



2022 MULTISPORT BALTIC CUP

PURPOSE

Collaboration between the National Triathlon Federations of Latvia, Lithuania and Estonia. Offering opportunity to the athletes in the Baltic region, who are interested in triathlon related multisport events.

The national federations of Baltic countries take responsibility to host one multisport race. All the races must be organized according to the competition rules of World Triathlon https://www.triathlon.org/uploads/docs/World_Triathlon_Competition_Rules_20221.pdf

2022 Multisport Baltic Cup gives the possibility for kids, youth and grownup athletes to obtain the first international experience on triathlon related multisport races.

RACES and DATES

Nr	Date	Race	Location	Country
1	12.03.2022	Winter triathlon	Jõulumäe	Estonia
2	9.04.2022	Swimmingpool triathlon	Panevežis (Abramaitis Cup)	Lithuania
3	NEW DATE 01.10.2022	Duathlon	TOOTSI	Estonia

AGE CATEGORIES:

Nr.	AGE CATEGORY	YEAR of BIRTH
1	Kids E	2013 – 2014 y. born
2	Kids D	2011 – 2012 y. born
3	Kids C	2009 – 2010 y. born
4	Youth B	2007 – 2008 y. born
5	Youth A	2005 – 2006 y. born
6	Juniors	2003 – 2004 y. born
7	F/M 20-29	1993 – 2002 y. born
8	F/M 30-39	1983 – 1992 y. born
9	F/M 40-49	1973 – 1982 y. born
10	F/M 50-59	1963 – 1972 y. born
11	F/M 60-69	1953 – 1962 y. born
12	F/M 70+	1952 y. and earlier born
13	Amateurs, F/M	

DISTANCES

Winter triathlon

Kids E, D, C	1 + 3 + 1,5
Youth B and A , Amateurs, F/M 50 – 70+	3 + 6 + 3
Juniors and F/M 20 - 49	6 + 12 + 9

Swimmingpool triathlon

Kids E, D, C	0,2 + 5 + 1
Youth B and A, Amateurs, F/M 50 – 70+	0,4 + 10 + 2,5
Juniors and F/M 20 - 49	0,75 + 20 + 5

Duathlon

Kids E, D, C	1,5 + 5 + 1
Youth B and A, Amateurs, F/M 50 – 70+	2,5 + 10 + 1,5
Juniors and F/M 20 - 49	5 + 20 + 2,5

SUMMARY

The ranking of 2022 Multisport Baltic Cup in all age groups is determined by summing up the points obtained at all three (3) races. The minimum number of races to be accounted is two (2).

If two athletes score the same results, the result of the final race is decisive. If it does not make difference, we count the first places, the second places etc.

Place	Points	Points in final race
1	50	75
2	42	63
3	36	54
4	32	48
5	30	45
6	28	42
7	26	39
8	24	36
9	22	33



10	20	30
11	18	27
12	16	24
13	14	21
14	12	18
15	10	15
16	8	12
17	6	9
18	4	6
19	2	3
20	1	1,5

AWARDING

The winners on races will be awarded by the organizers according to the possibilities.

Summary the winners of all the age categories will be awarded with the cups (first, second and third place) and gifts .

INFO

The race instruction in English must be sent to the Multisport Baltic Cup coordinator at least 30 days before the event by e-mail: ukubar@gmail.com

Each federation must pay the Event fee 500 € before the first race of the series.

Phone number of Enn Kübar +372 5033392

SUPPORTERS

Latvian Triathlon Federation, Lithuanian Triathlon Federation and Estonia Triathlon