

# REGULATION

## International competition “Valmiera-Valga”

### PURPOSE OF COMPETITION

1. Promoting and developing athletics in Valmiera and Valga;
2. Promoting the growth of outcomes for athletes;
3. Promote cooperation between Valmiera Sports School, Valmiera Athletics Club and Maret-Sport sports club.

### MANAGEMENT

The competition is organised by the Valmiera Sports School in cooperation with the Valmiera Athletics Club and the Maret-Sport sports club.

Head referee Maggie Stalberg (tel. + 371 27000440, e-mail address: [megija.stalberga@valmiera.edu.lv](mailto:megija.stalberga@valmiera.edu.lv))

Head secretary Liga Dzene (tel. + 371 29448010, e-mail address: [liga.dzene@valmiera.edu.lv](mailto:liga.dzene@valmiera.edu.lv))

### PLACE AND TIME OF COMPETITION

The competition will take place on January 8<sup>th</sup>, 2022

The competition will take place in Jānis Dalina stadium, Janis Dalins Street 2, Valmiera, LV-4201

The start of the competition on January 8<sup>th</sup> at 12:00

### MEMBERS

U16 (2007-2008 boys and girls).

U18 (2006-2005 boys and girls).

U20 (2004-2003 men and women).

**Limited** number of participants, total number of participants in competitions **up to 250 persons**.

**Athletes will not be admitted to the competition OUTSIDE THE COMPETITION.**

### PROGRAMME

**U16** – 60 m, 60 m/h, 200 m, 800 m (girls), 1000 m (boys), long jump, high jump and shot put;

**U18** – 60 m, 60 m/h, 200 m, 800 m (girls), 1000 m (boys), long jump, high jump and shot put;

**U20** – 60 m, 60 m/h, 200 m, 800 m (women), 1000 m (men), long jump, high jump and shot put

### RULES

The winners shall be determined according to the rules of the World Athletics Athletics competition.

<i>Discipline</i>	<i>Technical conditions</i>	<i>Conditions of qualification for the next round</i>
60 m/h (G U16)	12.00 – 8.00 – 76.2 (5)	Final: 1-8 results after preruns
60 m/h (B U16)	13.00 – 8.50 – 83.8 (5)	Final: 1-8 results after preruns
60 m/h (G U18)	13.00 – 8.50 – 76.2 (5)	Final: 1-8 results after preruns
60 m/h (B U18)	13.72 – 9.14 – 91.4 (5)	Final: 1-8 results after preruns
60 m/h (W U20)	13.00 – 8.50 – 83.8 (5)	Final: 1-8 results after preruns
60 m/h (M U20)	13.72 – 9.14 – 99.1 (5)	Final: 1-8 results after preruns
60 m (All Groups)	-	Final: 1-8 results after preruns
200 m (All Groups)	-	Final runs
800 m (All groups)	-	Final runs
1500 m (All groups)	-	Final runs
Long jump (for all groups)	-	Prerace: 3 tries. In the final, 3 tries for owners of the 8 best results after the first 3 attempts.
Shot put (G U16)	Tool weight – 3 kg	Preraces: 3 consecutive attempts. In the final, 3 tries for owners of the 8 best results after the first 3 attempts.
Shot put (B U16)	Tool weight – 4 kg	Preraces: 3 consecutive attempts. In the final, 3 tries for owners of the 8 best results after the first 3 attempts.
Shot put (G U18)	Tool weight – 3 kg	Prerace: 3 tries. In the final, 3 tries for owners of the 8 best results after the first 3 attempts.
Shot put (B U18)	Tool weight – 5 kg	Prerace: 3 tries. In the final, 3 tries for owners of the 8 best results after the first 3 attempts.
Shot put (W U20)	Tool weight – 4 kg	Prerace: 3 tries. In the final, 3 tries for owners of the 8 best results after

		the first 3 attempts.
Shot put (M U20)	Tool weight – 6 kg	Prerace: 3 tries. In the final, 3 tries for owners of the 8 best results after the first 3 attempts.
High jump (G U16)	Starting height: 1.30 m	Bar raising: 1.30-1.35-1.40-1.45-1.50-1.55-1.60-1.60-1.63-1.66-1.69-1.72-1.74-1.76 ...
High jump (B U16)	Starting height: 1.45 m	Bar raising: 1.45-1.50-1.55-1.60-1.63-1.66-1.69-1.71-1.73 ...
High jump (G U18, W U20)	Starting height: 1.40 m	Bar raising: 1.40-1.45-1.50-1.55-1.60-1.63-1.66-1.69-1.72 ...
High jump (B U18)	Starting height: 1.55 m	Bar raising: 1.55-1.60-1.65-1.70-1.75-1.80-1.83-1.86-1.89-1.92-1.95 ...
High jump (M U20)	Starting height: 1.60 m	Bar raising: 1.60-1.65-1.70-1.75-1.80-1.85-1.90 - 1.93-1.96-1.99-2.02-2.05 ...

It **IS PROHIBITED** to participate in the competition in Latvia's sample forms. The competition number issued by the participant must be securely attached (in four corners), the number must not have inverted or folded edges. If these conditions are not fulfilled, the participant shall not be admitted to the start.

#### **AWARD**

In every discipline, 1-3 winners are rewarded with medals. On-the-spot awards only take place individually.

#### **APPLICATIONS BY ATHLETES**

All costs related to the participation of participants in the competition shall be borne by the commanding organisation. Participation fee in competition of **EUR 5,00** per participant. It is possible to get an invoice at the competition day. The costs related to the organisation of competitions are covered by Valmiera Sports School, Valmiera Athletics Club and Maret-Sport sports club.

Application for competition on the homepage of LVS [www.athletics.lv](http://www.athletics.lv) until January 6<sup>th</sup> 2022 12:00. Those athletes or organisations who do not have access to the LVS statistical system shall send their applications to the main secretary of competition to e-mail [liga.dzene@valmiera.edu.lv](mailto:liga.dzene@valmiera.edu.lv) with the indication “Valmiera-Valga”. The application must contain the name, surname, birth data, represented organisation, result and discipline.

**Athletes of Valmiera Sports School, Valmiera Athletics Club and Maret-Sport athletes have been released from competition fee.**

Sports clubs and sports schools must withdraw members who will not participate in the competition by sending SMS to phone no later than 2 h until the beginning of the competition: 29448010 (Līga Dzene) indicating: the name, surname, sex and discipline of the athlete.

The costs of the members' road, accommodation and catering shall be borne by the commanding organisation or by the participant itself.

**When you reach the limit for the number of participants (250 participants), the login will be closed!**

### **Covid-19 containment measures**

Competition organisers, participants, coaches and other persons who are at the venue of the competition must comply with the national regulation No 662 “Epidemiological Safety Measures of the Containment of the Spread of Covid-19 Infection” and national Order No 720 “Regarding Declaration of the Emergency Situation”.

### **Other conditions**

**The delegate of each team must have a list of applicants, a certificate for the vaccination or diseasement of trainers and sportsmen and a passport/ID card drawn up at the place of the competition. When presenting the required documentation, the delegate will receive the participant's starting number.**

**All should use a facial mask during the competition, except for athletes during physical activities.**

**Only changing shoes may walk in the Indoor track.**

The conformity of the health of minors with competition shall be the responsibility of the organisation which applies to the starting of the participants or its lawful representative.

The conformity of the health of the participant with the competition shall be the responsibility of the organisation who apply for the participants or the participant itself.

A maximum of **300 persons** may be present at the same time during the competition.