



XII Baltic Open Masters Athletics Championship 2025

RULES & REGULATIONS

1. Goals

1.1. To popularize and develop cooperation between athletics masters in the Baltic countries and in other countries.

1.2. Identify the best masters.

2. Date and Place

2.1. Championship will be held on 06-07 of September 2025 in Lithuania, in the central stadium in Klaipėda, Sportininku str.46.

2.2. The activities in scheduled events will begin:

- Saturday, September 06 – 11:00;

- Sunday, September 07 - 10:00.

3. Organizers

3.1. Klaipėda masters athletics sports club “Ažuolas”.

3.2. Lithuanian masters athletics association.

3.3. Klaipėda athletics school.

4. Participants

4.1. Championship is open to all masters born not later than on 06 September 1990 in the following age categories:

4.1.1. Women: W35; W40; W45; W50; W55; W60; W65; W70; W75; W80; W85+

4.1.2. Men: M35; M40; M45; M50; M55; M60; M65; M70; M75; M80; M85+

4.2. Each participant upon registration signature confirms the following:



4.2.1 is properly trained, and is in good health, and therefore is ready to compete in the events he/she has registered;

4.2.2 will comply with all the rules, all written and verbal instructions that may be issued or provided by organizers;

4.2.3 the registration information provided to the organizers of the Championship is correct;

4.2.4 does not object to use of their personal data in the Championship protocols, the use of their photographs and videos taken by organizers during the Championship in the public materials of the Championship.

5. Programme

5.1 Men: 100m; 200m; 400m; Short Hurdles; 800m; 1500m; 5000m; 3000m Walk; Long Jump; Triple Jump; High Jump; Pole Vault; Discus Throw; Javelin Throw; Hammer Throw; Shot put; Weight Throw; 4x100 Relay.

5.2 Women: 100m; 200m; 400m; Short Hurdles; 800m; 1500m; 5000m; 3000m Walk; Long Jump; Triple Jump; High Jump; Pole Vault; Discus Throw; Javelin Throw; Hammer Throw; Shot put; Weight Throw; 4x100 Relay.

5.3. Preliminary schedule is attached to the Rules.

5.4. Final schedule will be announced on August 29.

6. Registration: <https://sites.google.com/view/llav/registracija/baltic-2025-09-67>

6.1. Start of registration - June 05, 2025

6.2. End of registration - August 28, 2025



7. Entry fee

7.1. Any participation - related expenses are covered by a himself/herself or his/her organization.

7.2. Entry fee must be paid before **August 28, 2025**.

7.3. Participant who have not registered in time and not paid entry fee in time will not be allowed to compete.

7.4. Entry fee is as follows:

7.4.1 for the first event - 20 EUR;

7.4.2 for each additional event - 6 EUR;

7.5. The payment order should be made to:

Klaipėdos miesto lengvosios atletikos veteranų sporto klubas „Ažuolas“,

Taikos pr.54., LT-91183 Klaipėda

Reg. No: 193176011

Swedbank AB, banko kodas: 7300

IBAN: LT66 7300 0100 0230 5043

SWIFT code- HABALT22.

8. Technical rules

8.1. Championship is conducted in accordance with the World Masters Athletics (WMA) and European Masters Athletics (EMA) rules.

8.2. Organizers reserve the right to alter any rule if needed due to time constraints or other considerations occur.

8.3. The organizers will not be responsible for any injury, loss or damage to a participant or his/her property which he may sustain in the course and in connection with Championship.

8.4. Individual tools are delivered for inspection at 1 a.m. each day of the competition before the start of the event.



9. Awards

9.1. First, second and third place winners in each of age categories and events will be awarded medals.

9.2. All participants will be awarded commemorative medals and diplomas recording all the results achieved during the competition.

9.3. Cash prizes will be awarded the masters (M,W) among all age groups with the highest results according to the IAAF point table in the following categories:

- a.* Sprint (100m, 200m, 400m, Short Hurdles),
- b.* Long Run (800m, 1500m, 5000m, 3000m walk),
- c.* Throws (Discus Throw, Javelin Throw, Hammer Throw, Shot put, Weight Throw),
- d.* Jumps (Long Jump, Triple Jump, High Jump, Pole Vault) events.

9.4. The best master (M,W) among all age groups with the highest result according to the IAAF point table is awarded „Ažuolas“ cup.

10. Competition results

10.1 The results of the competition will be available at:

<https://sites.google.com/view/llav/rezultatai>

11. Expenses

11.1. Expenses of the competition organization are partially covered by SK „Ažuolas“, Klaipėda city municipality, Lithuanian Athletics Federation, Lithuanian sports masters association „Penki žiedai“.

11.2. Participation expenses are covered by the participants themselves or their sending organization.



12. Contacts

E-mail zieduna@bielinis.net, Tel. +370 685 18308 Žiedūna Bielinienė
<https://sites.google.com/view/llav/informacija/baltic-2025-09-67>

13. Accomodation and travel options

<https://klaipedatravel.lt/en/>

<http://greenhotels.lt/klaipeda/>

<http://www.hotelaurora.lt/>

<https://www.memelhotel.lt/En/home>

<https://www.booking.com>