



Amber Spike 2026 COMPETITION GUIDE

1. GOALS

- To popularize the athletics among masters.
- To strengthen sports relations between Europa countries among the master athletes.

2. PLACE AND TIME

Place: Liepāja Daugava stadium (Piejūras parks, Liepāja, LV-3401)

;
Date: September 5, 2026

Technical Information Centrum starts: September 5, 08:00

3. GENERAL ORGANIZER

Liepāja Masters sports club

President of the board – Juris Zilvers, mob. +371 26266624

Member of the board – Guntis Grantiņš mob. +371 29129958

Project coordinator – Laura Katkeviča mob. +371 29109683

and

Latvian Masters Athletic association

President – Laine Kreicere, mob. +371 26410552

Vice president – Dace Brakanska, mob. +371 29398024

Competition director: Juris Zilvers

(mob. +371 26266624; e-mail: info@lssk.lv)

4. AGE CATEGORIES

- **Championships are open to all master athletes.**
- **Woman:** W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85+, W90+
- **Man:** M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85+, M90+
- **The age of the competitor is determined from the date of birth on the 5 of September.**

5. REGISTRATION

Web: <https://sacensibas.lvva.lv/competitions/amber-spike-2026-ema-league-stage-10/register?lang=en>

- Preregistration for the competition is open until 1 of September 2026. 23:59 EEST

6. ENTRY FEE

First event	20,00 EUR
Every next event (2 nd , 3 rd etc.)	5,00 EUR

- Entry fee should be transferred until 1 of September 2026 to
LIEPAJAS SENIORU SPORTA KLUBS
Reg. No. 40008066867
Address: Brīvības iela 39, Liepāja, LV-3401
Bank: AS SWED, code: HABALV22,
Iban: **LV62HABA0551061071750**
- Entry fee can be paid in cash in the Stadium.
- Payment cards are not accepted!!!**
- If a participant does not start in a competition or in some of the disciplines, the participation fee will not be refunded.**

7. EVENTS

Man and Women: Short Hurdles (80m / 100m / 110m) 100m, 200m, 400m, 800m, 3000m, RW3000m, long jump, triple jump, high jump, discus, shot put, javelin.

8. CONDITIONS OF ATHLETICS EVENTS

- Participants of long jump, triple jump and throwing events have **4 (four) attempts** for each age group.
No final attempts.
- In the running disciplines participants **only have final races** (no preliminaries).
- In high jump Women and Men **Starting Height - 0,80 m; Progression – 5 cm.**
- All non-defined problems will be solved by the organizer of the competition together with the chief judge and a representative of LSSK. Competitions are held according to World Athletics (WA) and WMA regulations.
- Technical specification of events:

	Age groups	Shot put (kg)	Discus (kg)	Javelin (g)	Hurdles
Women (W)	35+; 40+, 45+	4	1	600	W35 100m/h – 13.00-8.50-83.8 (10)
	50+; 55+	3	1	500	W40-W49 80m/h – 12.00-8.00-76.2 (8)
	60+; 65+; 70+	3	1	500	W50-W59 80m/h – 12.00-7.00-76.2 (8)
	75+; 80+; 85+	2	0,75	400	W60-W69 80m/h – 12.00-7.00-68.6 (8) W70+ 80m/h – 11.00-6.00-68.6 (8)
Men (M)	35+; 40+; 45+	7,26	2	800	M35-M49 110m/h – 13.72-9.14-99.1 (10)
	50+; 55+	6	1,5	700	M50-M59 100m/h – 13.00-8.50-91.4 (10)
	60+; 65+	5	1	600	M60-M69 100m/h – 12.00-8.00-83.8 (10)
	70+; 75+	4	1	500	M70-M79 80m/h – 12.00-7.00-76.2 (8)
	80+; 85+; 90+	3	1	400	M80+ 80m/h – 11.00-6.00-68.6 (8)

9. LIMITATIONS ON PARTICIPATION OF ATHLETES

- Based on the Sports Law of the Republic of Latvia, the guidelines of the Latvian Olympic Committee and the guidelines of the International Athletics Association (World Athletic), **citizens of Russia and Belarus are prohibited from participating in the competition.**

10. DOPING CONTROL

- Competitors may be subject to doping control in accordance with WADA regulations.

11. PROTESTS

- Any protests will be considered in accordance with Article 146 of the World Athletics Competition Rules.
- In case of submission of a protest, the team representative must submit it in writing, together with a deposit of EUR 70,00 (twenty euros), to the Chief Judge of the competition within 30 minutes after the announcement of the results.
- Other unmentioned problems and situations will be solved together with the chief judge of the competition and representatives of LSSK.

12. PRIZES

- The ranking is explained in each event on the basis of the WMA coefficient table. Awards and scoring - in each event according to the WMA Age Grading system: Group I (35-59 years), Group I (60 years and older)
- Each event's three best will be awarded.

13. COMPETITION RESULTS

- All results are published in printed form on the information desk.
- The results of the competition will be available at: www.lssk.lv, www.lvva.lv

14. MEDICAL SERVICE

- Each competitor is responsible for their own state of health.
- In all competitions organized by LSSK, a nurse or doctor is provided, who, if necessary, helps the athlete in case of a minor injury.
- For more serious situations, there is an emergency service, requiring a telephone call to 112, the national emergency number.

15. MANAGEMENT

- Expenses of the competition organization are covered by LSSK and LVVA
- Participation expenses shall be borne by the sending organisations or the participants themselves.

16. PROTECTION OF PERSONAL DATA (Photography and Video)

- By applying for the competition, the participant agrees to the processing of his personal data for the purposes of organizing the competition.
- By applying for the competition, participants confirm that they agree to the use of photos, videos and audio materials taken before, after and during the competition for the needs of the competition organizer, including publication on the website www.lssk.lv, Latvian media and social networks.



- The organizers of the competition confirm that personal data will not be transferred to third parties and will be used only for the purposes of the competition.

17. USEFUL LINKS

www.lssk.lv

www.lvva.lv

www.athletics.lv

<https://european-masters-athletics.org/>

www.world-masters-athletics.com

18. ACCOMMODATION OPTIONS

<https://liepaja.travel/en/homepage/> accommodation

<https://www.1188.lv/en/transport> bus and train

<https://luxexpress.eu/en/> bus



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