

TECHNICAL REGULATIONS FOR BALTIC TEAM CHAMPIONSHIPS IN ATHLETICS 2026

The Athletics Federations of Estonia, Latvia and Lithuania negotiate about organizing Baltic Team Championships during every year's conference of the calendar.

The tripartite agreement is made for every Team Championships which must include:

- the time and place of the Team Championships;
- the age of competitors and events that are included in the Team Championships;
- all participants must be from the correct age group and cannot be from younger age group;
- the procedure for the costs of organizing and participation;
- the confirmation of the organizing Federation that competitions shall be arranged entirely according to the World Athletics Competition Rules and according to the technical regulations.

1. Technical meeting

The organizing Federation of the Team Championships shall arrange a technical meeting before the beginning of the first day of the competition. Official representatives of every team, the competition director and referees will take part in the technical meeting. The Federation's technical delegate or official representative appointed by the Federation will lead the meeting.

Topics of the meeting:

- in high jump and pole vault: starting heights and the subsequent heights to which the bar will be raised;
- in triple jump: the distance of the take-off board from the landing area;
- how to make and solve protests and appeals;
- how to present personal implements for inspection;
- Call Room procedures;
- proceeding of awarding ceremony;
- other relevant questions.

2. Implements and hurdles. Number of trials. Jump-off.

2.1. Implements, height of hurdles and placement of hurdles to the track:

2.1.1. In all age group Team Championships, all the technical parameters of implements and placement of hurdles shall be according to World Athletics Competition Rules and according to the technical regulations.



ESTONIA



LATVIA



LITHUANIA

2.1.2. In U16 age group Team Championships, the following technical parameters shall be used:

Implements:

	Shot	Discus	Hammer	Javelin
Girls	3 kg	0,75 kg	3 kg	400 g
Boys	4 kg	1 kg	4 kg	600 g

Hurdles:

Distance	Number of hurdles	Height of hurdles	Distance from start line to first hurdle	Distance between hurdles
Girls				
60 m	5	76,2 cm	12,0 m	8,00 m
100 m	10	76,2 cm	12,0 m	8,00 m
300 m	7	76,2 cm	50 m	35 m
1500 m SC	15/12	76,2 cm		
Boys				
60 m	5	83,8 cm	13,0 m	8,50 m
110 m	10	83,8 cm	13,0 m	8,50 m
300 m	7	76,2 cm	50 m	35 m
1500 m SC	15/12	76,2 cm		

2.1.3. In U18 age group Team Championship, the following technical parameters shall be used:

Implements:

	Shot	Discus	Hammer	Javelin
Women	3 kg	1 kg	3 kg	500 g
Men	5 kg	1,5 kg	5 kg	700 g

Hurdles:

Distance	Number of hurdles	Height of hurdles	Distance from start line to first hurdle	Distance between hurdles
Women				
60 m	5	76,2 cm	13,0 m	8,50 m
100 m	10	76,2 cm	13,0 m	8,50 m
400 m	10	76,2 cm	45 m	35 m
2000 m SC	23/18	76,2 cm		
Men				
60 m	5	91,4 cm	13,72 m	9,14 m
110 m	10	91,4 cm	13,72 m	9,14 m
400 m	10	83,8 cm	45 m	35 m
2000 m SC	23/18	83,8 cm		



ESTONIA



LATVIA



LITHUANIA

2.1.4. In U20 age group Team Championship, the following technical parameters shall be used:

Implements:

	Shot	Discus	Hammer	Javelin
Women	4 kg	1 kg	4 kg	600 g
Men	6 kg	1,75 kg	6 kg	800 g

Hurdles:

Distance	Number of hurdles	Height of hurdles	Distance from start line to first hurdle	Distance between hurdles
Women				
60m	5	83,8 cm	13,0 m	8,50 m
100m	10	83,8 cm	13,0 m	8,50 m
400m	10	76,2 cm	45 m	35 m
3000 m SC	35/28	76,2 cm		
Men				
60 m	5	99,1 cm	13,72 m	9,14 m
110 m	10	99,1 cm	13,72 m	9,14 m
400 m	10	91,4 cm	45 m	35 m
3000 m SC	35/28	91,4 cm		

2.2. Number of trials. In shot put, discus throw, javelin throw, hammer throw, long jump and triple jump every competitor has 6 trials. The competing order for every round shall be the same.

2.3. Jump-off. In case of the same results in high jump or pole vault, jump-off shall not be held and two first places will be given out.

2.4. Race Walking and Field events may be conducted as a mixed competition.

2.5. DRAW FOR COMPETITION and LANE ORDER

2.5.1. All teams determine their first and second team numbers. If this has not been done, the order on the assignment sheet is used.

2.5.2. Each team (separately for women and men) will be assigned the letter A, B or C by lot. The first members of the team will therefore receive the numbers A1, B1 and C1, and the other members A2, B2 and C2. The draws are conducted by the technical delegate of the competitions.

2.5.3. All events on the schedule are ranked as follows (here using the U20 BTCH example): 100m, 200m, 400m, 800m, 1500m, 3000m, 100/110m hurdles, 400m hurdles, 3000m steeplechase, 10,000m race-walk, high jump, pole vault, long jump, triple jump, shot put, discus throw, hammer throw, javelin throw. Based on this order, the members of the teams rotate after each event.

Example:

100 m (starting from the inside lane): A1, B1, C1, A2, B2, C2

200 m (starting from the inside lane): B1, C1, A2, B2, C2, A1

400 m (starting from the inside lane): C1, A2, B2, C2, A1, B1

In the stadium with 8 lanes, the 1st and 2nd lanes are left free in the 200 m, 400 m, and 400 m hurdles.

2.5.4. For relay races, the teams are assigned separate designations A, B and C by lot, and the teams are placed on the lanes as follows. The draw will be conducted by the technical delegate.

4x100 m women (starting from the inside lane): A, B, C

4x100 m men (starting from the inside lane): B, C, A

4x400 m mixed (starting from the inside lane) C, A, B



ESTONIA



LATVIA

LITHUANIA

For an 8-lane stadium, lanes 3, 4 and 5 are used for relays.

3. Size of the team

Team Championships of individual events: Up to 2 participants in one event for every team; one team in relays.

Team Championships of combined events: Up to 4 girls/women and 4 boys/men from every team in every age group.

Team Championships of cross country events: Up to 4 girls/women and 4 boys/men from every team in every age group.

4. Events

4.1. U16 Team Championships:

Girls and Boys – 100m, 200m, 400m, 800m, 2000m, 100mH/110mH, 300mH, 1500m SC, 3000 m Race Walking, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Mixed Relay 100-200-300-400m (G-B-G-B).

4.2. U18 Team Championships:

Women and Men – 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH/110mH, 400mH, 2000 m SC, 5000 m Race Walking, 4 x 100m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Mixed Relay 4 x 400 m (M-W-M-W).

4.3. U20 Team Championships:

Women and Men – 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH/110mH, 400mH, 3000 m SC, 5000 m Race Walking, 4 x 100m, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Mixed Relay 4 x 400 m (M-W-M-W).

4.4. U18 Indoor Team Championships:

Women – 60m, 200m, 400m, 800m, 1500m, 3000m, 60mH, 3000 m Race Walking, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Mixed Relay 4 x 400 m (M-W-M-W).

Men - 60m, 200m, 400m, 800m, 1500m, 3000m, 60mH, 5000 m Race Walking, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Mixed Relay 4 x 400 m (M-W-M-W).

4.5. U20 Indoor Team Championships:

Women – 60m, 200m, 400m, 800m, 1500m, 3000m, 60mH, 5000 m Race Walking, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Mixed Relay 4 x 400 m (M-W-M-W).

Men - 60m, 200m, 400m, 800m, 1500m, 3000m, 60mH, 5000m Race Walking, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Mixed Relay 4 x 400 m (M-W-M-W).



ESTONIA



LATVIA



LITHUANIA

4.6. Baltic Team Championships

Women – 100m, 200m, 400m, 800m, 1500m, 5000m, 100mH, 400mH, 3000m SC, 5000m Race walking, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Mixed Relay 4 x 400 m (M-W-M-W), Mixed Relay 4 x 100 m (M-W-M-W).

Men - 100m, 200m, 400m, 800m, 1500m, 5000m, 110mH, 400mH, 3000m SC, 5000m Race Walking, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Mixed Relay 4 x 400 m (M-W-M-W), Mixed Relay 4 x 100 m (M-W-M-W)

4.7. U16, U18 and U20 Combined Events Team Championships:

Girls/Women – Heptathlon

Boys/Men - Decathlon

4.8. U16, U18 and U20 Indoor Combined Events Team Championships:

Girls/Women – Pentathlon

Boys/Men - Heptathlon

4.9. Cross Country Team Championships:

Men and Boys

Senior	8 km
U20	6 km
U18	4 km
U16	2 km

Women and Girls

Senior	6 km
U20	4 km
U18	3 km
U16	2 km

ESTONIA

LATVIA

LITHUANIA



5. Calculation of team points

Team points will be calculated for every age group for girls and boys, women and men jointly. In addition, collective calculation in combined events Team Championship for age groups (U16, U18 and U20) is carried out.

- 5.1. In Team Championships of individual events points for individual events 6-5-4-3-2-1 and in relay races 6-4-2 will be accounted. If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them. In case of even team points, the team which has more first places will rank a higher position. In case of the equal count of first places, the second places will be taken into account, etc.
- 5.2. In Team Championships of combined events in each age group the points of three girls/women and three boys/men will be taken into account. If fewer than three girls or three boys in each age group will finish the combined event, the team will lose their team points in this age group. In case of even team points, the team which includes the competitor with the best individual result will rank a higher position. In case of their equality, a second best will be taken into account, etc.
- 5.3. In Team Championships of cross country events points for cross country events 9-8-7-6-5-4-3-2-1 will be accounted.

6. Awarding

6.1. Team Championships of individual events:


- winners of individual events and winners of relay team shall be rewarded with gold medals, 2nd place with silver medal and 3rd place with bronze medal;
- in each age group the scores of boys/men and girls/women will be added together: winning team will be rewarded with traveling trophy, second and third teams rewarded with prizes

6.2. Team Championships of combined events:

- every winner of his/her age group shall be rewarded with a gold medal, 2nd with a silver medal and 3rd place with bronze medal;
- in all age groups the scores of boys/men and girls/women will be added together;
- in collective calculation of all age groups: winning team will be rewarded with traveling trophy, second and third teams rewarded with prizes.

6.3. Team Championships of cross-country events:

- every winner of his/her age group shall be rewarded with a gold medal, 2nd with a silver medal and 3rd place with bronze medal;
- in all age groups the scores of boys/men and girls/women will be added together;
- in collective calculation the points of all age groups will be added together: winning team will be rewarded with traveling trophy, second and third teams rewarded with prizes.



ESTONIA



LATVIA



LITHUANIA