

LATVIAN ATHLETIC ASSOCIATION

# TEAM MANUAL



# RĪGAS KAUSI 2011

## **COMPETITIONS**

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**“Rigas Kausi 2011” in Riga on June 2 at “Daugava Stadium”**

## **ORGANISING COMMITTEE**

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Competition director	Janis	KARAVAICIKS
President	Guntis	ZALITIS
Chief Referee	Viktors	BONDERS
Technical Director	Gatis	RATNIEKS

## **ENTRIES**

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Deadline for sending Final Entry Forms with the names of Athletes is 31st **May 2011**.  
Additional Athletes must be entered on the separate sheet till the same deadline.  
Upon arrival, Team Leader must confirm their entries and make any corrections in them.

## **INSURANCE**

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All Athletes are responsible for arranging their own insurance to cover illness or injury to any member of their delegations.

## **FINANCIAL CONDITIONS**

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Each Athlete pays the travel costs to and from the venue of the competition (the Riga Airport or Railway station). The LOC organizes all local transports.  
Full board accommodation will be paid for by LOC for a maximum of 2 nights (from 1<sup>st</sup> June till 3<sup>rd</sup> June).  
For especially invited Athletes travel costs are estimated individually by the Organizing Committee.

## **ACCOMMODATION IN RIGA**

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Hotel “Days Hotel”  
Riga, Brivibas 199c, LV- 1039  
Phone: 67166007  
E-mail:www.dayshotelriga.com

## **MEALS**

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Breakfast, lunch and dinner - at the hotel

## **ACCREDITATION**

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The accreditation of all Athletes will be carried at the Hotel during the Technical Meeting.

## COMPETITION REGULATIONS

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### Start high

Women - 1.65 – 1.70 – 1.75 – 1.80 – 1.83 – 1.86 – 1.89 – 1.91 – 1.93 – 1.95  
Men - 1.90 – 1.95 – 2.00 – 2.05 – 2.10 – 2.15 – 2.20 – 2.23 – 2.26 – 2.28 – 2.30

### Pole Vault

Men- 4.00- 4.20- 4.40- 4.60- 4.70- 4.80- 4.90- 5.00- 5.10- 5.20- 5.30- 5.35

Personal javelins must be handed to the call room 1 hour before the competition.

### Results

The official competition results Team Manager will receive at the hotel after the competition.

### Warming-Up before the Events

Warming-up and preparations for the competitions will take place on sites in the training field and the training hall.

## COMPETITION AREA

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“Daugava stadium” address is Augsiela 1, Riga. Phone 371 67 274 815  
The competition area is fully equipped in conformity with IAAF Rules.

## TIMETABLE

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RIGA 2011		
MEN	2 June	WOMEN
Pole Vault	16:30	
Opening	17:55	
100m Heat A	18:05	
High Jump	18:05	
100 m Heat B	18:10	
	18:15	Javelin Throw
	18:20	100m Heat A
	18:25	100m Heat B
	18:25	Long Jump
10 000m Walk	18:35	
Shot Put	18:55	
	19:25	High Jump
800m	19:30	
	19:40	800m
Javelin throw	19:40	
Long Jump	19:45	
3000m	19:50	
	20:10	200m Heat A
	20:15	200m Heat B
200m Heat A	20:25	
200m Heat B	20:30	

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## **PRIZE MONEY**

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The General Sponsors of Competition "Riga 2011" council of the City Riga awarded the Competition with Prize Money (travel expenses, start money, prize money) what will be divided in Euro as follows:

Men

<b>PLACE</b>	<b>Long Jump, Shot Put, Javelin, 100 m</b>	<b>100m, 200m, 800m, 3000m, High Jump, 10 000m Walk</b>
I	500	300
II	350	200
III	200	150

Women

<b>PLACE</b>	<b>Long Jump, Javelin</b>	<b>100m, 200m, 800m, High Jump</b>
I	500	300
II	350	200
III	200	150

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## **COMPETITION PROCEDURE**

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### Calling

The call room is located in the training hall. The athletes must report to the call room 20 minutes before each track event and 30 minutes before each field event. The athletes will be escorted from the call room to the start area.

### Protests

Protests must be submitted to the secretariat 30 minutes after the official announcement of the results. The results will be placed on the information board and on the official LVS web site – [www.lat-athletics.lv](http://www.lat-athletics.lv).

### Doping controls

Doping controls will be in accordance with the respective IAAF Rules and Guidelines doping control. The control room is located in the "Daugava stadium" dressing room. Doping control will be lead by Liene Kozlovskā.

### Medical Service

The Medical Staff will be located in central area at the finish zone.

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## **AWARDS CEREMONY**

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Winners of every discipline will have awards ceremony directly after competitions. The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will get the competitions medals. In 6 disciplines the winner will get the Competition Cup of Riga city council.

The price money will be paid after awards ceremony at the tribune by the finish zone in the room 347. The passport is needed to receive the price money!

## **LOCAL ORGANISING COMMITTEE**

Augsliela 1, Riga, LV-1009, Latvia  
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Fax: 371 7 310119  
E-mail: [ivs@lat-athletics.lv](mailto:ivs@lat-athletics.lv); Web site: [www.lat-athletics.lv](http://www.lat-athletics.lv)