



BALTIC OPEN AND ESTONIAN MASTERS ATHLETICS CHAMPIONSHIPS 2026

REGULATIONS AND PROGRAMME

1. AIMS AND OBJECTIVES

- To promote athletics and physical activity among masters athletes.
- To determine the Baltic and Estonian Masters Champions for 2026.
- To strengthen cooperation and connections between masters athletes from Estonia, the Baltic countries, and invited nations.

2. VENUE AND DATES

The competition will take place on 8–9 August 2026 at Pärnu Rannastaadion and the training field (<https://spordikeskus.parnu.ee/rannastaadion/>), Ranna pst 2, Pärnu.

The competition will start at 10:00 on 8 August and at 9:30 on 9 August.

The competition is part of the EMA (European Masters Athletics) League 2026 series: <https://european-masters-athletics.org/ema-league-2026/>

3. PARTICIPANTS AND PROGRAMME

The competitions will be held in the following age groups:

M35–39, M40–44, M45–49, M50–54, M55–59, M60–64, M65–69, M70–74, M75–79, M80–84, M85–89, M90–94, M95+;

W35–39, W40–44, W45–49, W50–54, W55–59, W60–64, W65–69, W70–74, W75–79, W80–84, W85–89, W90–94, N95+.

An athlete's age group is determined by their age on 8 August 2026.

The following events are included in the programme:

Women:

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 3000 m race walk, high jump, long jump, triple jump, pole vault, shot put, discus throw, javelin throw, hammer throw, weight throw, 4×100 m relay, 4×400 m relay, 80 m hurdles, 100 m hurdles.

Men:

100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m, 3000 m race walk, high jump, long jump, triple jump, pole vault, shot put, discus throw, javelin throw, hammer throw, weight throw, 4×100 m relay, 4×400 m relay, 80 m hurdles, 100 m hurdles, 110 m hurdles.

In throwing events and vertical jumps (high jump and pole vault), as well as in the long jump and triple jump, each athlete has four (4) attempts.

In the high jump, the bar progression starts from 1.00 m, increases of +3 cm; in the pole vault starts from 1.00 m, increases of +10 cm. The starting heights are not fixed, athletes choose their starting height according to the bar progression.

4. REGISTRATION

Registration for the competition is open until 4 August 2026 at 23:59 via the following link:

<https://my.raceresult.com/394578/>.

Participants will receive a confirmation email of their registration, along with a link that allows them to modify their registration until 4 August 2026 at 23:59.

Athletes holding Russian or Belarusian citizenship are not permitted to register for the competition.

The organisers do not issue invitation letters for visa applications.

5. COMPETITION ENTRY FEE

The entry fee is €30 for the first event and €10 for each additional event.

Payment must be made to the bank account of Eesti Kergejõustikuveteranide Assotsiatsioon (*Estonian Masters Athletics*):IBAN: EE941010102032127001 (AS SEB Pank) no later than 4 August 2026.

The entry fee is non-refundable.

For on-site registration, an additional €15 fee applies. Athletes registering on-site will be placed at the end of the start list in field events. In track events, entries are accepted only if there are available lanes. On-site registration is not available for hurdle events.

Registration and payment for relay events (€27 per team) must be completed at the competition secretariat no later than 8 August 2026 at 15:00.

6. AWARDS

In the Baltic Open Championships classification, the top three athletes in each age group will be awarded gold, silver, and bronze medals, regardless of nationality.

In the Estonian Championships classification, the top three athletes in each age group will be awarded gold, silver, and bronze medals. Only athletes with Estonian citizenship are eligible to compete in the Estonian Championships classification.

The Baltic Championships winners' travelling trophy will be awarded to the Baltic country with the highest number of wins (excluding relay events).

Participants in relay events will receive a commemorative item, no medals will be awarded.

7. FINANCES AND ACCOMMODATION

All expenses related to participation are to be covered by the athlete or their club.

The organisers have made a preliminary accommodation reservation for 7–9 August 2026 at Pärnu Rannastaadioni Hostel. (<https://spordikeskus.parnu.ee/teenused/rannastaadioni-hostel/>, e-mail: rannastaadion@spordikeskus.parnu.ee, tel: +372 525 3005).

Athletes interested in accommodation must contact the hostel directly and comply with its booking conditions.

Accommodation booking terms:

- Reservations can be cancelled free of charge up to 14 days before arrival.
- In case of later cancellation (14 days or less before arrival), 50% of the total accommodation cost will be charged.
- If the reservation is cancelled on the day of arrival or in case of no-show, 100% of the total accommodation cost will be charged.
- The final list of room occupants and room allocation must be submitted no later than 5 days before arrival.
- Relaxation of the terms may be possible in exceptional circumstances if agreed in writing with the accommodation provider.
- Where possible, a change of dates may be offered instead of cancellation.

The organiser has also made a reservation at the Pärnu Vocational Education Centre student hostel, located at Niidupargi 16, for the period 7–9 August 2026. The cost of accommodation is €25 per night. The accommodation fee must be transferred to the EKVA bank account no later than 1 August 2026. Registration should be made via email at ekva@ekva.ee. Additional information: Tiia Eeskivi, tel. +372 5645 0300.

8. GENERAL PROVISIONS

All athletes are responsible for their own health condition. By registering for the competition, the athlete confirms that they take full responsibility for any damage to their health.

Any behaviour at the competition venue that endangers other participants will result in the athlete's immediate disqualification by the event's chief judge, subject to confirmation by the chief judge of the competition.

At the competition venue, each athlete is allowed two (2) practice attempts. Throwing equipment must be brought to the venue 30 minutes before the start of the event.

Athletes are permitted to use their own implements (shot put, discus, weight, hammer and javelin), which must be presented for weighing 1 hour before the start of the event at the 100 m finish area.

Pole vault poles will not be provided at the venue, each athlete must bring their own poles.

If multiple events take place simultaneously, athletes may, in jumps and throws, take their attempt at the end of the round if necessary, but not later (otherwise the attempt will be forfeited). Attempts cannot be taken in advance.

All matters not covered in this document shall be resolved in accordance with the WMA Technical Regulations.

9. ORGANISING STRUCTURE

The competition is organised by the Estonian Masters Athletics Association (EKVA, www.ekva.ee, e-mail: hugo.toll@ekva.ee, tel: +372 524 8648 (Hugo Toll).

Event Director: Andrus Mutli (e-mail: andrus@vennad.ee).

COMPETITION PROGRAMME

SATURDAY, 8. August 2026

Time	Event	Age Group	Venue
10:00	3000 m race walking	M	
10:25	3000 m race walking	W	
10:50	Opening ceremony		
11:10	Shot put	W55–W85	main stadium
11:10	Discus throw	M55–M65	main stadium
11:10	Hammer throw	W35–W50	training field
11:10	100 m	M35+ (younger groups first)	
11:10	Javelin throw	M70+	main stadium
11:30	100 m	W35+ (younger groups first)	
11:50	Long jump	M35–M55	site 1

12:00	Long jump	W35–W55	site 2
12:40	Weight throw	W35–W50	training field
13:10	Discus throw	W55–W85	main stadium
13:10	Shot put	M35–M50	site 1
13:10	Javelin throw	M55–M65	main stadium
13:30	Long jump	W60+	site 2
13:50	Pole vault	W + M	
14:00	Long jump	M60–M85	site 1
14:00	Hammer throw	W55–W85	training field
14:50	Javelin throw	W35–W50	main stadium
15:00	400 m	W35+ (younger groups first)	
15:10	400 m	M35+ (younger groups first)	
15:10	Discus throw	M35–M50	main stadium
15:10	Shot put	M70–M85	site 1
15:30	Weight throw	W55–W85	training field
15:40	1500 m	W35+ (younger groups first)	
16:00	1500 m	M35+ (younger groups first)	
16:30	4 × 100 m relay	W + M	

SUNDAY, 9. august 2026

Time	Event	Age Group / Notes	Venue
09:30	Hammer throw	M35–M50	training field
09:30	Discus throw	M70–M85	main stadium
09:30	Shot put	W35–W50	site 1
10:30	Javelin throw	W55+	main stadium
10:30	80 m hurdles	W40+ and M70+	
10:50	100 m hurdles	W35 and M50+	
11:00	Weight throw	M35–M50	training field
11:05	Shot put	M55–M65	main stadium, site 1
11:10	110 m hurdles	M35–M45	

11:25	High jump	M35–M60	site 1
11:40	Discus throw	W35–W50	
11:40	Triple jump	W35+ and M35+	site 1
12:00	Hammer throw + weight throw	M55–M65	training field
12:30	Javelin throw	M35–M50	main stadium
12:30	High jump	W35+	site 2
12:30	5000 m	W35+	
14:00	200 m	M35+ (younger groups first)	
14:00	High jump	M65+	
14:00	Hammer throw + weight throw	M70+	training field
14:20	200 m	W35+ (younger groups first)	
14:40	800 m	M35+ (younger groups first)	
15:00	800 m	W35+ (younger groups first)	
15:30	4 × 400 m relay	W + M	
15:45	5000 m	M35+	

The organisers reserve the right to adjust the programme according to the number of participants. Any changes will be announced no later than 6 August 2026 at 12:00 on the website www.ekva.ee.

Award ceremonies for each age group will take place on the main field after the completion of each scheduled group, approximately within 10 minutes.