

LATVIAN ATHLETIC ASSOCIATION

TEAM MANUAL



RĪGAS KAUSI 2011

COMPETITIONS

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

ORGANISING COMMITTEE

Competition director	Janis	KARAVAICIKS
President	Guntis	ZALITIS
Chief Referee	Viktors	BONDERS
Technical Director	Gatis	RATNIEKS
Athletes Liaison	Ludmila	OLIJARA

ENTRIES

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

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

FINANCIAL CONDITIONS

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 1st June till 3rd June).
For especially invited Athletes travel costs are estimated individually by the Organizing Committee.

ACCOMMODATION IN RIGA

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

MEALS

Breakfast, lunch and dinner - at the hotel

ACCREDITATION

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

COMPETITION REGULATIONS

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

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

TIMETABLE

RIGA 2011		
MEN	2 June	WOMEN
Pole Vault	16:00	
Opening	17:30	Long Jump
100m	17:40	
High Jump	17:40	
	17:50	Javelin Throw
100m	17:55	100m
	18:00	Long Jump
10 000m Walk	18:10	
	19:00	High Jump
Shut Put	19:05	1500m
800m	19:15	
Javelin throw	19:15	
Long Jump	19:20	
3000m	19:25	
	19:45	200m
200m	20:05	

PRIZE MONEY

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

PLACE	100m, Long Jump, Shot Put, Javelin	200m, 800m, 3000m, Pole Vault, High Jump, 10 000m Walk
I	500	300
II	350	200
III	200	150

Women

PLACE	Long Jump, Javelin	100m, 200m, 1500m, High Jump
I	500	500
II	350	300
III	200	200

COMPETITION PROCEDURE

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.

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.

AWARDS CEREMONY

Winners of every discipline will have awards ceremony directly after competitions. The 1st, 2nd and 3rd 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

Augsiela 1, Riga, LV-1009, Latvia
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