

RIGA FREEDIVING CUP 2010

We have a big pleasure to invite you to take part in 5th Anniversary individual and team competition in Latvia. We expect athletes from Estonia, Denmark, Latvia, Lithuania, Russia, Sweden and Ukraine.

General information

Date: 2010, February 13th-14th

Place: Riga, Latvia

Organisation: Free-diving.lv with support of AIDA Sweden

Status: National with guests, AIDA ranking

Rules: This competition follows the AIDA International rules.

Judges: [Peter Boivie](#) SWE (AIDA E category), [Anastasia Dzyazina](#) RUS (AIDA E category), national judge.

Disciplines: STA, DNF, DYN

The pool: STA: depth 1.0 m, temp 30°C

DNF: length 25 m, depth 1.60-2.20 m, temp 27.5°C

DYN; length 50 m, depth 2.20-2.30 m, temp 26°C

Schedule

February 12th (Friday) arrival day

Accommodation: [Keizarmežs](#) sport complex hotel, Ezermalas str. 30, Riga.

21:00-22:00 Meeting (Keizarmežs conference hall)

February 13th (Saturday) – 1st day of competition

7:00-8:00 Breakfast (Keizarmežs cafe) (not included in costs)

8:00-9:00 Check-in and medical control (Keizarmežs conference hall)

9:00-9:40 Briefing (languages: English / Russian); Keizarmežs conference hall)

9:45 Opening ceremony (Keizarmežs pool)

10:00-13:00 STA (Keizarmežs pool)

13:00-18:00 Lunch, rest.

18:00-20:00 DNF (Keizarmežs pool)

20:00-21:00 Dinner (not included in costs)

February 14th (Sunday) – 2nd day of competition

7:00-8:00 Breakfast (Keizarmežs cafe) (not included in costs)

8:15 Departure to the "[Kipsala sport center](#)" pool (from the Keizarmežs parking)

9:00-9:40 Briefing (languages: English / Russian); Kipsala gym hall)

10:00-12:00 DYN (Kipsala pool)

13:00-15:00 Dinner, summary briefing and award ceremony (Keizarmežs cafe)

How to register

To participate, please fill [the registration form](#) and submit it to: aleksejs.potapenko@inbox.lv (mind the gaps) Registration form available on www.free-diving.lv

Costs

Competition fee - 25,0 LVL (€35) per athlete

Payment details:

Instructions to pay to bank: LV82HABA0551027207526, Receiver: Julija Marjevica ID code: 100483-10278, BIC/SWIFT code: HABALV22, Swedbank A/S, of Balasta dambis 1a, Riga, LV-1048, Latvija.

Western Union: Julija Marjevica, of Latvia, Riga, LV-1005, 18 Smilshu street, 2nd floor (please, send your WU control number, name and address to yulia.rix@gmail.com).

Contact us if you have other payment opportunities!

Accommodation costs: Keizarmežs sport complex hotel ~10,00 LVL (€15) /person/night. Please, sent us a request to book a room. We can help to book an apartments in the centre of Riga on your request. The approximate fee – 40-50 EUR per night (irrespective of number of guests).

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All athletes must be in possession of a signed "medical certificate of non contraindication to freediving" written in English in order to participate in competitions; the medical certificate cannot be older than one year.

Contact information

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www.free-diving.lv www.lzmk.lv

We are looking forward to see you as a participant, and we hope there will be an interesting dialogue and contacts among those who shares their interests in underwater sports!