

LATVIA AND BALTIC OBSTACLE RUNNING CHAMPIONSHIP 2026

REGULATIONS

1. Goal and objectives

- 1.1. To popularize the sport of obstacle running (OCR).
- 1.2. Promoting an active lifestyle among the population.
- 1.3. To prepare for the start of international obstacle running competitions.
- 1.4. To identify the best obstacle runners within the framework of the Latvian and Baltic Championship.

2. Time, place and distances

- 2.1. The competition will take place in Ozolnieki, Ozolnieki parish, Jelgava region, Skolas street 1A, Ozolnieki Mežaparks, on July 12, 2026.
- 2.2. Google Maps coordinates 56.692719, 23.785451
- 2.3. The distance length for the Elite class (both within the Latvian and Baltic championships) is around 10 km, the number of obstacles is around 40. The distance length for the Open class is around 5 km, the number of obstacles is around 20.
- 2.4. In case of unforeseen circumstances or particularly bad weather conditions, the date or start time of the competition may be changed by announcing it in advance on the competition website and social accounts.

3. Participants and groups

- 3.1. Participants from the age of 16 can participate in the obstacle races, regardless of gender.
- 3.2. The men's, women's and team relay categories are evaluated separately. The men's and women's categories are evaluated separately in the Elite and Open classes. The Latvian championship titles are won in the men's and women's categories in the Elite distance, as well as in the team relay.
- 3.3. The following age groups will be evaluated within the framework of the Baltic Steeplechase Championship:
 - Juniors U20 (born between 2007 and 2009)
 - Women and men 20-34 (born between 1992 and 2006)

Women and men 35-44 (born between 1982 and 1991)

Women and men "Masters 45+" (born up to and including 1981)

Women and men Elite (anyone from 18 years of age can participate, regardless of age group)

3.4. The team relay consists of 3 participants, of which at least one must be a woman.

3.5. Those Latvian athletes who apply to start in the Baltic Championship will automatically be evaluated in the Latvian Championship.

4. Registration

4.1. Participant registration takes place on the website
<https://www.runningcoach.lv>

4.2. Online registration closes on July 9th at 23:59.

5. Participation fee

5.1. When registering by June 30th, the participation fee for the Elite class (both in the Latvian and Baltic championships) is set at 35 EUR, for the Open classes at 25 EUR. When registering after June 30th, but no later than July 9th at 23:59, the participation fee is 40 EUR for the Elite classes, as well as 30 EUR for the Open classes. Registration on the day of the competition on site – 50 EUR for the Elite classes, 35 EUR for the Open classes.

5.2. The participation fee for the team relay is 45 EUR (15 EUR per person).

5.3. Baltic Championship participants must independently pay the Baltic Championship license fee of 15 EUR by transferring it to the following details:

EE787700771008054028 Eesti Takistuskrossi Liit (Indicate BL 2026+First Name Surname+Latvia stage in the payment order)

5.4. The participation fee covers the maintenance of obstacles, track marking, distance planning, referee work, facility rental, photographer's photos, recording and summarizing results, and prize fund.

6. Awards

6.1. 1st-3rd place winners in the men's and women's categories in the Elite and Open classes, as well as in the team relay, are awarded. Latvian Championship titles are won in the Elite distance, as well as in the team relay.

6.2. Immediately after the awards ceremony, a draw will be held among all participants, who will be able to obtain valuable gifts. Attendance at the final lottery is mandatory. The same participant cannot win more than one lottery prize.

7. Obstacle course

7.1. All participants start according to the competition program. In order to register on time, specify the execution of obstacles and warm up, the recommended arrival time at the competition venue is 60 minutes before their start.

7.2. Participants will run a marked course, which will have natural and artificial obstacles of varying difficulty.

7.3. In team relays, each participant will run one lap; the detailed relay schedule will be specified by the day of the competition.

7.4. Timekeeping will be carried out using the Sportident marking system.

7.5. The participant who shows the fastest time over the distance wins.

7.6. A cloakroom and shower are not provided at the competition venue.

7.7. If a participant suffers an injury, they must immediately report it to the chief judge of the competition. A first aid kit will be available at the competition registration desk. In case of a more serious injury, the NMPD crew is called by phone 113, the nearest hospital is Jelgava City Hospital, Brīvības bulvāri 6, Jelgava.

8. Publicity and privacy

8.1. During the competition, participants may be photographed or filmed.

8.2. By registering for the competition, participants confirm that the organizers have the right to use photographs and video materials taken during the competition for public relations and advertising purposes without the consent of the people appearing in them.

8.3. By registering for the competition, participants confirm that they do not object to the publication of the list of participants and results.

9. Rules

9.1. Trying out obstacles before the start is prohibited.

9.2. The execution of obstacles will be supervised by judges.

9.3. Only one attempt is allowed for the execution of technical obstacles.

9.4. A penalty lap will be applied for each uncompleted obstacle, which must be completed before the finish. The maximum number of penalty laps is two. If a participant earns more than two penalty laps during the distance, he will be automatically disqualified (DSQ in the finish protocol).

9.5. The participant is responsible for clarifying the requirements for completing each obstacle with the competition judges before his start.

9.6. The participant is obliged to familiarize himself with the competition safety rules during registration, which are published on the competition website. Registration for the competition serves as confirmation that the participant has familiarized himself with the safety rules and undertakes to comply with them.

9.7 Participants are responsible for their health, regular health check-ups, and their health and life insurance. Parents (persons exercising guardianship rights) are responsible for the health care, regular health check-ups, and health and life insurance of minor participants. The competition organizers are not responsible for accidents during the event.

9.8. All participants who are caught in an unfair competition and do not complete the full distance will be disqualified.

10. Changes to the competition regulations

The organizers have the right to make changes and additions to the regulations. The most significant changes, if any, will be announced on the competition website. The organizers are not responsible for the participants not being familiar with the regulations.

11. Organizer

11.1. The competition is organized in cooperation with the Latvian Modern Pentathlon and Steeplechase Federation.

11.2. Organizer details:

Sports club "runningcoach.lv"

Reg. no. 50008334071

Jelgava region, Cenu parish, Cena, "Grietas", LV-3018

AS "SEB banka"

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