

REGULATION

I.ZUNDA AND G.PEDERS HURDLES CUP

MISSION

Promote athletics and hurdle running in Cesis and Latvia

GOALS

- Promote the development of athletics in Cesis
- Ensure an opportunity for children and young athletes to participate in official competitions and set qualification mark for Latvian, European and World championships of their age
- Promote hurdle running, as one of the most engaging events in athletics

COMPETITION DATE

31.05.2025, 12:00, at Cesu City Stadium, Valmieras Street 6

THE COMPETITION IS ORGANIZED BY

Cesis City Sports School in cooperation with Cesis Athletics Club, the Latvian Children and Youth Sports Association, EDZ Sports Association

CHIEF REFEREE

Edvins Krums

SECRETARY

Dace Kipena (dace.kipena@cesusportaskola.lv)

PARTICIPANTS AND AGE GROUPS

U12 – 2014 un 2015 girls and boys

U14 – 2012 and 2013 girls and boys

U16 - 2010 and 2011 girls and boys

U18 - 2008 and 2009 youth girls and boys

U20 - 2006 and 2007 junior women and junior men

Adults: born in 2005 and older

REGISTRATION

The registration is open to everyone, including international athletes.

Registration is done via the LVS (Latvian Athletic association) electronic system.

Registration is open from 01.05.2025, 12:00 and closes – 29.05.2025, 12:00

FOR ORGANIZATIONS AND ATHLETES WHO DO NOT HAVE ACCESS TO THE LVS ELECTRONIC SYSTEM

Registration should be done via e-mail: bernusports11@gmail.com

DISCIPLINES

DISTANCE TO THE 1ST HURDLER - SPACES BETWEEN HURDLES - HEIGHT OF HURDLES - NUMBER OF HURDLES

U12 group 60m/h

girls and boys, 12m - 7m - 68cm - 5 hurdles

U12 group 200m/h

girls and boys, 15m - 35m - 68cm - 5 hurdles

U14 group 80m/h

boys, 13m - 7.50m - 76.2cm - 8 hurdles

girls, 12m - 7.5m - 76.2cm - 8 hurdles

U14 group 200m/h

girls and boys, 15m - 35m - 68cm - 5 hurdles

U16 group 100m/h

girls, 12m - 8m - 76.2cm - 10 hurdles

U16 group 110m/h

boys, 13m - 8.5m - 83.8cm - 10 hurdles

U16 group 300m/h

girls and boys, 45m - 35m - 76.2cm - 7 hurdles

U18 group 100m/h

youth girls, 13m - 8.5m - 76.2cm - 10 hurdles

U18 group 110m/h

youth boys, 13.72m - 9.14m - 91.4cm - 10 hurdles

U18 group 400m/h

youth girls and boys, 45m - 35m - 83.8cm - 10 hurdles

U20 group 100m/h

junior women, 13m - 8.5m - 83.8cm - 10 hurdles

U20 group 110m/h

junior men, 13.72m - 9.14m - 99.1cm - 10 hurdles

U20 group 400m/h

junior women, 45m - 35m - 76.2cm - 10 hurdles

junior men, 45m - 35m - 91.4cm - 10 hurdles

Adults 100m/h

women, 13m - 8.5m - 83.8cm - 10 hurdles

men, 13.72m - 9.14m - 106.7cm - 10 hurdles

Adults 400m/h

women, 45m - 35m - 76.2cm - 10 hurdles

men, 45m - 35m - 91.4cm - 10 hurdles

AWARDS

Top three athletes in each discipline will be awarded with a competition medals and sponsors prizes. Special prize money (EUR 100) will be presented to one female athlete and one male athlete of all age groups with the best performance of the day (based on IAAF points table)

OUR FRIENDS

Zelteris, Latvia Timber International, Astarte nafta, Multum, Balcia Insurance, Gardu Muti zelteris, Colemont FKB Latvia, Banalat, Wild Flower, Stelpes udens

ENTRANCE FEE FOR ATHLETES

Entrance fee for each athlete is 7 EUR. More information about payments and competition, please contact: bernusports11@gmail.com

RECEPTION AND ACCOMMODATION OF FOREIGN ATHLETES AND TEAM MEMBERS

For international athletes for travel and accommodation information, please contact: bernusports11@gmail.com

The organizers will make an effort to support international athletes with transfer and/or accommodation arrangements. The type of support provided will depend on the athlete's level and the resources available to organizers.

PROTESTS

Protests will be conducted according to Article 146 of the IAAF Competition Rules

In the event of submitting a protest, the team representative, together with a deposit amounting to EUR 50.00 (fifty euros), must submit it to the Chief referee of the competition within 30 minutes after the announcement of the results.

MEDICAL SERVICE

Each organization is responsible for its own athletes' fitness and health

OTHER CONDITIONS

Each participating organization is responsible for the behaviour of the participants. Within registration, participants confirm that they agree that photos taken during the competition can be used in any public materials.