35+; 40+; 45+;	4	1	600
50+; 55+;	3	1	500
60+; 65+; 70+	3	1	500
75+; 80+; 85+	2	0,75	400
Men (M):			
35+; 40+; 45+;	7,26	2	800
50+; 55+;	6	1,5	700
60+; 65+;	5	1	600
70+; 75+;	4	1	500
80+; 85+; 90+;	3	1	400



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9. ATHLETES COMPETITION AND WARMING UP CLOTHING

- Participants may participate only in the form of athletics clothing and sports equipment should also comply with WA rules and regulations. Athletes are advised to wear a national team uniform approved by their national federation.
- The competition bib issued to the participant must be properly affixed (in four corners), the bib must not have inverted or folded edges. If these conditions are not met, the participant will not be admitted to the start.

10. DOPING CONTROLE

Competitors may be subject to doping control in accordance with WADA regulations.

11. PROTESTS

- Any protests will be considered in accordance with Article 146 of the World Athletics Competition Rules.
- In case of submission of a protest, the team representative must submit it in writing, together with a deposit of EUR 20.00 (twenty euros), to the Chief Judge of the competition within 30 minutes after the announcement of the results.
- Other unmentioned problems and situations will be solved together with the chief judge of the competition and representatives of LVVA.

12. PRIZES

- Winners are determined according to the World Athletics competition rules.
- I, II, III place winners in the Baltic championships will be awarded with Baltic championships medals in each age category.

13. COMPETITION RESULTS

- All results are published in printed form on the information desk.
- The results of the competition will be available at: www.lvva.lv.

14. MEDICAL SERVICE

- Each competitor is responsible for their own state of health.
- In all competitions organized by LVVA, a nurse or doctor is provided, who, if necessary, helps the athlete in case of a minor injury.
- For more serious situations, there is an emergency service, requiring a telephone call to 112, the national emergency number.

15. MANAGEMENT

- Expenses of the competition organization are covered by LVVA.
- The stadium sports facility is provided by the Ventspils city sport department.
- Participation expenses shall be borne by the sending organisations or the participants themselves.

16. PROTECTION OF PERSONAL DATA (Photography and Video)

- By applying for the competition, the participant agrees to the processing of his personal data for the purposes of organizing the competition.



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- By applying for the competition, participants confirm that they agree to the use of photos, videos and audio materials taken before, after and during the competition for the needs of the competition organizer, including publication on the website www.lvva.lv, Latvian media and social networks.
- The organizers of the competition confirm that personal data will not be transferred to third parties and will be used only for the purposes of the competition.

17. COVID-19 PREVENTION MEASURES

Competition organizers, participants, coaches and other support staff must comply with the regulations of the Latvia Cabinet of Ministers No. 360 "Epidemiological precautions to limit the spread of Covid-19 infection".

18. USEFUL LINKS

www.lvva.lv
www.athletics.lv
www.lsvs.lv
www.ventspils.lv
www.ocventspils.lv
www.world-masters-athletics.com

19. ACCOMMODATION OPTIONS

<https://www.visitventspils.com/lv/ko-darit-ventspili/925/?group=15>

20. APPENDICES AND CHANGES TO THE REGULATIONS

The organizers of the competition reserve the right to make amendments and / or additions to these competition regulations, but not later than August 19, 2021, notifying about changes in the website www.lvva.lv in the "2021 gada kalendārs" section.



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21. TIMETABLE

8. BAL TIC OPEN MASTERS
CHAMPIONSHIPS IN ATHLETICS
**7. LATVIJAS ČEMPIONĀTS
VIEGLATLĒTIKĀ VETERĀNIEM**

2021

PROGRAMMA / TIME TABLE



21. AUGUSTS			
LAIKS TIME	DISCIPLĪNA EVENT		GRUPA AGE
10:00-11:15	Reģistrācija Registration		
12:45	Sacensību atklāšana Opening ceremony		
13:00	100m	(DT)	M 60-85+
	Disks	(SP)	W 60-85+
	Lode	(HJ)	M 60-65
	Augstlēkšana	(DT)	W 30+
	Disks	(DT)	W 30-55
	Lode	(SP)	M 70-85+
13:15	100m	(TJ)	M 30-55
	Trissolis	(TJ)	M 30-85+
13:40	100m		W 30+
13:50	Lode	(SP)	M 30-45
14:10	1500m		M 30+
14:30	1500m		W 30
14:40	Disks	(DT)	M 70+
	Disks	(DT)	M 30-45
15:00	Augstlēkšana	(HJ)	M 30+
	Trissolis	(TJ)	W 30-85+
	Lode	(SP)	M 50-55
	400m		M 30+
15:20	400m		W 30+
16:00	Lode	(SP)	W 30-55
	Lode	(SP)	W 60+
	Disks	(DT)	M 50-55
	Disks	(DT)	M 60-65
17:00-18:00	Apbalvošanas ceremonija Awards Ceremony		

* Sacensību laiki var mainīties atkarībā no pieteikto dalībnieku skaita.

* Time schedule can be changed depending on the number of registered participants.

22. AUGUSTS			
LAIKS TIME	DISCIPLĪNA EVENT	GRUPA AGE	
08:30	5000m soļošana	(RW)	W+M
10.00	200m Šķēps Šķēps	(JT) (JT)	W 30-50 W 60-85+ M 30-45
10:15	200m		W 50+
10:30	200m Tāllēkšana	(LJ)	M 30+ W 30-50
11.00	800m		W 30+
11.10	Šķēps	(JT)	M 50-55
11.20	800m		M 30+
11.40	3000m		W 30+
12.15	Tāllēkšana	(LJ)	W 55+
12.30	Šķēps Šķēps 5000m	(JT) (JT)	M 60-65 W 30-55 M 30+
13.00	Tāllēkšana	(LJ)	M 30-55
13.20	4x100m		W
13.30	4x100m		M
14.00	Šķēps	(JT)	M 70-85
14.10	Tāllēkšana	(LJ)	M 60-85+
14.00- 15.00	Apbalvošanas ceremonija Awards Ceremony		
Mešanu laukums / Throwing area			
09:00	Veseris Veseris	(HT) (HT)	M 60+ W 30-55
10.10	Svara mešana	(WT)	W 30-55
10.40	Svara mešana	(WT)	M 60+
12.30	Veseris	(HT)	W 60-85
12.40	Veseris	(HT)	M 30-55
13.30	Svara mešana	(WT)	W 60-85+
13.40	Svara mešana	(WT)	M 30-55

Olimpiskā centra "Ventspils" stadions
(Sporta iela 7/9, Ventspils)

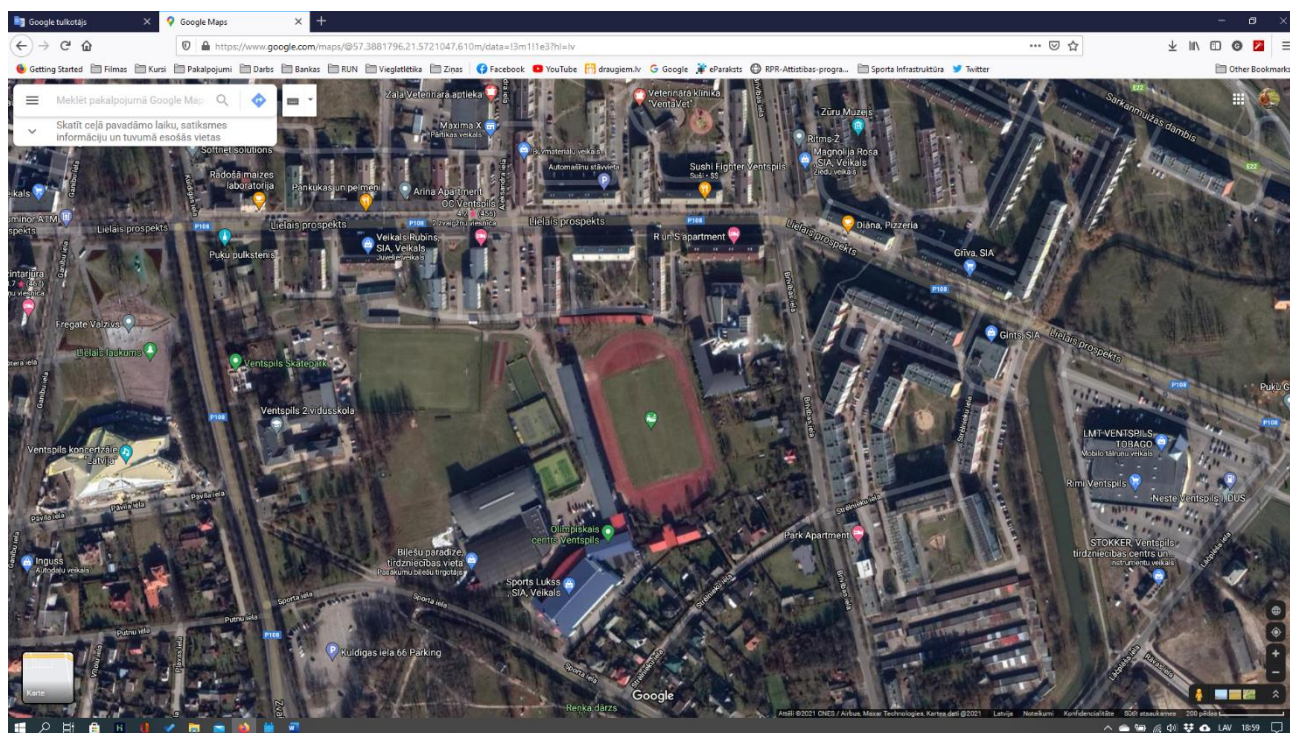
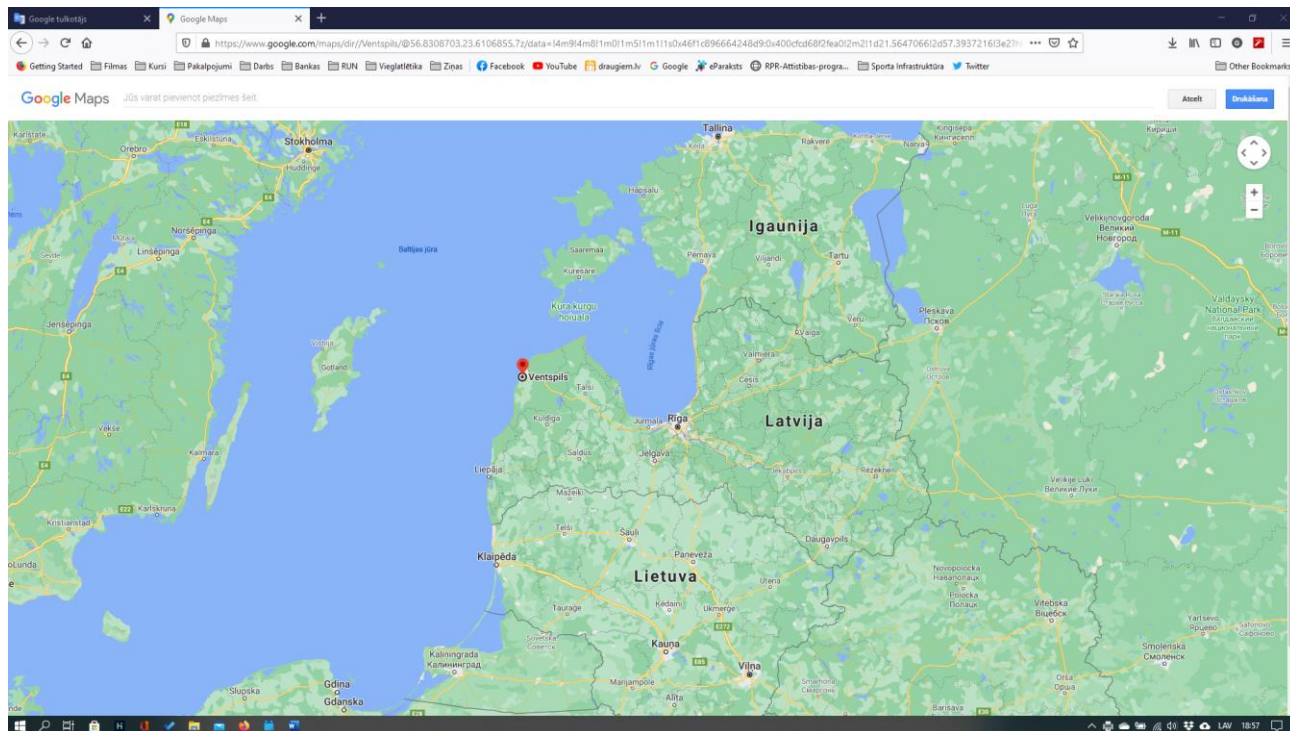


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Google Map - 57.38798877823611, 21.572034962936456



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