



LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in
**IFBB INTERNATIONAL LATVIAN CUP
“RIGA PEARL 2020”**

**6th SEPTEMBER, 2020
RIGA, LATVIA**

INSPECTION REPORT



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 2020”.

DATE AND TIME

6th of September, 2020 (Sunday), at 13:00.

ABOUT RIGA

Riga, the capital of Latvia, was officially founded in 1201 and is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River.



Riga has unique values due to its rather intact medieval architecture. 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

Monica Centrum Hotels

Elizabetes street 21, Riga, +371 67031900

www.monika.centrumhotels.com

A luxury hotel situated in a prestigious part of central Riga. 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. An Official Letter of Invitation will be made available if required until August 10th, 2020.

CURRENCY

The national currency in Latvian Republic is Euro.

VENUE SITE

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

www.royalcity.lv



Royal Casino SPA & Hotel Resort is a unique luxury entertainment complex in the city centre, 15 minutes' walk from the Old Riga, 30 minutes from the Airport. Here is situated casino, hotel, SPA, fitness centre, karaoke bar, restaurants, clubs, everything to make your leisure unforgettable.

REGISTRATION

Official Athlete Registration will take place on Sunday, September 6th from 10:00 till 11:00 at the Venue Site. Registration of athletes will only be considered if they are entered by the National Federation 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 judge per country is invited to the Venue site without entrance tickets. The cost of entrance ticket for supporters and other members of the team is 15 EUR.

JUDGES

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

JUDGES MEETING

Judges Meeting will start on September 6th at 12:30 at the Venue site.

TENTATIVE SCHEDULE

10:00 - 11:00 Official Athlete Registration at the Venue site
13:00 Competition

COMPETITOR ENTRY FORM

This form must be completed by each competitor BEFORE the weigh-in/height measurement. This information is used to promote the competitor during the competition on the stage, in the press and other media.

CATEGORIES OPEN FOR COMPETITIONS

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

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

Minimum number of athletes to run a category should be 6. If less than 6 athletes, categories will be combined (refers categories: bikini fitness and mens physique).

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 2020 the professional Tanning Services will be offered at the Venue Site. The price for two layers of Jan Tana will be EUR €80. Reservations is available through the secretariat@ifbb.lv or during the Registration.

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 all the athletes.

PASSPORT / MUSIC

Competitors must provide their PASSPORT or ID during the registration. The music (for certain categories) must be on CD with the athlete's name on it for identification purposes.

FINAL ENTRY FORMS

Please confirm your participation until **August 24th, 2020** 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 judges) in the **Final Entry Form**.

Contact details for additional correspondence:

President of LBFBF

Mrs. Christina Vedernikova

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