

BALTIC U18 INDOOR TEAM CHAMPIONSHIPS

21.02.2026., VALMIERA (LATVIA)

STARTING HIGHTS:

High Jump (W U18): 1.51-1.56-1.61-1.65-1.68-1.71-1.73... + 2 cm

High Jump (M U18): 1.67-1.72-1.77-1.82-1.87-1.91-1.95-1.98... + 3 cm

Pole Vault (W U18): 2.40-2.55-2.70-2.85-2.95... + 10 cm

Pole Vault (M U18): 3.35-3.55-3.75-3.95-4.05-4.15... + 10 cm

LANES FOR TRIPLE JUMP:

W U18: 10 & 11 m to the pit;

M U18: 11 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 call room area.

VICTORY CEREMONIES:

Victory ceremonies will be held after each event.

CALL ROOM:

Running events	10 min
LJ, TJ, HJ, SP	25 min
PV	40 min