



LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

INTERNATIONAL IFBB LATVIAN CUP RIGA PEARL 2012

IFBB STARPTAUTISKAIS TURNĪRS SIEVIETĒM

• WOMENS FITNESS •

• BODYFITNESS •

• BIKINI FITNESS •

• CHILDREN FITNESS •

29. SEPTEMBER, 14:00, RIGA, LATVIA

STUDIO 69, CONCERT HALL, TERBATAS STREET 73



TICKETS 5LVL

MORE INFO: WWW.IFBB.LV



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PARIS



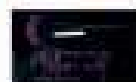
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**LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS
FEDERATION**

Invite to participate in

**IFBB INTERNATIONAL WOMEN'S
LATVIAN CUP
“RIGA PEARL 2012”**

**RIGA, LATVIA
SEPTEMBER 29, 2012**

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 WOMEN'S LATVIAN CUP “RIGA PEARL 2012”** which will be held on 29th September, 2012 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
President
Latvian Bodybuilding, fitness and bodyfitness federation

WELCOME

The Latvian Bodybuilding, fitness and bodyfitness federation extend a warm welcome to all National Federations to participate in **IFBB INTERNATIONAL WOMEN'S LATVIAN CUP "RIGA PEARL 2012"**.

DATE AND TIME

29th of September, 2012 (Saturday)

Registration: 10:00 – 11:00

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.



Due to its geographical location on the Baltic Sea, Riga has been an important centre 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 centre, 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 centre of Riga due to this valued architecture was inscribed on the UNESCO World Heritage List.

Riga belongs to the cultural space of Western Europe. For the city, dynamic and diverse music and arts activities are typical. Over centuries, the creative atmosphere evolved in Riga and inspired composers, poets and artists. Riga has hundreds of ways for enticing visitors – its rich history, architecture, spacious gardens and parks, museums, art galleries, world-class opera, and daily treats like a walk in the enormous colourful central market or going to a cosy café, club or pub.

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: €27

Double: €33

Triple: €49

<http://www.avitarhotelriga.com>

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

PRICES:

Single: €35

Double: €42

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

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

PRICES:

Double: €80

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

ARRIVALS

The most suitable arrival day is Friday, September 28th.

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

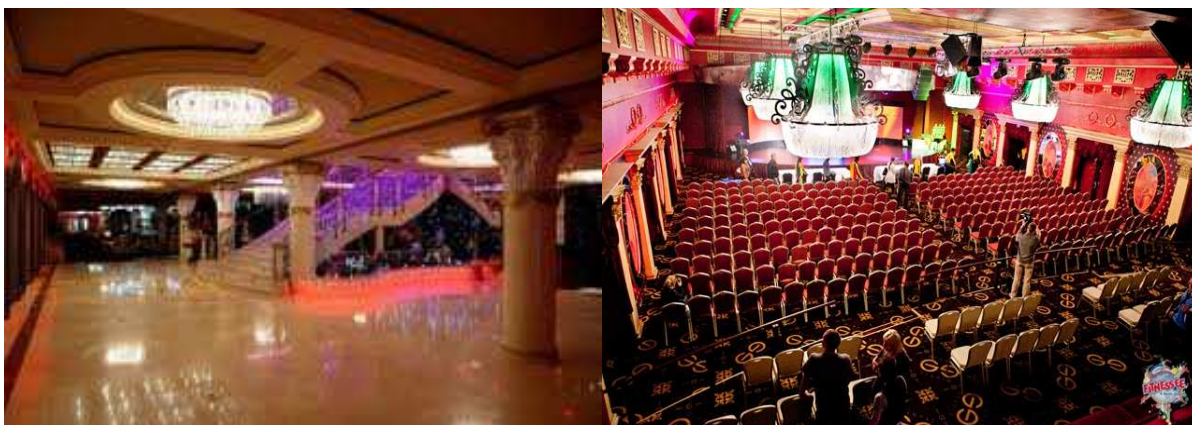
The national currency in Latvian Republic is the Latvian Lat (abbreviated Ls or LVL). One Lat is approximately 1,50 Euro. All major credit cards are accepted in hotels, restaurants and most of the shops.

VENUE SITE

Royal Casino SPA & Hotel Resort

Terbatas street 73, Riga

www.royalhotel.lv



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 following categories:

- **Women Fitness:** open
- **Women Bodyfitness:** open
- **Women Bikini Fitness:** up to 168cm
- **Women Bikini Fitness:** over 168cm

- **Children Fitness:** 8 up to 9 years of age (born 2003-2004)
- **Children Fitness:** 10 up to 11 years of age (born 2001-2002)
- **Children Fitness:** 12 up to 13 years of age (born 1999-2000)
- **Children Fitness:** 14 up to 16 years of age (born 1996-1998)

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.

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, medals and diplomas will be presented for all competitors.

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 10th, 2012** to ifbb@ifbb.lv and 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

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Web: www.ifbb.lv