



Announcement

21. Baltic Sea Cup Rostock, 13th of May 2023

Contests

Girls	W8 / W9	50m, 800m, 4x50m Relay, 4x50m Relay (Mixed), Long Jump, Ball
Boys	M8 / M9	50m, 800m, 4x50m Relay, 4x50m Relay (Mixed), Long Jump, Ball
Girls	W10 / W11	50m, 800m, 4x50m Relay, 4x50m Relay (Mixed), Long Jump, Ball
Boys	M10 / M11	50m, 800m, 4x50m Relay, 4x50m Relay (Mixed), Long Jump, Ball
Girls	W12 / W13	75m, 800m, 4x75m Relay, Long Jump, High Jump, Ball
Boys	M12 / M13	75m, 800m, 4x75m Relay, Long Jump, High Jump, Ball

General

Venue Athletic Stadium Rostock
Kopernikusstraße 17
18057 Rostock, Germany

Start time 9:40 a.m.

Registration End of registration is Saturday 29th of April 2023.

Kreis-Leichtathletik-Verband Rostock e.V.
c/o Martin Waterstradt
Willem-Barents-Straße 21, 18106 Rostock, Germany
e-mail: wettkampfmeldung@klv-rostock.de

The messages should be sent electronically. Register with the current best in each discipline. Please check the reference values for the various disciplines. The organizer reserves the right to cut too large subscriber fields to make ensure sophisticated and attractive competitions. Please refer to the recommended values of the table in the Annex to this announcement. If possible, use an Excel file according to the Seltec format.

Organisation fees	Single-point registration: 3,50 Euro Relay: 5,50 Euro
Late notice	As long as the number of participants allows it there is the possibility for a late notice. The late notice fee is 10,00 Euro for each athlete/relay as well as organisation fees for each start.
Timekeeping	Full automatic timekeeping system
Finals (800m)	If there are more than 16 participants there will be separate heats. There will be a combined evaluation of the particular runs.
Finals (50m, 75m)	There will be no quarter- or semi-finals. If there are more than 24 participants there will be A and B finals, for which the fastest will qualify.
Relay Races	The valuation for the relays will result from the classes which belong together (W8/W9, M8/M9, ...). The mixed relay will be started with following layout M-M-W-W.
Equipment	Throwing devices and baton are provided. Own equipment is not allowed.
Documents	The documents will be handed out on Sunday at 8 a.m.
Call room	15 minutes before the contest at site.
Awards	The best eight athletes will receive a certificate. The best three athletes are awarded with medals. In addition there are various other prizes.
Cup valuation	The best final result in each age group will be awarded with a cup. The evaluation will be done according to the current combined event- Scoring Table of the DLV in percentage relation to the actual respective meeting record.

Miscellaneous

Changing Rooms	Changing and shower rooms are available in the adjacent running hall Rostock.
Catering	Catering will be supplied at the contest place. Warm and cold snacks can be purchased.
Contest facilities	The Athletic Stadium Rostock offers a 400m tartan track (8 lanes). It is only allowed to wear spikes with a maximum of 6mm thorns.
Determinations	The meetings are accomplished with regard to the International Contest Regulations (IWR) and the German Athletic Regulations (DLO) of the DLV under supervision of the Athletic Federation Mecklenburg-Western Pomerania (LVMV).
Liability	The organizer has no liability for lost devices, thefts or other damages of any kind.
Accommodation	Overnight accommodation is not supplied by the organizer. The organizer is happy to help with information when searching for something. It is recommended to get in contact with somebody as soon as possible. You can find a list of possible accommodations at our website www.ostseepokal-rostock.de .

You can find more information regarding this event on the website below:

www.ostseepokal-rostock.de

or

www.klv-rostock.de

Apart from many impressions of the events from 2003-2022, you find the meeting records and references to the journey to the Athletic Stadium Rostock. Further you find detailed information regarding overnight accommodations options.