

APPROVED
Director of Druskininkai Sports
Center

Gintaras Šikšnys
2024-08-28

**REGULATIONS
OF THE XXXII INTERNATIONAL RACE WALKING COMPETITION
"DRUSKININKAI 2024",
10 KM LITHUANIAN AND LATVIAN CHAMPIONSHIPS**

I. PURPOSE AND OBJECTIVES

1. The purpose of the competition is to promote race walking in the Republic of Lithuania and to exchange experiences with athletes and coaches from neighboring countries.
2. Objectives of the competition:
 - 2.1. to maintain friendly relations with race walkers from neighboring countries;
 - 2.2. to determine the winners and medalists of the XXXII international race walking competition;
 - 2.3. to determine the 10 km race walking champions of Lithuania and Latvia.

II. VENUE AND TIME

3. The competition will take place near the Druskininkai Sports Center (M. K. Čiurlionio 97-2, Druskininkai) on September 14, 2024.
4. The opening of the competition will be at 11:00 AM.
5. Participant registration is open until September 12, 2024, at 5:00 PM:
 - 5.1. submit the application via email: sportovarzybosdsc@gmail.com
 - 5.2. race numbers for participants (TIC) will be issued at the competition venue on September 14, 2024, from 8:30 AM to 10:30 AM.
 - 5.3. the start of the competition will be on September 14, 2024, at 11:10 AM.

III. PARTICIPANTS

6. We invite athletes from city and district teams, sports schools, sports clubs in the Republic of Lithuania, as well as athletes from other countries and race walking enthusiasts who have undergone a health check and have a doctor's clearance, to participate in the competition.
7. The number of participants is unlimited.

IV. COMPETITION PROGRAMME

8. Programme of the XXXII international race walking competition:
 - 11:00 AM opening of the competition;
 - 11:10 AM Druskininkai sports community 1-kilometer mass walking event;
 - 11:20 AM 10 km - Men's and Women's Lithuanian and Latvian Championships, Youth (born 2005-2006), Junior (born 2004-2005);
 - 11:25 AM 1 km - Boys, born 2011 and younger;

11:35 AM 1 km - Girls, born 2009-2010;
11:45 AM 1 km - Girls, born 2011 and younger;
12:15 AM 3 km - Boys, born 2009-2010, and 3 km - Girls, born 2007-2008, and veterans;
12:35 AM 5 km - Boys, born 2007-2008, and 5 km - Girls, born 2005-2006, and veterans;
13:15 AM Awards and closing of the competition.
9. Programme of the Lithuanian and Latvian Championships:
9.1. Men 10 km;
9.2. Women 10 km.

V. DETERMINATION OF WINNERS AND AWARDING

10. The competition is individual.
11. Winners and prizewinners in individual events are determined based on the best results achieved.
12. Winners and prizewinners in individual events will be awarded with sports trophies.
13. The winners and prizewinners of the Lithuanian and Latvian 10 km Championships will be awarded diplomas, medals, and personal prizes.
14. The youngest participants in the competition will be awarded.
15. Participants and coaches will have the opportunity to use the services of the Druskininkai Aquapark with a discount (price per person – €6).

VI. COMPETITION FUNDING

16. Expenses related to the organization of the competition and awards are covered by the Druskininkai Sports Center, the Lithuanian Athletics Federation, and the Druskininkai Race Walkers Club.
