

LATVIAN AND BALTIC OBSTACLE COURSE RACING CHAMPIONSHIPS 2026

REGULATIONS

1. Purpose and Objectives

- 1.1. To promote the sport of Obstacle Course Racing (OCR).
- 1.2. To encourage an active lifestyle among the population.
- 1.3. To prepare athletes for participation in international OCR competitions.
- 1.4. To determine the best obstacle course racers within the Latvian and Baltic Championships.

2. Date, Venue and Distances

- 2.1. The competition will take place on 12 July 2026 at Ozolnieki Forest Park, Skolas Street 1A, Ozolnieki, Ozolnieki Parish, Jelgava Municipality, Latvia.
- 2.2. Google Maps coordinates: 56.692719, 23.785451.
- 2.3. Elite distance: approximately 10 km with around 40 obstacles. Open distance: approximately 5 km with around 20 obstacles.
- 2.4. In the event of unforeseen circumstances or particularly severe weather conditions, the competition date or start time may be changed with prior notice published on the event website and social media channels.

3. Participants and Categories

- 3.1. Participants aged 16 and above may compete regardless of gender.
- 3.2. Separate rankings will be maintained for men, women and team relay categories. Men and women will be ranked separately in Elite and Open classes. Latvian Championship titles will be awarded in the Elite category and in the team relay.
- 3.3. Baltic Championship age groups:
 - U20 Juniors (born 2007–2011)
 - Men and Women 20–34 (born 1992–2006)
 - Men and Women 35–44 (born 1982–1991)
 - Men and Women Masters 45+ (born in 1981 or earlier)
 - Elite Men and Women (all athletes aged 18+ regardless of age group)
- 3.4. Team relays consist of 3 participants, of whom at least one must be a woman.
- 3.5. Latvian athletes registered for the Baltic Championship will automatically also be included in the Latvian Championship standings.

4. Registration

- 4.1. Registration is available at <https://www.runningcoach.lv>.
- 4.2. Online registration closes on 9 July 2026 at 23:59.

5. Entry Fees

- 5.1. Registration until 30 June: Elite €35, Open €25. Registration after 30 June until 9 July 23:59: Elite €40, Open €30. On-site registration: Elite €50, Open €35.
- 5.2. Team relay entry fee: €30 per team (€10 per participant).
- 5.3. Baltic Championship participants must purchase a Baltic Championship licence (€15) by bank transfer to EE78770077008054028 Eesti Takistuskrossi Liit. Reference: BL 2026 + Name Surname + Latvia stage.
- 5.4. Entry fees cover obstacle maintenance, course marking, course planning, officials, sanitary facilities, photography, timing and result processing, and prizes.

6. Awards

- 6.1. Awards will be presented to the top three finishers in Elite and Open men's and women's categories, as well as the team relay. Latvian Championship titles are awarded in the Elite race and team relay.
- 6.2. A prize raffle will be held immediately after the awards ceremony. Presence is mandatory. A participant may win only one raffle prize.

7. Competition Procedure

- 7.1. Participants start according to the competition schedule. Arrival 60 minutes before the start is recommended.
- 7.2. Participants will complete a marked course featuring natural and artificial obstacles of varying difficulty.
- 7.3. In team relays, each participant completes one lap. Further details will be announced before race day.
- 7.4. Timing will be carried out using the Sportident timing system.
- 7.5. The participant with the fastest time wins.
- 7.6. Cloakroom and shower facilities will not be provided.
- 7.7. Injuries must be reported immediately to the Chief Referee. A first-aid kit will be available. In serious cases emergency medical services will be called via 113. Nearest hospital: Jelgava City Hospital, Brivibas Boulevard 6, Jelgava.

8. Publicity and Privacy

- 8.1. Participants may be photographed or filmed during the event.
- 8.2. By registering, participants grant organisers the right to use photographs and videos for publicity and promotional purposes.
- 8.3. By registering, participants agree to publication of participant lists and results.

9. Rules

- 9.1. Testing obstacles before the start is prohibited.
- 9.2. Obstacle completion will be supervised by judges.
- 9.3. Only one attempt is permitted on technical obstacles.
- 9.4. Participants are responsible for clarifying obstacle requirements with judges before their start.
- 9.5. Registration confirms that participants have read and agree to comply with the published safety regulations.
- 9.6. Participants are responsible for their health condition, medical check-ups, and insurance. Organisers assume no liability for accidents during the event.
- 9.7. Any participant caught cheating or failing to complete the full course will be disqualified.

10. Amendments to the Regulations

The organisers reserve the right to amend these regulations. Significant changes will be announced on the competition website.

11. Organiser

- 11.1. The competition is organised in cooperation with the Latvian Modern Pentathlon and Obstacle Course Racing Federation.
- 11.2. Organiser details:
Sport Club "runningcoach.lv"
Registration No. 50008334071
"Grietas", Cena, Cenu Parish, Jelgava Municipality, LV-3018, Latvia
AS SEB banka
SWIFT: UNLALV2X
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