



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)

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

PROMOTIONAL EVENTS

MEN	60mH, 1000m, 300m (U14)
WOMEN	Pole Vault, Shot put (U18 & senior), 1000m, 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 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
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)</i>	<i>2 Finals</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>

COMPETITION REGISTRATION

Registration and withdrawal deadline: until 15:00 on 13.01.2025

Starting lists:

www.ssarkadija.lv

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

Winner results 2022

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

Winner results 2024

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

AR – arena record