

Baltic Open Masters Athletics Championships 2015



Baltijas valstu 2015. gada atklātais vieglatlētikas čempionāts veterāniem

Rules & Regulations & Guide

1. Goals

- 1.1. To promote and develop Masters Athletics within Baltic States and their neighbouring countries.
- 1.2. To identify best masters athletes in the Baltic region.
- 1.3. To encourage cooperation between Baltic masters athletes and their national Associations.
- 1.4. To advance endeavour aiming to establish Baltic region championships in masters athletics on a regular, traditional and well-coordinated bases.

2. Date and Place

- 2.1. Championships will be held on **13-14th June 2015** in Latvian town of Valmiera, at Valmiera stadium (J.Daliņa stadions), J.Daliņa street 2.
- 2.2. The activities in scheduled events will begin: on Saturday, 13 June - at 11:30 (with an opening ceremony); on Sunday, 14 June – starts for walkers at 9:00; in other events – at 10:00.

3. Organizers

3.1. The Championships is organized by Latvian Veterans (Masters) Athletic Association (LVVA) and Valmiera's Athletics Club with the assistance of the Latvian Veteran / Senior Sports Association and Latvian Athletics Union (federation).

The functions of a chief referee are delegated to Raitis Ravinskis.

4. Participants

The Championships is open to men and women born on or before 13.06.1980, and who are physically fit for competition. Individual participation is limited to 4 individual events.

4.1. The age group (AG) for a competitor is determined by the date of his birth (age on the 13 June, 2015) and are as follows:

Men (M) - M35, M40, M45, M50, M55, M60, M65, M70, M75, M80 +;

Women (W) - W35, W40, W45, W50, W55, W60, W65, W70, W75, W80 +.

4.2. Every entrant with his signature confirms the following:

-the applicant is properly trained, and is in good health, and therefore ready to compete in the events for he has requested the entry.

-the contestants will follow all regulations and rules of the competition;

-the entry information about him is accurate.

4.3. Registering for the race participants also confirm that they don't have objections if photos and video materials including their image can be publicly displayed (on a website, e.g.).

5. Programme

M – Men; **W** – Women; **M/W** – Men and Women

Where there are fewer than 3 participants in any age group in any event, the organizers reserve the right to cancel the event for that particular age group or to allow the participants to participate in a lower age group in cases where he is not entered for in any other event in his own age group.

Limitations: Individual participation is limited to 3 individual events.

Date	Event	Date	Event
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13.06.2015	100m M/W	14.06.2015	200m M/W
13.06.	400m M/W	14.06.	800m M/W
13.06.	1500m M/W	14.06.	3000m W, 5000m M
13.06.	3000m Walk W 5000 m Walk M	14.06.	5000m Walk W 10000m Walk M
13.06.	4 x100m relays M/W	14.06.	TJ M/W
13.06.	LJ M/W	14.06.	HJ M/W
13.06.	SP M/W	14.06.	DT M/W
13.06.	JT M/W	14.06.	WT M/W

100m – running events (skrējiens)

HJ – High Jump (augstlēcšana – a/l)

TJ – Triple Jump (trīsoļlēcšana – t/l)

JT – Javelin Throw (šķēpa mešana)

WT - Weight Throw (smaguma mešana)

10000m Walk – walking event

LJ – Long Jump (tāllēcšana – t/l)

SP – Shot Put (lodes grūšana)

DT – Discus Throw (diska mešana)

Detailed timetable (scheduled events) will be published no later than 10th June 2015.

6. Registration and Declaration

Contestants are asked to accomplish entry procedures (including fee payments) till 1st of June.2015. Registration will be available until 1st of June 2015 but attended as late entrants and will be charged with higher entry fees). Entry signifies that each competitor will follow rules stated by the organizers.

Online entry (www.lvva.lv) will be available from April 1th, 2015;

You can also submit an application by email sending Excel (or other) format table to lvva.masters@gmail.com. Suggested template for an Excel table is appended.

Declaration (affirmation) procedure:

A contestant's signature is considered to be of essential importance. Therefore every team's or group's leader or an individual in June 13 at the time 09:00-10:00an at the stadium must submit their applications in a written form (e.g., an Excel format table mentioned above) with signatures of every entrant.

7. Entry fee

Admission: Any participation in the related expenses are covered by the contestants themselves or commanding organization.

Entry fee must be settled on or early as 1th June (bank's transaction date). Payments executed later (including payments at the stadium) will be considered late payments and extra money will be charged.

Entries without settled entry fee will not be entertained.

Only as exceptions will be treated entry fee payments at the stadium - by cash, in time interval when written entry applications will be submitted.

Entry fee is as follows:

for contest in one event - EUR 10,00 (15.00 – at stadium or belated bank transfer);

for each additional event - EUR 3.00 (4.00 – at stadium or belated bank transfer);

for participation (additional) in relay race - EUR 1,00

Bank transfer must be referred to:

Valmiera's Vieglatlētikas klubs / Valmiera's Athletics Club
(Number of Registration – 50008024371)

Address: Bērzu iela 15, Valmiera, LV 4201

Bank: A/S **SEB** Banka

Bank Code: UNLALV2X

Bank account (IBAN): LV27UNLA0018000700338

8. Technical Rules

8.1. Championships are held under WMA and IAAF rules.

- 8.2. The organisers reserve the right to change any rule if the need be due to time constraints or other considerations.
- 8.3. The appointed official will have the right to disqualify competitors whose performance is considered dangerous to themselves or to any other competitor.
- 8.4. The organisers will not be responsible for any INJURY, LOSS, or DAMAGE to a competitor or his property which he may sustain in the course and in connection with Championships
- 8.5. All implements for field events and starting blocks will be provided by the organisers. The use of personnel implement is not permitted.

9. Awards

Medals will be awarded to 1st, 2nd and 3rd placings.

10. Additional information and contacts

Website: www.lvva.lv;

e-mail: lvva.masters@gmail.com

Laine Kreicere – 26410552 (communicates in English, Deutsch, and Russian)

Raitis Ravinskis – 29542587 (Chief referee, speaks Russian)

Arvids Vitols – 26450304 (Russian)

Information on accommodations: www.visit.valmiera.lv

Valmiera through centuries

(source: <http://www.valmiera.lv/en/zina/valmiera-city/valmiera-through-centuries>)

There are several versions about the origin of the name, but here are the two most popular.

The first is connected with Prince Vladimir of Pskov, whom Riga bishop Albert appointed to be the judge in Idumeja. The second tells about the Danish King Valdemar, who won a fight with the help of a flag that was sent from heaven. During different centuries and in documents the town's name has been written differently - Wolmaria, Wolmahr, Waldemer and Wolmar.

1224 - Valmieras becomes dependant from Order of the Brothers of the Sword, who built a stone castle.

The building of St. Simon's church starts in 1282.

1323 - Valmiera is governed by a magistrate and this testifies that Valmiera is one of the oldest towns in Latvia. 1365 - Valmiera becomes a member of the Hanseatic City League.

13 - 15 century - a small settlement is established on Luca Hill.

14 - 16 century - Valmiera is a typical town of the Middle Ages, surrounded by stone walls and hosting regular meeting of Livonian towns and landtags.

1560 - During the Livonia War - the warriors of the Russian Tsar Ivan the Terrible destroy the neighbourhood of Valmiera, but cannot occupy the town.

1583 - After the war of Livonia the destroyed town is included in the Cēsis bishopric that belonged to Poland. 1622 - Valmiera is occupied by warriors of the Swedish King Gustav Adolf and the town together with several other towns and castles in Vidzeme are presented to the Swedish State Chancellor Aksel Uksenshern, a part of his family's coat of arms (a forehead of a red ox) is part of Valmiera's town emblem.

1702 - During the Northern War military troops of the Russian Tsar Peter the Great destroyed the town that had just enjoyed a golden age under Swedish rule.

1802 - A vast peasants' protest movement against noblemen's violence take place in the neighbourhood of Valmiera and is known as the Peasant's Rebellion of Kauguri.

1889 - The railway line Riga - Pskov is opened promoting the development of the town.

End of 19th and beginning of 20th centuries - several important educational establishments are founded in Valmiera - the School for the hearing impaired, Valka-Valmiera Teacher's Seminar, a women gymnasium. This turns the town into an educational centre of Vidzeme.

1905 - The first Latvian President Kārlis Ulmanis works in Valmiera within the Baltic Agricultural Association fostering the cooperation of peasants in Latvia.

1920s - 1930s - after the establishment of the Republic of Latvia, Valmiera becomes an important administrative, economic, educational, cultural and sports centre of Northern Vidzeme. The famous Valmiera mineral water is discovered. Hundreds of spectators gather for competitions where the world champion Jānis Daliņš takes part in speed walking competitions.

September 1944 - German military troops withdraw from Valmiera and the Red Army occupies the town. This is disastrous

because 1/3 of all the town's houses and almost all of the historical centre of Valmiera burns down.

Valmiera - Sports

(source: <http://www.valmiera.lv/en/zina/valmiera-city/sports>)

The achievements of such outstanding sportsmen as Jānis Daliņš, Aigars Fadējevs and the two time Olympic champion Māris Štrombergs made the name Valmiera resonate around the world. Sport bases in the city and its neighbourhood ensure high quality training possibilities for sportsmen and event enjoyment for fans.

There are about 40 sports organizations in Valmiera and one can go in for more than 30 kinds of sports. The favourites are – basketball, football, volleyball, floor-ball, swimming and athletics.

Jānis Daliņš Stadium was opened in 1938 and still it is one of the best athletics and football facilities in Latvia. The President's Cup in athletics is held there every year in June. Address: J. Daliņa iela 2, Valmiera. Phone: +371 64231211

The nature has created favourable conditions for the development of rowing slalom in Valmiera. **The rowing slalom course "Krācītes"** – technically the most complete of its kind in the Baltic States – is situated just around the riverbend from the city centre.

Swimming-pool of Valmiera Children and Youth Sports School

Address: Zvaigžņu iela 4, Valmiera; Phone: +371 64235691

Football Field.

Address: Sporta iela 2, Valmiera

Sports Hall of Valmiera Secondary School No 5 with the EU standard basketball court

Address: Raiņa iela 3, Valmiera

Sports Hall of Valmiera Pārgauja Primary School

Address: Meža iela12a, Valmiera

Vidzeme Olympic Centre

Vidzeme Olympic Centre (VOC) is a contemporary venue for sports competitions, training, recreation and cultural events for sportsmen, followers of active lifestyle, sports fans and event spectators. The ice hall has a seating capacity of 532 people and a 58x28 m hockey arena where the Vidzeme Open Championship, VOC Cup and other hockey games are held on a regular basis. The universal hall – the multi-functional grounds for sports games, can be divided into several training areas. There are movable platforms for 1496 viewers. The hall can be used for exhibitions, concerts or other events. Fitness club "Spēka Pasaule", public skating-rink, skate rental and hockey equipment store "Hokeja Pasaule" operate in VOC. The massage room and the sauna are excellent places for gaining strength but the Sports Bar – with a view to the ice arena – for refreshments and delicious meals. Next to the Olympic Centre is the hotel "Naktsmājas" www.naktsmajas.lv Address: Rīgas iela 91, Valmiera; Phone: +371 64220660; www.voc.lv

The tourism and sports complex "Baiļi" is famous in Latvia for its downhill skiing slopes. There is a track for BMX nearby. More information: www.baili.lv

Horse riding sports centre in Burtnieki is worth seeing it. One can watch horse riding competitions and other sports activities there. More information: 6 4256433.

Developing sports infrastructure

(Source: <http://www.valmiera.lv/en/zina/valmiera-city/developing-sports-infrastructure>)

Valmiera is a well-known place for Latvian and international sportsmen. Countless sports events each year take place here, yet, we have a reason to believe that soon enough it will be possible to meet even more sportsmen and sportswomen roaming around the streets of Valmiera.

Valmiera City Council has signed a contract with the Ministry of Education and Science of Latvia with which a development project of the Vidzeme Olympic centre was supported. With the signing of the contract, Valmiera will receive co-funding from the state to start construction of a new swimming pool and a covered BMX track. Both sports facilities have been planned according to the international standards to be able to host international sports competitions in the future.

With the new swimming pool and the BMX track, Valmiera will strengthen its positions as a regional centre for sports. Yet, what maybe is even more important, it will give another push to boost a campaign for an active and healthy lifestyle. Already now we see that almost two times more youngsters per capita than average in Latvia are involved in some kind of physical activities, but we hope that it will continue growing in the future. I am confident that well educated and healthy society should be viewed as the cornerstone of our development!" said the Deputy Mayor of Valmiera Mr Jānis Baiks.

Construction of the new swimming pool should begin this autumn.