



**LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS  
FEDERATION**

Invite to participate in  
**IFBB INTERNATIONAL LATVIAN CUP  
“RIGA PEARL 2013”**

**RIGA, LATVIA  
SEPTEMBER 22, 2013**

**LATVIJAS BODIBILDINGA, FITNESA UN BODIFITNESA FEDERĀCIJA**

**IFBB STARPTAUTISKAIS LATVIJAS KAUSS**  
BODIBILDINGĀ, FITNESĀ, BODIFITNESĀ, BIKINI FITNESĀ, MEN'S PHYSIQUE

**RĪGAS PĒRLE 2013**

**ĶĒMĪONĀTS 2013**

**ĢENERĀLSPONSORS BAKER NUTRITION**  
[www.bakernutrition.lv](http://www.bakernutrition.lv)

**22. SEPTEMBRIS, 2013**  
**Sākums 14:00**

Pasākuma ietvaros notiks  
IFBB projekta fināls  
"MISS Bikini fitness"

**STUDIO 69**  
KONCERTA ZĀLE  
TĒRBĀTAS IELA 73  
IEEJAS MAKSĀ 5,00€

Dear Friends,

On behalf of the Latvian Bodybuilding, fitness and bodyfitness federation I have the great pleasure of inviting you to participate in **IFBB INTERNATIONAL LATVIAN CUP “RIGA PEARL 2013”** which will be held on 22<sup>nd</sup> September, 2013 in Riga, Latvia.

Please find enclosed the regulations of the competition and the other necessary information. Looking forward to welcome you in Riga.

Yours Sincerely,

Christina Vedernikova  
LBFBF President

## **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 2013"**.

## **DATE AND TIME**

22nd of September, 2013 (Sunday)

Registration: 11:00 – 12:00

Competition: 14:00

## **ABOUT RIGA**

The competition will be held in the capital city of Latvia. Riga is the gem of the Baltics. It is situated at the mouth of the Daugava, on the shores of the Gulf of Riga on the Baltic Sea. Climate in Riga is influenced by its proximity to the sea; therefore it is moderately warm and humid. The average temperature in September is +15 C.

## **IMPORTANT INFORMATION**

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

## **ACCOMMODATION/ RECOMMENDED HOTELS**

Organizing Committee of the Latvian Bodybuilding, fitness and bodyfitness federation will help all the National teams with the hotel reservations and will organize transport from/ to the airport, bus station or train station.

There are several good and not expensive hotels close to the venue.

**AVITAR HOTEL** - situated approx. 500 meters away from the venue.

PRICES:

Single: €31

Double: €37

Triple: €53

<http://www.avitarhotelriga.com>

**ART HOTEL LAINE** - situated approx. 900 meters away from the venue.

PRICES:

Double: €44

<http://www.laine.lv/>

**RADISSON BLUE HOTEL LATVIJA** - situated approx. 1 km away from the venue.

PRICES:

Double: €96

<http://www.radissonblu.com/latvijahotel-riga>

## **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

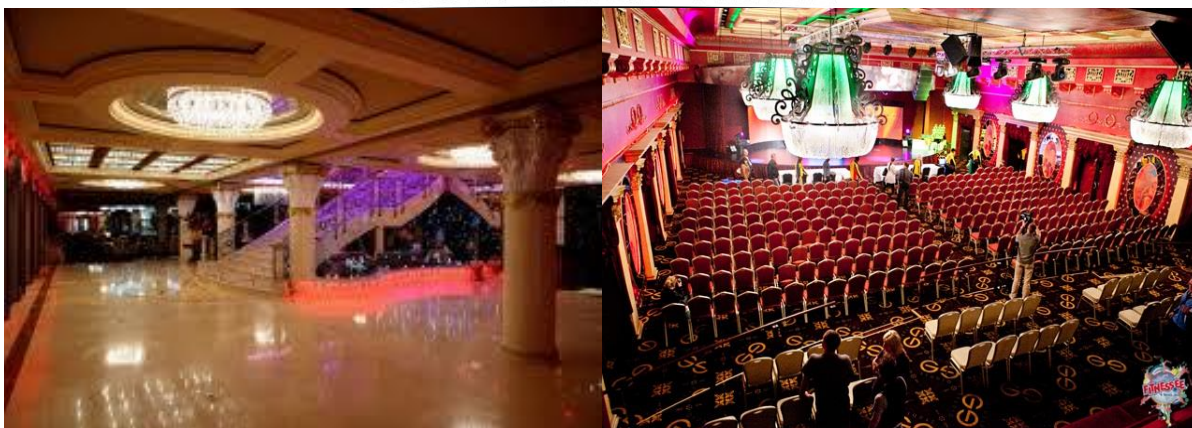
The national currency in Latvian Republic is the Latvian Lat (abbreviated Ls or LVL). One Lat is approximately 1,50 Euro. All major credit cards are accepted in hotels, restaurants and most of the shops.

## VENUE SITE

Royal Casino SPA & Hotel Resort

Terbatas street 73, Riga

[www.royalhotel.lv](http://www.royalhotel.lv)



Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes walk from the Old Riga, 20 minutes from the central train station.

Royal Casino SPA & Hotel Resort is a unique luxury five star hotel and entertainment centre that offer the highest class services to satisfy all your needs and wishes. Royal Casino SPA & Hotel Resort offers to stay in the highest class suites and experience the unforgettable feeling of different world cities and styles just in one place. Centre proposes to relax in the Season SPA beauty salon and feel fit in the Global fitness centre. Sense the atmosphere of Riga nightlife in our nightclubs Studio 69, RAI and get inspired in the Royal Casino. You can fulfil all your culinary wishes by visiting our prestige restaurant Le Bouquet, cosy and light café Bellagio, and Lobby bar.

## CATEGORIES OPEN FOR COMPETITION

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

- **Children's Fitness:** 8 up to 9 years of age (born 2004-2005)
- **Children's Fitness:** 10 up to 11 years of age (born 2002-2003)
- **Children's Fitness:** 12 up to 13 years of age (born 2000-2001)
- **Children's Fitness:** 14 up to 15 years of age (born 1998-1999)
  
- **Women's Fitness:** open
- **Women's Bodyfitness:** open
- **Women's Bikini Fitness:** up to 168cm
- **Women's Bikini Fitness:** over 168cm
  
- **Men's Bodybuilding:** open
- **Men's Physique:** up to 178cm
- **Men's Physique:** over 178cm

## **REGISTRATION FEE**

All the foreign athletes nominated by their IFBB National Federations don't pay the Registration Fee. Each country may enter not limited number of athletes. Two delegates (including judge) per country are invited to the venue site without entrance tickets. The cost of entrance ticket for supporters is 7 EUR.

## **TANNING NEEDS**

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

## **AWARDS**

Trophies and medals will be presented for the finalists.

## **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. The use of profane, vulgar and/or offensive language is strictly prohibited.

## **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 **September 1st, 2013** to [ifbb@ifbb.lv](mailto:ifbb@ifbb.lv) with a copy to [christinaifbb@inbox.lv](mailto:christinaifbb@inbox.lv)

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

## **CONTACT INFORMATION**

**Please send all correspondence to:**

Christina Vedernikova  
President

Latvian Bodybuilding, fitness and bodyfitness federation

Tel: +371 29287666

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