



LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in
**IFBB INTERNATIONAL
LATVIAN CUP “RIGA PEARL 2019”**

**RIGA, LATVIA
NOVEMBER 17th, 2019**



WELCOME

The Latvian Bodybuilding, fitness and bodyfitness federation extend a warm welcome to all National Federations to participate in **IFBB INTERNATIONAL LATVIAN CUP “RIGA PEARL 2019”**.

DATE AND TIME

17th of November, 2019 (Sunday)

Registration: 9:00 – 10:30 at STUDIO69 (Venue Site)

Competition: 12:00 – 17:30

ABOUT RIGA

Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River. Due to its geographical location on the Baltic Sea (where East and West meets), Riga has been an important center of trade, finance and culture for centuries. Representatives of many nations have lived and worked in Riga – apart from local Livs and Latvians, Germans, Swedes, Russians and Poles also considered Riga to be their city.



Riga has unique values due to its rather intact medieval architecture. The regular building of the turn of the 19th and 20th centuries is characteristic for the planning of the historic center, oriented towards the direction of main streets in the Old City, which emerged approximately in the 14th century. In some districts of Riga, for various reasons, complex wooden constructions of that time have still been preserved, and that is an amazing phenomenon in the 21st century. In 1997, the historic center of Riga due to this valued architecture was inscribed on the UNESCO World Heritage List. In 2014, Riga was nominated as a Capital city of culture in Europe.

IMPORTANT INFORMATION

All the costs for travelling, accommodation and meals are the responsibilities of the athletes and delegates themselves.

RECCOMENDED OFFICIAL HOTEL

Monika Centrum Hotels

Elizabetes street 21, Riga, +371 67031900

www.monika.centrumhotels.com



A luxury hotel situated in a prestigious part of central Riga. A spirit of hospitality and elegance lingers at Monika Centrum Hotels, which opened its doors in December 2005. This luxurious and artistically designed hotel gives royal treatment to all its guests. Here, you will always feel at home.

VISAS

A valid passport is required to entry into Latvian Republic. Please consult the Latvian Embassy in your country to determine if you need a visa. The Organizing Committee of the Latvian Bodybuilding, fitness and bodyfitness federation will help to arrange the visas for all the athletes and officials.

CURRENCY

The national currency in Latvian Republic is Euro. All major credit cards are accepted in hotels, restaurants and most of the shops.

VENUE SITE

Royal Casino SPA & Hotel Resort (Terbatas street 73, Riga)

www.royalcity.lv



Royal Casino SPA & Hotel Resort is a unique, luxury, biggest entertainment complex in the Baltics for the lovers of good leisure. Here are situated casino and hotel, SPA and fitness centre “Global Fitness”, karaoke bar and restaurants, as well as five clubs, everything to make your leisure unforgettable.

Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes' walk from the Old Riga, 30 minutes from the Riga International Airport.

REGISTRATION

Official Athlete Registration will take place on Sunday, November 17th from 9:00 till 10:30 at Royal Casino SPA & Hotel Resort (Venue Site).

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizing Committee.

Each athlete participating in the event will be provided with a wristband at the Registration. This identification will allow daily admission and should not be removed.

REGISTRATION FEE

All the athletes nominated by their IFBB National Federations have to pay the Registration Fee EUR 50. Participants pay directly at the Registration.

One official delegate/judge per country are invited to the Venue site without entrance tickets. The cost of entrance ticket for supporters and other members of the team is 15 EUR.

TEAM & JUDGES MEETING

Team Managers and Judges Meeting will start on November 17th at 11:30 at the Venue site.

CATEGORIES OPEN FOR COMPETITIONS

The competition is held according to the rules of the IFBB and will include the categories:

- 1) **Children's Fitness:** 3-5 categories
- 2) **Women's Bodyfitness:** open
- 3) **Women's Wellness Fitness:** open
- 4) **Women's Bikini Fitness:** up to 162cm
- 5) **Women's Bikini Fitness:** up to 166cm
- 6) **Women's Bikini Fitness:** up to 169cm
- 7) **Women's Bikini Fitness:** up to 172cm
- 8) **Women's Bikini Fitness:** over 172cm
- 9) **Women's Masters Bikini Fitness:** open
- 10) **Women's Fitness Project:** open
- 11) **Men's Classic Bodybuilding:** open
- 12) **Men's Bodybuilding:** open
- 13) **Men's Physique:** up to 178cm
- 14) **Men's Physique:** over 178cm

TANNING NEEDS

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athlete's backstage and if the tan comes off by simple wiping, the athlete will be told to remove the tan before going on stage.

During the IFBB International Latvian Cup "Riga Pearl 2019" the professional Tanning Services will be offered at the Venue Site. The price for 2 layers of Jan Tana will be EUR €80. Reservations & booking is available through the secretariat@ifbb.lv until November 4th or during the Registration on November 17th from 9:00 till 10:30.

AWARDS

Trophies will be presented for the six finalists. Medals will be presented for the first, second and third place winners. Certificates will be presented for the athletes.

PASSPORT / MUSIC

Competitors must provide their PASSPORT and MUSIC during the registration. The music must be on CD. The athlete's name must be affixed on the CD for identification purposes.

JUDGES

All IFBB International Amateur Judges must be in possession of a valid Judging Card.

FINAL ENTRY FORMS

Please confirm your participation not later than **November 4th, 2019** to e-mail secretariat@ifbb.lv by filling **Competitor Entry Form**.

National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in the **Final Entry Form**.

COMPETITOR ENTRY FORM

This form must be completed by each competitor BEFORE the weigh-in/height measurement and must be given to the LBFBB Registrar at the weigh-in/height measurement.

This information is used to promote the competitor during the competition on the stage, in the press, on TV, the website and other media.

CONTACT INFORMATION

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