

**BALTIC U16 TEAM CHAMPIONSHIPS**  
**07.07.2026., VALMIERA (LATVIA)**

**TECHNICAL INFORMATION**

HIGH JUMP:

Girls: 1.45-1.50-1.54-1.58-1.61-1.63... + 2 cm

Boys: 1.56-1.61-1.66-1.71-1.75-1.79-1.82-1.85-1.87... + 2 cm

POLE VAULT:

Girls & Boys: 1.91-2.06-2.21-2.36-2.46... + 10 cm

LANES FOR TRIPLE JUMP:

Girls & boys: 10 m and 11 m

PERSONAL IMPLEMENTS:

Personal implements must be handed over at least 1 hour before the event in the call room.

VICTORY CEREMONIES:

Victory ceremonies will be held after each event.

CALL ROOM:

|                        |        |
|------------------------|--------|
| Running events         | 15 min |
| LJ, TJ, HJ, SP, JT, HT | 25 min |
| PV                     | 45 min |