



Indoor Athletics Meeting

RIGA indoor CUP 2024



SPORTA SKOLA
ARKĀDIJA
RĪGAS KAUSI 2024

Date: Thursday, 18 January 2024
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, Pole Vault, Long Jump
WOMEN	60m, 60mH, Long Jump

PROMOTIONAL EVENTS

MEN	60mH, 1000m, 300m U14
WOMEN	Pole Vault, 500m, 1000m, 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" and prizes provided by the organizers. II and III places in PROMO disciplines will be awarded with prizes provided by the organizers.

The competition organizer can provide **accommodation** for foreign athletes (2-4 athletes per team). For detailed information please contact with 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: Genadijs Lebedevs

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TECHNICAL INFORMATION

PARTICIPANT'S INFORMATIONAL:

Senior group: 2008 and older

U14: born 2011 – 2012

ATHLETES NUMBER PER EVENT

MEN	EVENTS	WOMEN
24	60 m	24
8	60 m/H	8
16	300 m (U14)	16
	500 m	12
12	1000 m	12
12	Long Jump	12
8	Pole Vault	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 2 Finals</i>	<i>Final A: 1-4 best times from heats Final B: 5-8 best times from heats</i>
60m/H women	<i>13.00-8.50-83.8</i>	<i>2 Finals</i>
60m/H 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>
500m women	<i>3 laps + 20m to the finish line</i>	<i>Finals</i>
1000m men & women	<i>6 laps + 40m to the finish line</i>	<i>Finals</i>
Long Jump	<i>Take-off board – 3,00 m</i>	<i>3 attempts + 3 for best 8</i>
High Jump women	<i>Starting height – tbd</i>	<i>Height progression - tbd</i>

COMPETITION REGISTRATION

Registration and withdrawal deadline: until 24:00 on 14.01.2024

Starting lists: <https://athletics.lv/lv/event/39776/competitions>

Winner results 2022

Discipline	Result	Athletes name, surname	Club
WOMEN			
60 m	7,84	Elizabete Kociņa	MSĢ
60 m/b (U18)	9,01	Anna Gabriela Hofmane	Bauskas BJSS
60 m/b (U20)	8,78	Laura Osipenko	MSĢ
Tālleķšana	6,00	Gerda Kerija Dreimane	Bauskas BJSS
Augstlēķšana	1,76	Patrīcija Jansone	Talsu SS
500 m	1:19,55	Nikole Baikova	SS "Arkādija"
300 m (U14)	44,09	Katrīna Daudzvarde	Jēkabpils SS
MEN			
60 m	6,92	Roberts Jānis Zālītis	SS "Arkādija"
60 m/b	8,35	Jānis Sausais	Valmieras SS
60 m/b (U20)	8,01	Ralfs Zazerskis	MSĢ
Tālleķšana	7,35	Jānis Leitis	Ventspils OC
500 m	1:07,69	Austris Karpinskis	SS "Arkādija"
300 m (U14)	42,82	Markuss Celms	SS "Arkādija"