



## Indoor Athletics Meeting RIGA CUP 2022



**Date:** Thursday, 22 December 2022  
**Time:** 17:00  
**Venue:** Sporta skolas "Arkādija" Rīgas Sporta Maneža, (Kojusalas iela 9, Rīga)  
**Organizer:** Sporta skola "Arkādija"  
**Events:** PREMIUM EVENTS ( CUP EVENTS)

MEN	60m , 60mH , Long Jump
WOMEN	60m , Long Jump , High Jump

### PROMOTIONAL EVENTS

MEN	60mH U20 , 2000m , 300m U14
WOMEN	60mH U20 & U18 , 500m , 300m U14

### Place Awards (EUR):

CUPEVENTS	
Place	Prize Money
1 place	200
2 place	100
3 place	50

### Additional Prizes:

EUR 100 for Latvian Indoor Record in any events of senior age group (for Latvian athletes).

The winners in PROMO disciplines will be awarded with a small "Riga Cup". II and III places in PROMO disciplines will be awarded with prizes provided by the organizers.

### Contacts:

**Meeting Director :** Stanislavs Olijars  
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**Athlete's Registration:** Ludmila Olijara  
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**Chief Judge:** Genadijs Lebedevs  
**e-mail:** glebedevs@edu.riga.lv

## TECHNICAL INFORMATION

### PARTICIPANT'S INFORMATIONAL:

**Senior group:** 2006 and older (except men 60mH 2002 and older)

**U20:** born 2003 – 2004

**U18:** born 2005 - 2006

**U14:** born 2009 – 2010

### ATHLETES NUMBER PER EVENT

MEN	EVENTS	WOMEN
16	60 m	16
8	60 m/H U18 women U20 women U20 men, men	8
16	300 m (U14)	16
	500 m	12
8	2000 m	
12	Long Jump	12
	High Jump	8

**LIMITATION** of athletes by country (except Latvian athletes): not more than 2 in each event.  
Each athlete can compete in two events.

### EVENT'S TECHNICAL INFORMATION

\* Lap length 160m

\*\* Four lanes on straight

EVENT	TECHNICAL	QUALIFICATION
60m	4 Heats and Finals	<b>Final A:</b> 1-4 best times from heats <b>Final B:</b> 5-8 best times from heats
60mH U18 women	13.00-8.50-76.2	2 Finals
60mH U20 women	13.00-8.50-83.8	2 Finals
60mH U20 men	13.72-9.14-99.1	2 Finals
60 m/H men	13.72-9.14-1.067 (5)	Final
300m U14 men & women	4 athletes per heat (common lane)	4 Finals
500m women	3 laps + 20m to the finish line	Finals
2000m men	12 laps + 80m to the finish line	Finals
Long Jump		3 attempts + 3 for best 8
High Jump women	Starting height 1,55m	Height progression 155 – 160 – 165 -170 – 173 – 176 - 179 – 181 ....

### COMPETITION REGISTRATION

Registration and withdrawal deadline: until 12:00 on 16.12.2022

**Starting lists:** [www.ssarkadija.lv](http://www.ssarkadija.lv) and <https://athletics.lv/lv/event/38962/sporta-skolas-arkadija-rigas-kausi-telpas-2022>