



BALTIC 2014 ATHLETICS OPEN CHAMPIONSHIPS GUIDE

1 GOALS:

- to popularize the athletics among seniors.
- to identify best senior athletes of 2014 in area.
- to strengthen sports relations between the Baltic and neighboring countries among the senior athletes

2 PARTICIPANTS AND PROGRAM

Championships are open to all senior athletes in the following age categories:

M35 , M40 , M45 , M50 , M55 , M60 , M65 , M70 , M75 , M80 + ;

N35 , N40 , N45 , N50 , N55 , N60 , N65 , N70 , N75 , N80 + ;

Each competitor is responsible for their own state of health . The age of the competitor is determined from the date of birth on the 2nd of August. The program contest is:

Women : 100m, 200m, 400m, 800m, 1500m , 5000m , high jump, long jump , shot put , discus , javelin , hammer , weight, walking 10 km.

Men : 100m, 200m, 400m, 800m, 1500m , 5000m , high jump, long jump, triple jump, pole vault, shot put , discus , javelin , hammer , weight, walking 10 km.

Participants of long jump, triple jump and throwing events have three qualification attempts for each age group and eight best of each age group have three final attempts.

3 REGISTRATION

Preregistration for the competition is open until 28th of July 2014 by e-mail jaak.israel@akg.vil.ee (copy to author@author.ee) in Excel table form or just e-mail with competitors name, date of birth, country and events.

Changes are available in the stadium on race day from 9:00 to 10:00 AM. Entry fee until 28th of July 2014.a. is 12 € for up to two events and 14 € for three or more events and should be transferred to the EKVA (Eesti Kergejõustikuveteranide Assotsiatsioon) bank account Eesti Kergejõustikuveteranide Assotsiatsioon **IBAN: EE9410102032127001** AS SEB Pank SWIFT kood (BIC): EEUHEE2X

As exception an early registration entry fee can be paid in cash on the stadium prior to the competition with extra 3 Euros penalty. So, for late entrants the entry fee is 15-17 €. NB! If during preregistration there is no registrations in some age group event then this event shall be canceled (check EKVA web-site <http://www.kjveteranid.ee/?id=1> starting from 25th of July). Late registrations on the day of the competition are not allowed.

4 PLACE AND A TIMETABLE

Competitions are held on the 2 – 3 of August at the stadium in Viljandi. Competition starts on the 2nd of August at 11:30. 3th August program starts with the of 10 km walking at 9.00 , the other events start at 10.00 . The timetable is included in the supplement after registration ends.

5 ORGANIZER

General organizer is EKVA (info: www.kjveteranid.ee ,e-mail: author@author.ee , phone: +372 5039663) with collaboration Viljandi SVK, Viljandimaa SL , Viljandi City Council and local athletics activities .

6 PRIZES .

I, II , III place winners in the Baltic championships will be awarded with Baltic Championship medals in each age class.

7 MANAGEMENT

Participation expenses shall be born by the sending organisations or the participants themselves. Accommodation can be booked at the following hotels or hostels:

the hostel „ JUST REST “ , situated next to the stadium (justrest@gmail.com, tel.+372 5206772), where the daily rate in the rooms for three or four persons is 11 euros per person;

the hotel CENTRUM (Tallinn road 24, bron@centrum.ee, tel. +372 436 1100), where a room for two costs 57.80 euros per person until 30.June, 2014;

the hotel GRAND HOTEL (Tartu road/ Lossi 29, info@ghv.ee, www.ghv.ee, tel. +372 4355800), where a single room costs 59.00 euros and a double room 69.00 euros).

Accommodation can be booked in other hotels in Viljandi as well. Information and booking: estravel@estravel.ee. Camping is available on the shore of the lake Viljandi. On competition days meals are offered to the participants and the referees on the stadium or in its vicinity at 15.00 (if possible free of charge).

8 TRANSPORT

There is a boat connection between Tallinn - Helsinki and Tallinn – Stockholm. There is a coach connection from Tallinn Coach Station or Tallinn Airport to Viljandi, as well as a train connection from Tallinn Baltic Railway Station to Viljandi. Tickets can also be ordered via the tourist agency ESTRAVEL (www.estravel.ee, estravel@estravel.ee). Group transfer from Tallinn Harbour or Tallinn Airport to Viljandi can be ordered (author@author.ee)

9 GENERAL

All non-defined problems will be solved by the organizer of the competition together with the chief judge and a representative of EKVA and ESVL. Competitions are held according to IAAF and WMA regulations.

Chief judge: Mr. Ants Kuusik

Organizers: EKVA, ESVL, SVK Viljandi, SL Viljandimaa, Viljandi City Council.

10. INFORMATION AND CONTACTS

Info about competition www.kjveteranid.ee, e-mail: author@author.ee, EKVA secretary Tiia Eeskivi +37256450300

Viljandi is an ancient hilly city in South Estonia topped by impressive ruins of a once-powerful Livonian Order castle. Cobble streets, ancient oak trees and a beautiful lake conjure up a very special atmosphere. A visit to Viljandi means greenery, ancient trees, impressive hilltop ruins of a powerful Hanseatic castle, winding cobble streets and a beautiful lake. Evidence of civilization around Viljandi dates back to 500 B.C. and the first written record of a “Viljandi stronghold” was in 1154 in the commentaries to al-Idrisi’s world atlas “Geography.” Hanseatic merchants settled in Viljandi in the 14th century – their spirit can still be felt in Viljandi every June. People trade at a fair, dress the way people did in that area, organise exhibitions and party. For many people Viljandi conjures up images of the Viljandi Folk Music Festival and Viljandi Culture Academy. This small city is the “capital of folk music” for most Estonians. The Viljandi Folk festival runs for 4 days on the last weekend in July. More than 100 concerts take place in Viljandi castle’s ruins, churches, and other venues throughout Viljandi County. It is the largest annual music festival in Estonia Viljandi not only appeals to folk music and culture lovers but also to people who enjoy parks, where you can hear the nightingale sing, beautiful views and an atmosphere which is both ancient and modern at the same time. Viljandi hosts many events and several international festivals throughout the year. The Early Music Festival, Hanseatic Days, Young Dance Festival, Mulgi Rally, Winter Folk Dance Festival, the “Theatre in Suitcase” puppet theatre festival etc. Since 1928, a run around Lake Viljandi has taken place on the first day of May every year. Tennis courts, cafes, playgrounds, a diving tower, boat rental and catamaran trips are available at the lake. Visit Viljandi for exhibitions and performances or simply walk the winding roads and sense the ancient history and mood of the town. Nearby attractions include Olustvere Manor and Soomaa National Park.