



RĪGAS SPORTA SKOLA
ARKĀDIJA

Indoor Athletics Meeting

RIGA CUP 2026



Date: Thursday, 22 January 2026

Time: 17:00 (15:30 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)

MEN	60m, Pole Vault, Long Jump
WOMEN	60m, Pole Vault, Long Jump

PROMOTIONAL EVENTS

MEN	60mH, 1000m, 60 & 300m (U14)
WOMEN	60mH, Shot put (U18 & senior), 1000m, 60 & 300m (U14)

Place Awards (EUR):

CUP EVENTS	
PLACE	PRIZE MONEY
1 place	250 EUR
2 place	150 EUR
3 place	100 EUR

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 coaches). 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: 2010 and older (in Women Shot Put – 2008 and older)

U18: born 2009 – 2010

U14: born 2013 – 2014

ATHLETES NUMBER PER EVENT

MEN	EVENTS	WOMEN
24	60 m	24
8	60 m/H	8
20	60 m (U14)	20
20	300 m (U14)	20
8	1000 m	8
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
60m	<i>6 Heats and Finals</i>	<i>Final A: 1-4 best times from heats Final B: 5-8 best times from heats</i>
60mH women	<i>13.00-8.50-83.8 (5) 2 Heats + A final*</i>	<i>Final A: 1-4 best times from heats*</i>
60 mH men	<i>13.72-9.14-1.067 (5)</i>	<i>2 Finals</i>
300m U14 men & women	<i>4 athletes per heat (Common lane)</i>	<i>4 Finals</i>
1000m men & women	<i>6 laps + 40m to the finish line</i>	<i>Finals</i>
Long Jump	<i>Teak-off board – 3 m</i>	<i>3 attempts + 3 for best 8</i>
Pole Vault women	<i>Starting height – tbd</i>	<i>Height progression – tbd</i>
Pole Vault men	<i>Starting height – tbd</i>	<i>Height progression – tbd</i>

* Depending on the number of athletes

COMPETITION REGISTRATION

Registration and withdrawal deadline: until 12:00 on 19.01.2026

Starting lists:

www.ssarkadija.lv

<https://athletics.lv/lv/event/41362/rigas-sporta-skolas-arkadija-rigas-kausi-telpas-2026>

Winner results 2022-2025

Year	Result	Athlete's name, surname	Organisation
WOMEN			
60 m			
2022	7,84	Elizabete Kociņa	MSG
2024	7,59	Gunta Vaičule	LBJSA, Rēzekne
2025	7,39 (AR)	Ann Marii Kivikas	Igaunija
60 m/hurdles			
2022	8,78	Laura Osipenko	MSG
2024	8,60	Krista Sprūde	Liepājas SSS
2025	8,58/8,53 pr.	Neda Lasickaite	Lietuva
Long Jump			
2022	6,00 m	Gerda Kerija Dreimane	Bauskas BJSS
2024	6,23 m	Irina Nerubalshchuk	Ukraina
2025	6,14 m	Adriana Krūzmane	MVĢ, Dārtija
Pole Vault			
2024	4,11 m (AR)	Rugile Miklyčiūte	Lietuva
2025	4,12 m (AR)	Rugile Miklyčiūte	Lietuva
1000 m			
2024	3:01,02	Austra Ošiņa	RSS "Arkādija"
2025	3:12,24	Marta Livčāne	Skriešanas skola
300 m (U14)			
2022	44,09	Katrīna Daudzvārde	Jēkabpils SS
2024	44,29	Darja Kuzmina	RSS "Arkādija"
2025	46,42	Anna Odziņa	RSS "Arkādija"
MEN			
60 m			
2022	6,92	Roberts Jānis Zālītis	RSS "Arkādija"
2024	6,64 (AR)	Adas Dambrauskas	Lietuva
2025	6,66	Adas Dambrauskas	Lietuva
60 m/hurdles			
2022	8,35	Jānis Sausais	Valmieras SS
2024	8,19	Ralfs Zazerskis	Kuldīgas SS
2025	7,87	Hans-Christian Hausenberg	Igaunija
Long Jump			
2022	7,35 m	Jānis Leitis	Ventspils OC
2024	7,50 m	Kevin Brucha	Vācija
2025	7,67 m	Hans-Christian Hausenberg	Igaunija
Pole Vault			
2024	5,60 m	Valters Kreišs	RSS "Arkādija"
2025	5,47 m	Valters Kreišs	RSS "Arkādija"
1000 m			
2024	2:38,96	Kristers Kudlis	RSS "Arkādija"
2025	2:32,02	Kārlis Ancāns	RSS "Arkādija"
300 m (U14)			
2022	42,82	Markuss Celms	RSS "Arkādija"
2024	46,22	Edvards Bendžamins Torps	RSS "Arkādija"
2025	42,46	Henriks Repulis	RSS "Arkādija"
AR – arena record			