



## **XII Baltic Open Masters Athletics Championship 2025 & “Ažuolas Cup”**

### **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. Start of the competition 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; 90+
  - 4.1.2. Men: M35; M40; M45; M50; M55; M60; M65; M70; M75; M80; M85; 90+
- 4.2. Each participant upon registration signature confirms the following:



4.2.1 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; 80, 100, 110 b/b Hurdless; 800m; 1500m; 5000m; 3000m Race 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; 80, 100 Hurdless; 800m; 1500m; 5000m; 3000m Race 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&Regulations:  
<https://sites.google.com/view/llav/informacija/baltic-2025-09-67>

5.4. Final schedule, depending on the number of registered participants, 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 himself/herself or his/her organization.

7.2. If a participant does not start in a competition or in some of the disciplines, the participation fee will not be refunded.

7.3. Entry fee must be paid before August 28, 2025.

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

7.5. Entry fee is as follows:

7.5.1 for the first event - 20 EUR;

7.5.2 for each additional event - 7 EUR;

7.6. The payment order should be made to:

KLAIPĖDOS M. LENGV. ATLETIKOS VETERANŲ SPORTO KLUBAS AŽUOLAS,

TAIKOS PR.54, 91183, KLAIPĖDA, LIETUVA

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 change the championship rules in case of unforeseen circumstances.

8.3. Individual tools must be submitted for inspection no later than 1 hour before the start.

The chief judge is responsible for checking the individual tools.

## 9. Competition conditions

On the day of the competition, participants must register at the designated registration place before the event. They must arrive at the registration place by the time specified below:

9.1. Running, race walking – registration ends before 15 minutes before the start of the event.

9.2. High jump, long jump, triple jump, shot put, discus throw, javelin throw – registration ends before 20 minutes before the start of the event.

9.3. Hammer throw, weight throw – registration ends before 25 minutes before the start of the event.

9.4. Pole vault – registration ends before 30 minutes before the start of the event.

After the specified times, participants will be escorted to the events place.

**If the participants do not register by specified registration deadline, they will not be allowed to participate.**

All necessary information about the event will be provided at the registration place. Here, the accreditation of participants will be checked, and participants will be escorted to the event place.



## 10. 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 among all age groups will be awarded the masters who have achieved the highest results in four categories of events. The highest result is determined according to the IAAF points table:

a) Man and Woman in the short distance running category (assigned events - 100m, 200m, 400m, Short Hurdles);

b) Man and Woman in the long distance running category (assigned events 800m, 1500m, 5000m, 3000m Race Walk);

c) Man and Woman in the jumping category (assigned events Long Jump, Triple Jump, High Jump, Pole Vault);

d) Man and Woman in the throwing category (assigned events Discus Throw, Javelin Throw, Hammer Throw, Shot put, Weight Throw).

9.4. The best master Man and Woman among all age groups with the highest result according to the IAAF points table is awarded „AŽUOLAS“ Cup.

## 11. Competition results

10.1 The results of the competition will be available at:

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

## 12. 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.



### 13. Useful links, contact

<https://www.facebook.com/LietuvosLengvosiosAtletikosMeistrai>

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

E-mail [zieduna@bielinis.net](mailto:zieduna@bielinis.net), Tel. +370 685 18308 Žiedūna Bielinienė

### 14. 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>