

## **BALTIC U20 INDOOR TEAM CHAMPIONSHIPS**

**08.03.2025., VALMIERA (LATVIA)**

### STARTING HIGHTS:

High Jump (W U20): 1.55-1.59-1.62-1.65-1.68... + 3 cm

High Jump (M U20): 1.76-1.81-1.86-1.91-1.95-1.98... + 3 cm

Pole Vault (W U20): 2.40-2.55-2.70-2.85-2.95... + 10 cm

Pole Vault (M U20): 3.85-4.05-4.25-4.40-4.55-4.65... + 10 cm

### LANES FOR TRIPLE JUMP:

W U20: 10 m to the pit;

M U20: 12 m to the pit.

### PERSONAL IMPLEMENTS:

Personal implements for the shot put must be handed over at least 1 hour before the event in the secretary.

### VICTORY CEREMONIES:

Victory ceremonies will be held after each event.

### CALL ROOM:

Running events 15 min

LJ, TJ, HJ, SP 25 min

PV 40 min