

## BALTIC TEAM CHAMPIONSHIPS (PRESIDENT'S CUP) 15.-16.06.2019.

**Venue and time:** Ogre stadium, Ogre, Latvia;  
Salaspils stadium, Salaspils (Hammer throw competition).

### 15.06.2019.

- 14:00 - Technical meeting;
- 15:30 - Start of the competition;
- 20:00 - Opening ceremony.

### 16.06.2019.

- 9:00 - Start of the competition.

**Organiser:** The competition is organised by the Latvian Athletics association in collaboration with the Olympic Centre of Vidzeme and Chancery of the President.  
Competition is organized based on the IAAF Rules.

**Participants:** Latvian, Estonian, Lithuanian and Belarusian\* national teams.  
(\*Belarusian National team competes individually – outside the team scoring)  
Men and women born in 2003 and later.

**Implements:** in throwing disciplines the control (weighing and measuring) of personal implements will be held no later than 1 hour before the competition.

<b>Events by dates</b>	<b><u>June 15</u></b>	<b><u>June 16</u></b>
	Long Jump	Men
	Pole Vault	Women
	100m	Women
	400m	Men
	Javelin Throw	Women
	800 m	Women
	High Jump	Women
	100 m	Men
	Triple Jump	Women
	1500 m	Men
	3000m SC	Women
	Javelin Throw	Men
	400 m	Women
	5000m	Men
	4 x 100 m	Women
	4 x 100 m	Men
	Discus Throw	Women
		5000 m Race
		Walking
		10 000 m Race
		Walking
		Discus Throw
		400 m/H
		400 m/H
		Shot Put
		110 m/H
		Long Jump
		Pole Vault
		200 m
		800 m
		High Jump
		Shot Put
		100 m/H
		1500 m
		Triple Jump
		200 m
		5000 m
		3000 m SC
		4 x 400 m
		4 x 400 m
		Hammer Throw*
		Hammer Throw*

\*Hammer Throw competition will be held in Salaspils.

Each athlete can compete in 2 events and in 1 relay or in 2 relays and in 1 individual event.

### **The scale of Scoring**

1st place – 6 points,  
2nd place - 5 points,  
3rd place – 4 points,  
4th place – 3 points,  
5th place – 2 points,  
6th place – 1 point.

Relays: 1st place – 6 points, 2nd place – 4 points, 3rd place – 2 points.

The winner team is with the highest amount of points.

In case of the same total score, wins the team with more 1st places, then 2nd or 3rd places.

### **Victory Ceremonies**

In the competition there will be 5 award cups of the President of Republic of Latvia:

- 3 (three) awards in team ranking (1st-3rd place);
- 2 (two) awards in individual ranking.

Best Baltic States race walkers (man and woman) will receive a legendary Latvian race walker Janis Dalins memorial cup.

The winners of Baltic Team championships in each discipline (1st - 3rd place) will receive Baltic Team championships medals.

Baltic States athletes with the highest amount of IAAF points (man and woman), except Race walking, will receive prize money 500EUR.

### **Entries:**

Preliminary entries must be sent to e-mail: [sacensibas@athletics.lv](mailto:sacensibas@athletics.lv) until 08.06.2019.

Final entries must be sent to e-mail: [sacensibas@athletics.lv](mailto:sacensibas@athletics.lv) until 11.06.2019.

Last changes can be made on 15.06.2019. until 14:00.