

BALKAN ATHLETICS MaSTERS CHAMPIONSHIP STADIA
SEPTEMBER 27-29, 2024



Dear friends in sports,

The challenge for the Athletics Federation of Montenegro will be the organization of the Balkan Masters in Montenegro, in Bar, in the Topolica sports complex, which meets the requirements of the Balkan outdoor championship.

In 2019, matches of small countries were held at the Topolica stadium, which were highly rated for the organization.

The technical and logistical situation meets all the conditions for the smooth running of the competition.

The team that will run the competition has extensive and valuable experience in the organization of major athletic events, which have been conducting competitions at the highest level for decades.

It is unnecessary to talk about the beauty of Montenegro and the city of Bar, we only need to mention that Montenegro is a tourist destination and that the Topolica stadium is located right on the seashore.

BAMA can be sure that the Athletics Federation of Montenegro and the Association of Athletic Veterans of Montenegro will conduct this competition at an excellent level to the satisfaction of the Balkan Master athletes.

I greet all athletes, team leaders, coaches, followers and officials and wish them exciting and successful days in Montenegro, Bar.

I thank the Organizing Committee from the bottom of my heart, which prepared all the fields according to the athletes' requirements.

Lots of success and a good time in Montenegro.

Milorad VULETIĆ

president

Athletic Association of Montenegro



Dear friends in athletics,

I am so happy to address you today. We are lucky enough to see each other and compete every year for Balkan Stadia Championships. It will be a challenge for the very committed and best organized welcome for the Balkan Masters in Bar-Montenegro, in the best Stadium which met all requirements of the Balkan Championship in 2008.

These championships mean a big chance to master's for the technical and the logistic situation comply with the requirements. You can also find and justify about attractive surroundings of Montenegro. BAMA is fully confident that the Montenegro Athletics Federation together with the LOC will provide as the necessary support for the Balkan Master athletes. Our greatest expectation is that this championship will be an unforgettable event in the Balkan region.

As BAMA President, I welcome to all athletes, team managers, coaches, accompanying persons and officials and wish them exciting and successful championship in Bar for the weekend. Beyond the adrenaline-pumping competitions, the city of Bar's charm lies in the warmth and hospitality of its people. You will find yourself embraced by a friendly community that will make your stay a delightful one. Whether you are exploring the coastal landmarks or indulging in the local cuisine, Bar promises an enriching cultural experience.

I would also like to thank to Mr. Miloradu Vuletiću who is the president of Montenegro Athletics Federation and to Mr. Dejan Živković who is the president of the LOC for the preparations of all grounds according to the requirements of athletes.

Have a great success and a good time in Bar with records and medals...

Ercan ÖZKAN
BAMA President

r.br.	BAMA COUNCIL MEMBERS	
1.	Ercan OZKAN	BAMA President
2.	Aycan KURTCAN	BAMA Vice President
3.	Boris LACKOVIC	BAMA Secretary General
4.	Damjan GRIL	BAMA Technical Director
5.	Rudin BEKTASHI	BAMA Treasurer

r.br.	ORGANIZERS	
1.	Milorad VULETIĆ	President
2.	Gojko BANJEVIĆ	Deputy President
3.	Dejan ŽIVKOVIĆ	Vice President
4.	Milan MADŽGALJ	Member of the Boards
5.	Todor BRAJKOVIĆ	Competition delegate
6.	Lazar MACANOVIĆ	President of the judges' organization
7.	Milena MUDREŠA	Head of electronic measurement
8.	Goran ČAVIĆ	Competition secretariat, production start list and newsletter

COMPETITION AND TECHNICAL RULES

PLACE OF EVENT:

The Balkan Masters Athletics Championships Stadia (BAMACS) will be organized by the Association of Athletic Veterans of Montenegro in cooperation with the Athletics Federation of Montenegro.

The competition will be held in accordance with the rules of the World Athletics and WMA Competition Rules and organized by the Local Organizing Committee (LOC).

The competition will be judged by judges from Montenegro. The competition director has executive powers.

Stadium SRC "Topolica" - Sport Bar

Stadion Topolica (Stadion Topolica) is a multipurpose stadium in Bar. It is used mainly for football matches and athletics. The stadium has a capacity of 2,500 seats and is part of the company Sports Center Bar.

Athletics competitions for athletes from small countries (2019) were held at this stadium. The competition was conducted by the Athletic Association of Montenegro, and the organization was rated highly. Link <https://mapcarta.com/W167251197>

Timetable

The competition schedule is available on the website!

REGISTRATION

Application SAM will be used for the registration. Team leaders from each country will get their Username and password to enter the registration form. Each national association is requested to contact the LOC and provide them with permanent contact information, which is phone numbers and email, before the registration process starts.



For correct applications, each athlete must provide the following information:

- ✓ Name and surname.
- ✓ Sex
- ✓ Date of birth
- ✓ Country
- ✓ Events and PB

The age group is determined for each athlete according to the WMA Rules of Competition, Rule 3.1 Throughout the competition, the athlete competes in the age group for which he qualifies on the first day of competition.

This application form must be submitted before **07 September 2024**. Late registration is NOT allowed. The total amount should be transferred to the account below, and the confirmation of payment should be sent to bamacs2024@gmail.com before 07 September 2024. No application will be registered if the payment is not made before the deadline.

For correct applications, each athlete must provide the following information:

- ✓ Name and surname.
- ✓ Sex
- ✓ Date of birth
- ✓ Country
- ✓ Events and PB

REGISTRATION FEE

The registration fee is 30€ and includes one event. Each additional event is 7€. The doping fee is 2€ per athlete.

LOC must be informed regarding all changes applied to the registered entries before the Technical Meeting on the 26 September 2024. These changes refer to corrections of the personal data of athletes already registered. New registrations will NOT be accepted. Changing the events for an athlete is NOT accepted either. **The registration fee is NOT refundable.**

For each event, the athletes will determine their best result from 01.01.2024-1.9.2024. This is optional information, but in the absence of this information the athlete may receive a disadvantageous track or race that does not match his/her athletic merit.

An athlete can register for a maximum of 4 individual events and 2 relay races. To avoid injuries, two events per day are recommended.

Two or more age groups, for male or female, may compete together, but results will be separated for each age group.

The start lists will be published on the Competition website at least 2 days before the Competition begins.

The age group of athletes is determined by date of birth. The competition will be conducted only in the following age groups as follows:

R.BR.	Age Groups	Date of Birth		
1.	M&W 35	27 September 1984	to	26 September 1989
2.	M&W 40	27 September 1979	to	26 September 1984
3.	M&W 45	27 September 1974	to	26 September 1979
4.	M&W 50	27 September 1969	to	26 September 1974
5.	M&W 55	27 September 1964	to	26 September 1969
6.	M&W 60	27 September 1959	to	26 September 1964
7.	M&W 65	27 September 1954	to	26 September 1959
8.	M&W 70	27 September 1949	to	26 September 1954
9.	M&W 75	27 September 1944	to	26 September 1949
10.	M&W 80	27 September 1939	to	26 September 1944
11.	M&W 85	27 September 1934	to	26 September 1939
12.	M&W 90	27 September 1929	to	26 September 1934
13.	M&W 95	27 September 1924	to	26 September 1929
14.	M&W 100+	Born on or before 27 September 1924		

Registration of the other competitors (Out of Balkan Countries)

Competitors will apply individually using the application form issued by LOC. The completed application form and confirmation of payment should be sent to LOC no later than September 7, 2024, by midnight. All competitors from other countries (not BAMA members) will compete out of competition and will get diplomas, but no medals. They will compete as Presidents team.

Bank Accounts:

Payment details (bank account, SWIFT code) will be provided by the LOC to the team leaders.

NAME OF THE BANK: Hipotekarna banka ad, Podgorica, Montenegro

ACCOUNT NAME: Asocijacija atletskih veterana CG, 19. Decembra br.5, podgorica, Montenegro.

BANK ADDRESS: Đoka Miraševića M3/ 81000 Podgorica / Montenegro

IBAN: ME25520042000001429016

SWIFT CODE: HBBAMEPGXXX

Competitors Packages

The packages including bib numbers will be distributed by the LOC to the Team Managers according to their registration lists. Each athlete is kindly asked to keep in touch with his/her Team Leader to get the kit from him/her.

Competitors from other than Balkan countries will collect their competitors' packages by themselves in the Accreditation Center.

Technical Meeting

The technical meeting will be held on September 26, 2024, in the Topolica conference hall, which is located not far from the Topolica athletics stadium at 19:00. Information will be provided in advance in case of any change.



Athlete bib numbers

Each competitor will be given two bib numbers which should be worn both on the front and back of his/her shirt, except in the Jumping Events, where one bib which competitors may be worn on the breast or back.

Additional start numbers with country marks will be given to the last athletes in relays just before the race. These bib numbers are mandatory no matter if the country name is marked on athlete's equipment. Start numbers should not be folded, deteriorated, or changed. Contrary action may lead to disqualification. All athletes must compete in the sport uniforms and colors of their national teams. Presidents' team should wear a special uniform.

Technical Information Center (TIC)

The TIC will be in a room next to the stadium. The official results will be announced at a specially designated place where the competitors enter the stadium.

Appeals for the Jury of appeal must be brought to the TIC.

The members of the appeal board: BAMA Technical Director Damjan GRILL, Competition Director, and Head of Judges.

Warm-up

The warm-up areas are in the auxiliary stadium next to the main stadium. Warming up will not be allowed on the main track. Failure to comply with this will result in the disqualification of the athlete from the competition.



Call Room

All participants should register in the Call Room. Application time in the Call Room for all events are below:

r.br.	Discipline	Time
1.	Track Events:	20 Minutes
2.	Jump Events:	40 Minutes
3.	Pole Vault Events:	60 Minutes
4.	Relays:	20 Minutes

The referees will check the athlete's equipment and bib numbers in the Call room.

Competitors who don't register on time to the Call Room will not be allowed to compete. The length of spikes is 6mm maximum on the track (WA Technical Rule 5.3, 5.4 and 5.5). The heel spike length shall not exceed 9mm except at high jump, where it shall not exceed 12mm. All competitors will be accompanied to the competition area by an official.



Start

Instructions to athletes in all races will be given in English according to WA-WMA rules.

Athletes may start from either block-start or standing position at their own choice. The athletes who start incorrectly two times in one event will be disqualified from the event.

Timing

Electronic timing and photo-finishing equipment will be operational during the competition.

Relays

Relay events age groups will be formed as a five-year age group, 35-39, 40-44, 45-49 etc Registrations for relays MUST be done in advance in order to calculate the medals amount by Team Managers. The last changes are possible 2 hours before the relays.

One country may register more teams in the same relay event age group. After the race, only the best relay from one country will be awarded. All others will be automatically declared Out of Competition (OC). Each registered relay team should pay 10€ during the technical meeting on 26 September.

Vertical Jumps

If only one competitor remains in the competition in his/her age group, he/she has the right to choose the height of the bar in accordance with the WA / WMA competition rules. Even if there are athletes in other age groups who still jump predetermined heights.

Implements/shots.

The use of personal implements is allowed. The shot must be brought to the Call Room no later than 30 min before Entering the Call Room.

Protests and appeals

All appeals will be judged by a Jury of Appeal. The appeal must be applied in no more than 30 minutes after the results are announced. For any appeal a 100 € fee should be paid to the LOC. If the appeal is rejected, the money will be kept as a quotation fee.

Victory Ceremonies

For all events, the awards ceremony will take place at the stadium in a specially designated area 30 minutes after the announcement of the official results.

If any athlete is unable to attend the awards ceremony, they should contact the LOC to collect their medal and diploma.

Doping Control

There will be a Doping control on the Competition. Doping manager will be chosen during technical meeting.

Should an athlete refuse to take the anti-doping test he/she will be disqualified from all events of the Competition and the incident will be forwarded to National, Balkan, European and World Master Federations for appropriate sanctions.

The person or entity that requires the testing of any competitor for doping should pay 450 Euro per case in advance.

Participants who are receiving medical treatment or are taking medications which could contain ingredients that are banned by the WA are required to apply to the WA for a certificate of exemption (TUE, i.e. Therapeutic Use Exemption). The doctor who has been given responsibility for processing these applications.

Medical

During the whole competition emergency medical assistance will be provided by the LOC. Emergency calls at 112 – the medical service- may also be used in case of need. The athletes should assume all the health risks to be involved in the competition. So, the LOC or any other organizing party should NOT be held responsible for any injury or unfavorable evolution of the health status of any athlete or for the loss of personal belongings during the Competition. By participating to the Competition, each athlete consents that he/she has no financial demand or pretention of any other kind for the use of the photo images or video footage during the Competition, images or video that represents the image of the athlete under of the LOC that these images may be used for promotional materials to promote master's athletics movement.

HEALTH INSURANCE

Every athlete should procure the appropriate health insurance coverage for the time of their stay abroad.

VISA INFORMATION

Link to which you can check regarding visas for Montenegro:

<https://www.gov.me/diplomatske-misije/ambasade-i-konzulati-crne-gore-u-svijetu>

OPENING CEREMONY

The opening ceremony will take place on 27 September 2024 at 14.00. The program includes marching of the nations, a short formal program, awarding of the Best Balkan Master Athletes (Male and Female) for 2023, and an entertainment program. All delegations are asked to take part in this ceremony.

CLOSING CEREMONY

The Closing Ceremony will take place 29 September 2024 at 14.00. All delegations are invited to participate in this ceremony.

POWER

Power provided in the area is 220 volts AC. Make sure that any electrical appliances you bring can use this voltage.

SANITARY FACILITIES AND MASSAGES

Sufficient changing rooms are available on the ground floor. All changing rooms are equipped with toilets and showers. Separate toilets and showers on the ground floor. The LOC will offer physiotherapeutic treatment in a massage booth for a fee per treatment.

FOODS/ REFRESHMENTS

The possibility of buying food and refreshments will be available in the restaurant located next to the stadium. It will also be possible to shop at the stand next to the station.

A formal dinner and party will be organized at a price of 25 euros per participant. The price includes a festive dinner with three drinks of your choice (except whiskey). The music is live. If a small number of participants register, the formal dinner can be cancelled.

CURRENCY/MEANS OF PAYMENTS

The country's currency is the euro. Most stores accept credit cards.

RESULTS

The results will be published on the website www.bamaci2024.com immediately after the competition. It will also be highlighted in the Technical Information Center on the advertising section.

HURDLES AND SPACING

Hurdles

Women	Age Group	Race Distance	Hurdle Height	Number of Hurdles	Distance to first	Distance Between	Distance to Finish
Short	W35-39	100m	84,0cm	10	13m	8,5m	10,5m
	W40-49	80m	76,2cm	8	12m	8m	12m
	W50-59	80m	76,2cm	8	12m	7m	19m
	W60+	80m	68,6cm	8	12m	7m	19m
Long	W35-39	400m	76,2cm	10	45m	35m	40m
	W40-49	400m	76,2cm	10	45m	35m	40m
	W50-59	300m	76,2cm	7	50m	35m	40m
	W60-69	300m	68,6cm	7	50m	35m	40m
	W70+	200m	68,6cm	5	20m	35m	40m

Men	Age Group	Race Distance	Hurdle Height	Number of Hurdles	Distance to first	Distance Between	Distance to Finish
Short	M35-49	110m	99,1cm	10	13,72m	9,14m	14,02m
	M50-59	100m	91,4cm	10	13m	8,5m	10,5m
	M60-69	100m	84,0cm	10	12m	8m	16m
	M70-79	80m	76,2cm	8	12m	7m	19m
	M80+	80m	68,6cm	8	12m	7m	19m
Long	M35-49	400m	84,0cm	10	45m	35m	40m
	M50-59	400m	84,0cm	10	45m	35m	40m
	M60-69	300m	76,2cm	7	50m	35m	40m
	M70-79	300m	68,6cm	7	50m	35m	40m
	M80+	200m	68,6cm	5	20m	35m	40m

Steeplechase

Women	Age Group	Race Distance	Hurdle Height	Number of Hurdles
	W35	2000m	91,4	18 barriers and 5 water jumps

Men	Age Group	Race Disance	Hurdle Height	Number of Hurdles
	M35-59	3000m	91,4	28 barriers and 7 watter jumps
	M60+	2000m	91,4	18 barriers and 5 watter jumps

POLE VAULT:

WOMEN	35-59	1.60m	+20cm	2.00m	+10cm.	2.20m	+5cm
	60+	1.40m	+10cm	1.60m	+5cm	-	-
MEN	35-39	2.50m	+20cm	2.90m	+10cm	3.20cm	+5cm
	40-44	2.30m	+20cm	2.90m	+10cm	3.20cm	+5cm
	45-49	2.30m	+20cm	2.70m	+10cm	3.10cm	+5cm
	50-54	2.00m	+20cm	2.60m	+10cm	3.10cm	+5cm
	55-59	2.00m	+20cm	2.60m	+10cm	3.10cm	+5cm
	60-64	1.60m	+20cm	2.00m	+10cm	2.60cm	+5cm
	65-69	1.50m	+20cm	1.90m	+10cm	2.20m	+5cm
	70-74	1.50m	+20cm	1.90m	+10cm	2.10m	+5cm
75+	1.40m	+20cm	1.80m	+10cm	2.10m	+5cm	

HIGH JUMP:

Women	35-39	1.20m	+5cm	1.40m	+3cm	1.52m	+2cm
	40-44	1.15m	+5cm	1.35m	+3cm	1.44m	+2cm
	45-54	1.10m	+5cm	1.35m	+3cm	1.44	+2cm
	50-54	1.10m	+5cm	1.35m	+3cm	1.44	+2cm
	55-59	1.00m	+5cm	1.20m	+3cm	1.42	+2cm
	60-64	1.05m	+5cm	1.15m	+3cm	1.36	+2cm
	65-69	1.00m	+5cm	1.15m	+3cm	1.36	+2cm
	70+	0.90m	+5cm	1.15m	+3cm	1.30	+2cm
Men	35-39	1.40m	+5cm	1.70m	+3cm.	1.82m	+2cm
	40-44	1.35m	+5cm	1.60m	+3cm.	1.72m	+2cm
	45-49	1.35m	+5cm	1.60m	+3cm.	1.72m	+2cm
	50-54	1.30m	+5cm	1.60m	+3cm.	1.72m	+2cm
	55-59	1.20m	+5cm	1.40m	+3cm.	1.52m	+2cm
	60-64	1.15m	+5cm	1.40m	+3cm.	1.52m	+2cm
	65-69	1.10m	+5cm	1.20m	+3cm	1.44m	+2cm
	70-74	1.00m	+5cm	1.15m	+3cm	1.36m	+2cm
	75-79	0.90m	+5cm	1.15m	+3cm	1.30m	+2cm
	80+	0.75m	+5cm	0.90m	+3cm	-	-

THROWINGS:

Implements

Women	Age Group	Hammer	Shot Put	Discus	Javelin	Weight
	W35-49	4 kg	4 kg	1 kg	600 g	9,08 kg
	W50-59	3 kg	3 kg	1 kg	500 g	7,26 kg
	W60-74	3 kg	3 kg	1 kg	500 g	5,45 kg
	W75+	2 kg	2 kg	0,75 kg	400 g	4 kg

Men	Age Group	Hammer	Shot Put	Discus	Javelin	Weight
	M35-49	7,62 kg	7,62 kg	2 kg	800 g	15,88 kg
	M50-59	6 kg	6 kg	1,5 kg	700 g	11,34 kg
	M60-69	5 kg	5 kg	1 kg	600 g	9,08 kg
	M70-79	4 kg	4 kg	1 kg	500 g	7,26 kg
	M80+	3 kg	3 kg	1 kg	400 g	5,45 kg

SAFETY OFFICER

During the competition, the security official is authorized to remove athletes from the competition if:

- ✓ They are endangering their own health or are endangering other athletes.
- ✓ They do not observe the appropriate rules,
- ✓ They are delaying the competition unnecessarily.

In such cases a safety officer can give the athlete a verbal warning and a yellow card. If the behavior of the athlete does not change appropriately, he can show the athlete the red card.

Then the athlete must leave the competition immediately.

CURRENCY/ PAYMENTS

The country's currency is the euro. Most stores accept all major credit cards.