



RĪGAS SPORTA SKOLA  
**ARKĀDIJA**

# Indoor Athletics Meeting

## RIGA CUP 2025



**Date:** Thursday, 16 January 2025

**Time:** 17:00 (16:00 Pole Vault Women)

**Venue:** Rīgas sporta skolas "Arkādija" Rīgas Sporta Maneža (Kojusalas iela 9, Rīga)

**Organizer:** Rīgas sporta skola "Arkādija"

**Events:**

### PREMIUM EVENTS (CUP EVENTS)

<b>MEN</b>	<b>60m, Pole Vault, Long Jump</b>
<b>WOMEN</b>	<b>60m, 60mH, Long Jump</b>

### PROMOTIONAL EVENTS

<b>MEN</b>	<b>60mH, 1000m, 300m (U14)</b>
<b>WOMEN</b>	<b>Pole Vault, Shot put (U18 &amp; senior), 1000m, 300m (U14)</b>

**Place Awards (EUR):**

<b>CUP EVENTS</b>	
<b>PLACE</b>	<b>PRIZE MONEY</b>
<b>1 place</b>	<b>250 EUR</b>
<b>2 place</b>	<b>150 EUR</b>
<b>3 place</b>	<b>100 EUR</b>

**Additional Prizes:**

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

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

The competition organizer can provide **accommodation** for foreign athletes (12 athletes & 3 coach). For detailed information please contact Ludmila Olijara (see contact below).

**Contacts:**

**Meeting Director:** Jurgis Grants

**Athlete's Registration:** Ludmila Olijara

**Tel:** +371 29632764

**e-mail:** pieteikumi.arkadija@gmail.com

**Chief Judge:**

**Genādijs Lebedevs**

**e-mail:** genadijs86@inbox.lv

## TECHNICAL INFORMATION

### PARTICIPANT'S INFORMATIONAL:

**Senior group:** 2009 and older (in Women Shot Put – 2007 and older)

**U18:** born 2008 - 2009

**U14:** born 2012 – 2013

### ATHLETES NUMBER PER EVENT

MEN	EVENTS	WOMEN
24	60 m	24
8	60 m/H	8
16	300 m (U14)	16
12	1000 m	12
12	Long Jump	12
8	Pole Vault	8
	Shot put	8+8

**LIMITATION** of athletes by country (except Latvian athletes): not more than 4 in each event.  
Each athlete can compete in two events.

### EVENT'S TECHNICAL INFORMATION

\* Lap length 160m

\*\* Four lanes on straight

EVENT	TECHNICAL	QUALIFICATION
<b>60m</b>	<i>6 Heats and Finals</i>	<i>Final A: 1-4 best times from heats Final B: 5-8 best times from heats</i>
<b>60mH women</b>	<i>13.00-8.50-83.8 (5) 2 Heats + A final</i>	<i>Final A: 1-4 best times from heats</i>
<b>60 mH men</b>	<i>13.72-9.14-1.067 (5)</i>	<i>2 Finals</i>
<b>300m U14 men &amp; women</b>	<i>4 athletes per heat (Common lane)</i>	<i>4 Finals</i>
<b>1000m men &amp; women</b>	<i>6 laps + 40m to the finish line</i>	<i>Finals</i>
<b>Long Jump</b>	<i>Teak-off board – 3 m</i>	<i>3 attempts + 3 for best 8</i>
<b>Pole Vault women</b>	<i>Starting height – tbd</i>	<i>Height progression – tbd</i>
<b>Pole Vault men</b>	<i>Starting height – tbd</i>	<i>Height progression – tbd</i>

### COMPETITION REGISTRATION

Registration and withdrawal deadline: until 15:00 on 13.01.2025

#### Starting lists:

[www.ssarkadija.lv](http://www.ssarkadija.lv)

<https://athletics.lv/lv/event/40589/rigas-ss-arkadija-rigas-kausi-telpas>

Event	Result	Athlete's name, surname	Organisation
<b>WOMEN</b>			
<b>60 m</b>	<b>7,84</b>	Elizabete Kociņa	MSG
<b>60 m/H (U18)</b>	<b>9,01</b>	Anna Gabriela Hofmane	Bauskas BJSS
<b>60 m/H (U20)</b>	<b>8,78</b>	Laura Osipenko	MSG
<b>Long Jump</b>	<b>6,00</b>	Gerda Kerija Dreimane	Bauskas BJSS
<b>High Jump</b>	<b>1,76</b>	Patrīcija Jansone	Talsu SS
<b>500 m</b>	<b>1:19,55</b>	Nikole Baikova	SS "Arkādija"
<b>300 m (U14)</b>	<b>44,09</b>	Katrīna Daudzvārde	Jēkabpils SS
<b>MEN</b>			
<b>60 m</b>	<b>6,92</b>	Roberts Jānis Zālītis	SS "Arkādija"
<b>60 m/H</b>	<b>8,35</b>	Jānis Sausais	Valmieras SS
<b>60 m/H (U20)</b>	<b>8,01</b>	Ralfs Zazerskis	MSG
<b>Long Jump</b>	<b>7,35</b>	Jānis Leitis	Ventspils OC
<b>500 m</b>	<b>1:07,69</b>	Austris Karpinskis	SS "Arkādija"
<b>300 m (U14)</b>	<b>42,82</b>	Markuss Celms	SS "Arkādija"

**Winner results 2022****Winner results 2024**

Event	Result	Athlete's name, surname	Organisation
<b>WOMEN</b>			
<b>60 m</b>	<b>7,59</b>	Gunta Vaičule	LBJSA, Rēzekne
<b>60 m/H</b>	<b>8,60</b>	Krista Sprūde	Liepājas SSS
<b>Long Jump</b>	<b>6,23</b>	Irina Nerubalshchuk	Ukraina
<b>Pole Vault</b>	<b>4,11 (AR)</b>	Rugile Miklyčiūte	Lietuva
<b>1000 m</b>	<b>3:01,02</b>	Austra Ošiņa	SS "Arkādija"
<b>500 m</b>	<b>1:14,93</b>	Invida Mauriņa	SS "Arkādija"
<b>300 m (U14)</b>	<b>44,29</b>	Darja Kuzmina	SS "Arkādija"
<b>MEN</b>			
<b>60 m</b>	<b>6,64 (AR)</b>	Adas Dambrauskas	Lietuva
<b>60 m/H</b>	<b>8,19</b>	Ralfs Zazerskis	Kuldīgas SS
<b>Long Jump</b>	<b>7,50</b>	Kevin Brucha	Vācija
<b>Pole Vault</b>	<b>5,60</b>	Valters Kreišs	SS "Arkādija"
<b>1000 m</b>	<b>2:38,96</b>	Kristers Kudlis	SS "Arkādija"
<b>300 m (U14)</b>	<b>46,22</b>	Edvards Bendžamins Torps	SS "Arkādija"

AR – arena record