



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

Place Awards (EUR):

CUP EVENTS	
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
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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
12	500 m	12
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	<i>Final A: 1-4 best times from heats</i> <i>Final B: 5-8 best times from heats</i>
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 men & women	3 laps + 20m to the finish line	Finals
Long Jump		3 attempts + 3 for best 8
High Jump women	Starting height 1,50 m	Height progression 150 – 155 – 160 – 165 -170 – 173 – 176 – 179 – 181 – 183...

COMPETITION REGISTRATION

Registration and withdrawal deadline: until 24:00 on 17.12.2022

Starting lists: www.ssarkadija.lv and <https://athletics.lv/lv/event/38962/sporta-skolas-arkadija-rigas-kausi-telpas-2022>