

REGULATIONS

Valmieras spēles 2026

PURPOSE OF THE COMPETITION

- To promote and develop athletics in the Valmiera region;
- To encourage athletes' performance improvement.

ORGANIZATION

- The competition is organized by the Valmiera Sports School in cooperation with the Valmiera Athletics Club.
- Chief Judge: Megija Stalberga | Phone: +371 27000440 | Email: megijastalberga@gmail.com
- Chief Secretary: Austra Ķikāne | Phone: +371 29830197 | Email: sacensibas@valmiera.edu.lv

VENUE AND DATE

- The competition will take place on July 14–15, 2026.
- Venue: Jānis Daliņš Stadium, Jāņa Daliņa Street 2, Valmiera, LV-4201
- Competition starts: July 14 at 12:00;
July 15 at 11:00

PARTICIPANTS

- U14 – boys and girls born in 2013–2014
- U16 – boys and girls born in 2011–2012
- U18+ U20 – male and female athletes born in 2007–2010
- Each participant may compete in 3 individual disciplines plus relay events.

PROGRAM – 14.07.

- U14 – 100m, 1000m, 80m/h, high jump, shot put
- U16 – 100m, 400m, 1500m, 100m/h-110m/h, shot put
- U18+ U20 – 100m, 400m, 1500m, high jump, shot put
- 4x100m relay – teams may consist of U18, U16, and U14 athletes

PROGRAM – 15.07.

- U14 – 300m, 2000m, pole vault, discus throw
- U16 – 200m, 800m, long jump, pole vault, discus throw
- U18+ U20 – 200m, 800m, long jump, pole vault, discus throw

Note: In shot put and discus throw, participants compete using weights appropriate for their respective age groups. In these disciplines, awards are presented to the top three performers with the best absolute results.

RULES

- Winners will be determined according to World Athletics competition rules.
- Participation in Latvian national team uniforms is prohibited.
- Competition bib numbers must be properly attached at all four corners.

AWARDS

- Winners of individual events will receive medals and prizes.
- Prize winners will receive medals.

ATHLETE REGISTRATION

- Participation fee: EUR 10.00 per athlete.
- Registration deadline: July 11, 2026 at 12:00 via www.athletics.lv
- Those athletes or organizations that do not have access to the LVS system shall send their applications to the head secretary of the competition via email at **sacensibas@valmiera.edu.lv** with the subject line "Valmieras spēles 2026". The application must include the first name, surname, date of birth, represented organization, and discipline.
- Valmiera Sports School students and Valmiera Athletics Club athletes are exempt from the participation fee.
- Sports clubs and sports schools must withdraw participants who will not be competing no later than **2 hours before the start of the competition** by sending an SMS to **+371 29830197** (*Austra Ķikāne*). The message must include the athlete's: **name, surname, gender, discipline, and representing organization**.
- Travel, accommodation, and catering expenses are covered by the delegating organization or the participant themselves.

OTHER CONDITIONS

- **Health Responsibility (Minors):** The organization registering the participant or their legal representative is responsible for the health status and athlete's medical suitability for competition
- **Health Responsibility (Adults):** The organization registering the participants or the participant themselves is responsible for their medical suitability for competition
- **Media Notice:** Photography and filming will take place during the competition. The captured materials will be used for event coverage and promotion on the organizer's website and social media networks.