

## Estonian Stadium Running Series 2020

### The purpose of the series

The main purpose of the series is to develop the middle distance running in Estonia. The goal is to bring all our best runners to the start and give them the opportunity to race in a good competitive competition.

In order to increase the level of competition, participants from nearby countries are also invited.

Achieving personal records and putting out an equal first place fight create a precondition that the Estonian Stadium Running Series helps athletes to rise to a higher level and offers spectators excitement.

### Stages

#### 07.07 Rakvere open championships in combined events + 1500m - Rakvere stadium

U14, U16 - 1500m

U18, seniors - 1500m

Start time - 18:00



---

#### 19.07 Estonian Championships in 10000m - Tallinn, Kadriorg stadium

U20 and Seniors

Start time – info EKJL



---

#### 28.07 Stadium Running Series 1000m – Tallinn, Kalevi stadium

Children up to 10 y. - 400m

Youth between 11-18 y. - 1000m

Masters - 1000m

Elite athletes - 1000m

Start time - 18:00



### 5.08 Stadium Running Series 3000m - Viljandi city stadium

U14 - 600m

U16 - 600m

Children - 400m

U18, U20 - 3000m

Seniors - 3000m

Start time - 18:30



---

### 09.08 Estonian Championships 5000m – Tallinn, Kadriorg Stadium

U20 and Seniors

Start time – info EKJL



---

### 19.08 Kohila Long Distance running series stage 8. – 1 mile (1609m), Kohila stadium

U14, U16 - 1 mile

U20, Seniors – 1 mile

Start time - 18:30



---

### 22.08 Pärnu Beach Stadium Athletics night - 800m, Pärnu Beach Stadium

U14,U16 - 800m

U18, Seniors - 800m

Awarding the overall winners of the Estonian Stadium Running series 2020.

Start time – info SÜKK

**Spordiürituste  
Korraldamise  
Klubi**

## Scoring and rankings

Each stage, the best 20 will get the placing points: 1st. place 21, 2nd. place 19, 3rd. place 18, 4th. place 17, 5th. place 16, 6th. place 15, 7th. place 14, 8th. place 13, 9th. place 12, 10th. place 11, 11th. place 10, 12th. place 9, 13th. place 8, 14th. place 7, 15th. place 6, 16th. place 5, 17th. place 4, 18th. place 3, 19th. place 2, 20th. place 1 point.

In order to get an overall ranking, it is necessary to participate in at least four stages. From each participant, points from 4 stages will be counted.

Participants are ranked according to their points in the series summary. If the points are equal, the runner who has achieved more higher places in the stages will get a higher place.

Foreign competitors can compete for points and prizes, both at each stage and in the overall ranking of the series.

## Awarding

The prize money will be awarded to the three best men and women in each stage: 1st. place 150€, 2nd. place 100€ and 3rd. place 50€.

Different age categories will also be awarded (three best) if there is a corresponding distance in the competition program.

In the overall series, the six best men and women will receive prizes: 1st. place 500€, 2nd. place 350€, 3rd. place 250€, 4th. place 150€, 5th. place 100€ and 6th. place 50€.

In the U20 age group, the three best men and women will receive the prizes: 1st. place 150€, 2nd. place 100€ and 3rd. place 50€.

\*A special prize of 250 euros will be awarded to the one Estonian male runner and one Estonian female runner, whose result gives the most points according to the points table of the World Athletics.

The results of each stage are published on the website of the Estonian Athletics Association [www.ekil.ee](http://www.ekil.ee), on the running portal of the magazine Jooksja [www.jooksja.ee](http://www.jooksja.ee) and on the Facebook pages of the sports clubs organizing the series.

## Registration and information

Estonian Athletics Association  
[ekil@ekil.ee](mailto:ekil@ekil.ee)