

Baltic OCR League

2026



## General rules

Baltic League (BL) in year 2026 consist in 4 competitions held in Standard course (7-15km).  
From which 3 best results count.

Competitions take place:

13.06.2026 Alfa run, Lithuania <https://www.alfarun.lt/en/>

18.07.2026 Gargždai, Lithuania

01.08.2026 Lähete, Estonia [Mapri Ehitus x Heroes Obstacle Race Lähete: ELITE - Seiklushunt](#)

AVAITNING DATE CONFIRMATION 2026 Latvia

All competitions are held according to competition rules with 3-band rules.

Baltic OCR Champion is announced and prized after last competition in Latvia.

Baltic Champions are nominated and 3 best results are prized in categories:

W Junior U20 (born 2007-2011)

M Junior U20 (born 2007-2011)

W 20-34 (born 1992-2006)

M 20-34 (born 1992-2006)

W 35-44 (born 1982-1991)

M 35-44 (born 1982-1991)

W Masters 45+ (born 1981 and before)

M Masters 45+ (born 1981 and before)

W Elite the best of all regardless of Age group

M Elite the best of all regardless of Age group

On every competition rule can be different. Published on competition homepage and each country homepage or FB page.

All athletes competing in BL must be licensed by their NF.

**Baltic Champion** becomes an athlete who gets the best score of 3 competitions out of 4 mentioned competitions.

Competition score is calculated with formula:

- 1) Competition gender winner gets 100 points.
- 2)  $\text{Score} = \text{Gender winner time} / \text{athlete race time with possible penalties} * 100$ .
- 3) Gender 1<sup>st</sup> place gets additional 4 points, 2<sup>nd</sup> place 2 points and 3<sup>rd</sup> place 1 point.
- 4) Minimum score for any participated athlete and also DNC is 30 points.
- 5) No additional points for agegroup winners
- 6) If result is a tie then better is the one with more wristbands at finish.
- 7) If wristbands amount is also the same then it's a tie.
- 8) Score in totals is with 1 decimal accuracy (1 spot after comma).

National Team score formula:

- 1) All national team members score is summarized.
- 2) In each Age group top 3 in each national get full (100%) score. And the rest 30% of their score.

Registration for competitions is done as competition requires. Also tickets.

Participating in Baltic League requires BL license. License fee is 45€ for all 4 competitions or 15€ for single competition.

Total fee= competition ticket+ BL license

BL license must be paid by bank transfer:

Receiver: Eesti Takistuscrossi Liit

Account: EE787700771008054028

Explanation: BL 2026 +name +stage if not all stages