

REGULATION

International competition 'Valmiera-Valga'

TARGET OF THE COMPETITION

1. Promote and develop athletics in Valmiera municipality and Valga
2. Promote the growth of athlete outcomes
3. Promote cooperation between Valmiera Sports School and sports Club 'Maret – Sport'

MANAGEMENT

The competition is organised by Valmiera Sports School in partnership with Valmiera Athletics Club and Sports Club 'Maret-Sport'

Competition Main Judge Megija Stalberga (Tel. 27000440, email address:

megijastalberga@gmail.com

Competition Secretary Līga Dzene (Tel. 29448010, email address:

sacensibas@valmiera.edu.lv)

PLACE AND TIME OF COMPETITION

The race will take place on January 3, 2025 in the U18, U20 groups

January 4, 2025 in the U14, U16 groups

The competition will take place at the Jāņa Daliņa stadium indoor facility, Valmiera, LV-4201

Competition begin on January 3 at 12:00

January 4 at 12:00

PARTICIPANTS

U14 (boys and girls 2012-2013)

U16 (boys and girls 2010-2011)

U18 (boys and girls 2008- 2009)

U20 (juniors and juniors 2006-2007)

PROGRAM

U14 girls - 60 m, 300 m (**normative 52.00**), 800 m, 60 m/b (12.00 - 7.50 - 76.2), high jump, long jump, shot put (2 kg)

U14 boys - 60 m, 300 m (**normative 51.00**), 1000 m, 60 m/b (13.0 - 7.50 - 76.2), high jump, long jump, shot put (3 kg)

U16 girls - 60 m, 200 m (**normative 30.50**), 800 m, 60 m/b (12.00 - 8.00 - 76.2), high jump, long jump, shot put (3 kg)

U16 boys - 60 m, 200 m (**normative 28.50**), 1000 m, 60 m/b (13.00 - 8.50 - 83.8), high jump, long jump, shot put (4 kg)

U18 young women – 60 m, 200 m, 600 m, 1500 m, 60 m/b (13.00 – 8,50 – 76,2), high jump, long jump, shot put (3 kg)

U18 young people – 60 m, 200 m, 600 m, 1500 m, 60 m/b (13.72 – 9.14 – 91.4), high jump, long jump, shot put (5 kg)

U20 juniors (W) – 60 m, 200 m, 600 m, 1500 m, 60 m/b (13.00 – 8.50 – 83.8), high jump, long jump, shot put (4 kg)

U20 juniors (M) – 60 m, 200 m, 600 m, 1500 m, 60 m/b (13.72 – 9.14 – 99.1), high jump, long jump, shot put (6 kg)

REGULATIONS

Winners are determined according to World Athletics competition rules.

It is **prohibited to** participate in Latvian and Estonian national team forms.

The competition number issued to the participant must be securely attached (in four corners), the number must not have cropped or folded edges.

AWARDING

In each discipline, 1-3 winners are awarded medals. The highest-value performers in each age group win prizes.

ATHLETE APPLICATIONS

All expenses related to participation of participants in competitions shall be covered by the commanding organisation. Participation fee in the competition **EUR 8,00** per participant. The costs of organising the competition are covered by Valmiera Sports School, Valmiera Athletics Club and Maret-Sport.

The application for competition on the website of LVS shall be www.athletics.lv until 30 December 2024 at 12:00. Athletes or organisations that do not have access to the LVS statistical system shall send their applications to the Secretary of the Competition by e-mail in sacensibas@valmiera.edu.lv marked "Valmiera-Valga". The application must state the name, birth data, the organisation represented, the result and the discipline.

Athletes from Valmiera Sports School and sports club Maret-Sport have been exempted from membership fees.

Sports clubs and sports schools shall, no later than 2 hours before the start of the competition, withdraw participants who will not participate in the competition by sending SMS to telephone No.: 29448010 (Līga Dzene) indicating: the name, gender, age group and discipline of the athlete.

Travel, accommodation and catering expenses of participants shall be covered by the commanding organisation or the participant himself or herself.

Other conditions

Only replacement shoes may be used in the indoor facility.

The participants application confirms that athletes can be photographed during the competition and photos taken by organisers can be used for posting on social networks. The organisation applying for the participants or the participant itself shall be responsible for the compliance of the participant's health with the competition.