

# Regulations of the competition

## Riga Freediving Cup 2020

---

### 1. Date and place of the competition

The competition takes place on the **8th and 9th February 2020**. This is the competition with world record status.

Organisers of the competition: AIDA Latvia and the club «Free-diving.lv». The competition is organised according to the Regulations of AIDA International over two days in three disciplines:

**STA** — static apnea,

**DNF** — dynamic apnea no fins,

**DYN/DYBb** — dynamic apnea with fins **or** dynamic apnea with bi-fins

### 2. Registration of participants

Applications for participation in the competition shall be submitted electronically by filling in the registration form: [www.free-diving.lv/](http://www.free-diving.lv/)

Registration of participants takes place in two stages. During the first stage (the 4th to the 6th December 2019 at 24:00) all the participants of AIDA Latvia (including teams of Lithuania and Estonia) are registered. Starting from the 7th of December all athletes of AIDA International may apply. The number of participants shall not exceed 60.

The participation fee of the competition shall be paid latest on the 18th December 2019. Entries for which the fee is not received are cancelled and free places are offered to athletes from the waiting list.

The athletes whose entry applications have been received with the sequence number 61 and above are included in the waiting list. The free places after 18.12.2019 are offered to athletes from the waiting list. Participants of the teams whose entries have been received according to the regular procedure take precedence in allocating places followed by the offer of places according to the order of receipt of registration forms.

### 3. Payment of the competition fee

The competition fee amounts to **75 EUR**. The payment shall be made latest on the 18th December 2019. The beneficiary's details:

Beneficiary: FREE-DIVING.LV BIEDRIBA

Registration Number: 40008177626

Beneficiary's bank account: LV10HABA0551041421650

BIC/SWIFT code: HABALV22,  
Swedbank A/S,  
Balasta dambis 1a, Riga, LV-1048, Latvia.

The participation fee is not returned if the athlete notifies cancellation of the entry to the organisers after 10.01.2019.

#### 4.1 Individual ranking

There are three following disciplines in the competition: static apnea, dynamic apnea no fins and dynamic apnea with fins (or bi-fins). The holder of the best result wins each discipline, separated in men's and women's competition.

The athlete who has scored the highest total points over all the three disciplines wins the competition, separated in men's and women's competition.

#### 4.2. DYN/DYNb

During the second day of the competitions, athletes can choose one of the two disciplines: DYN (dynamic apnea, fins) or DYNb (dynamic apnea, bi-fins). In order to equalise the competitive opportunities of athletes in the two disciplines, the points awarded in the discipline DYNb will be assigned a factor of 1.2 (the points received for DYNb will be multiplied by 1.2).

#### 4.3. Team ranking

A team may consist of three participants who are the citizens of the same country. Minimum one team member shall be a woman. The team whose participants have totally scored the highest points over all the three disciplines wins the competition.

Team participants may be entered and changed until the 7th February at 22:00.

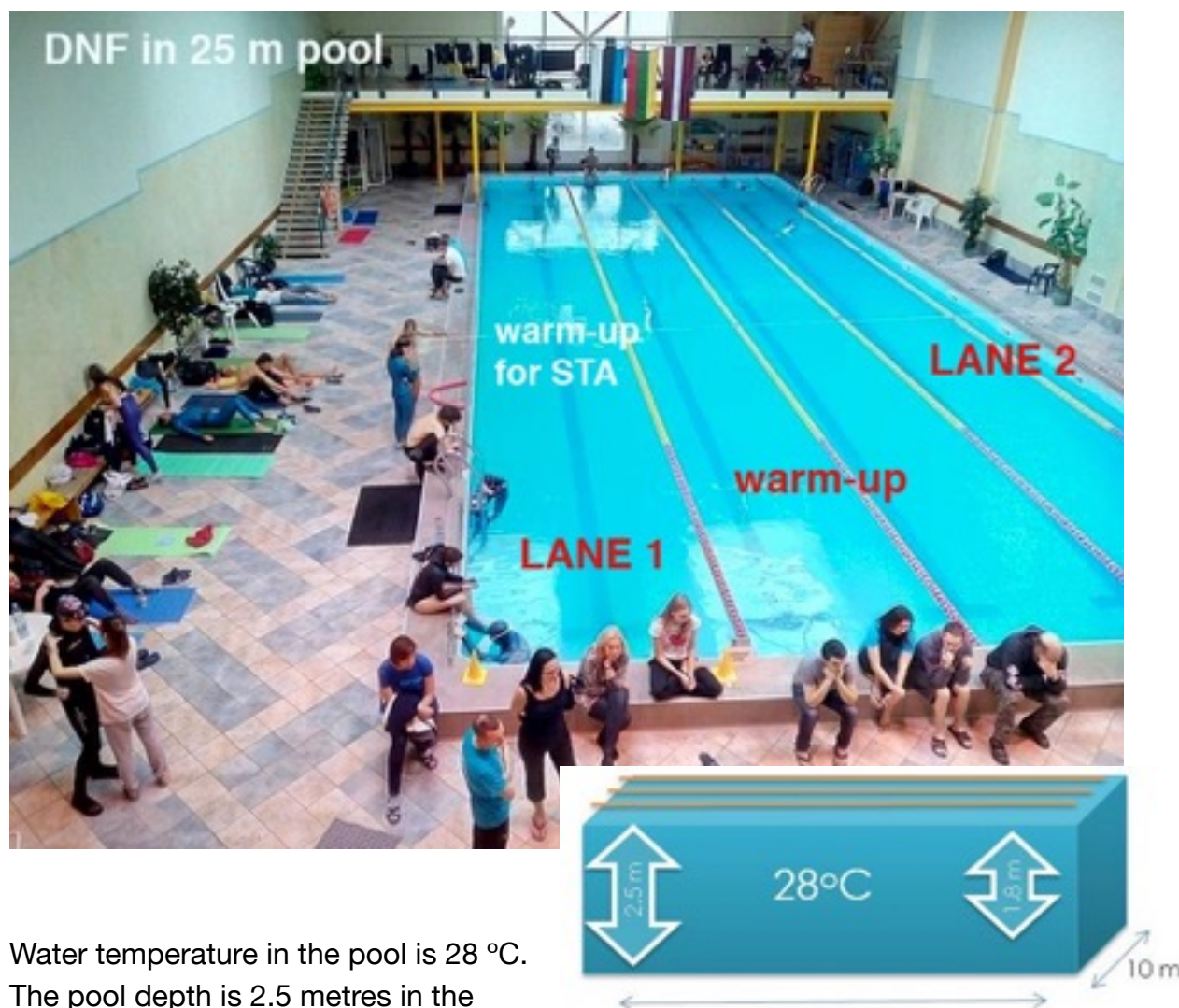


## 5. Plan of placement of start lanes:

**5.1. STA.** Static apnea competition takes place in the small pool of the sports centre «Keizarmežs». Two athletes in two start areas A and B start at once. Prior to start areas there is a transfer area and access to it is only allowed after a preceding athlete has left it.

Water temperature in the static apnea pool is 30 °C. Water temperature in the warm-up pool is 28 °C.

**5.2. DNF.** Dynamic apnea no fins takes place in the pool lanes with the length of 25 metres at the sports centre. Two athletes start at the same time from side lanes. Central lanes are used for warm-up.



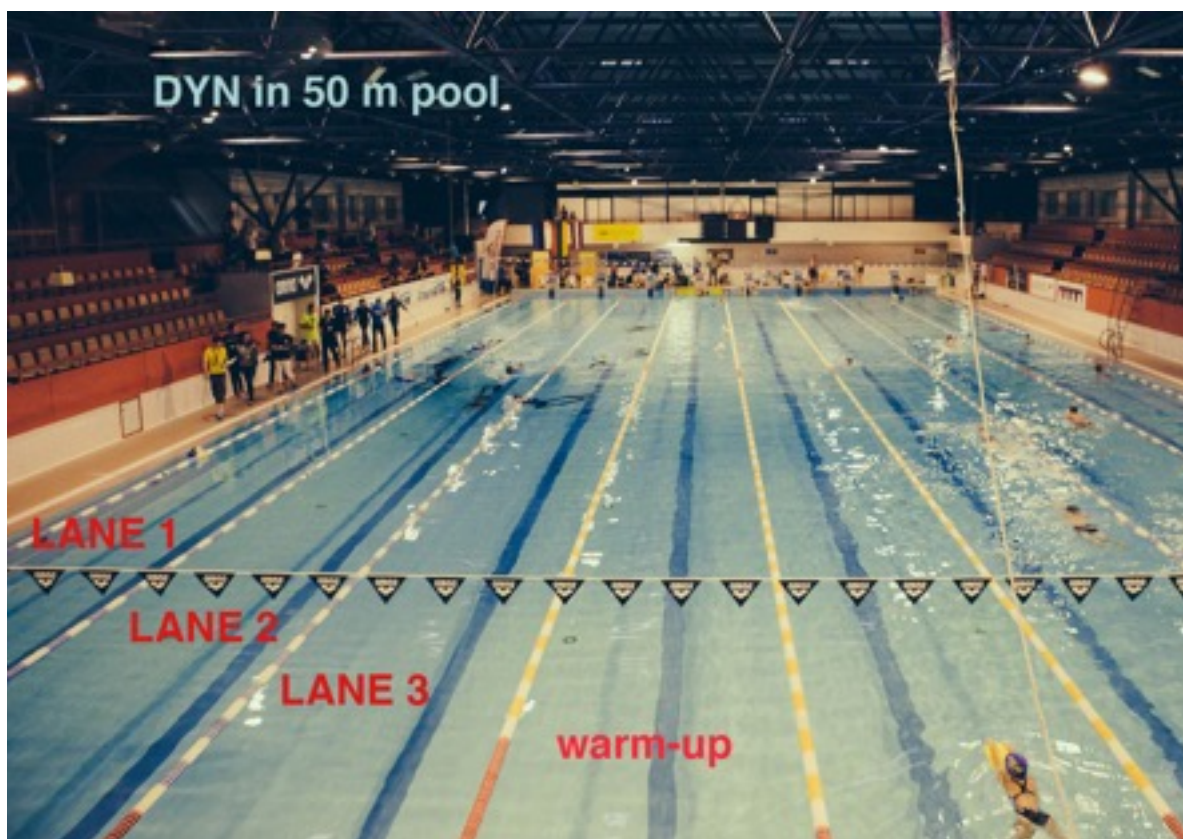
Water temperature in the pool is 28 °C.

The pool depth is 2.5 metres in the start area and 1.8 metres in the further end.

Start platforms (0.9 m high benches from the technical point of view) are used for support in the start area and are removed following the start.

**5.1. DYN.** Dynamic apnea with fins takes place in the pool lanes with the length of 50 meters at the pool «Ķīpsala». Three athletes start simultaneously in 3 lanes: No. 1, No. 2 and No.3. Water temperature in the pool is 27 °C.

The depth of the pool is 2.3 meters in the start area and 2.2 meters in the turning area. The pool step which is 10 cm wide is used for the start support. It is allowed to touch both above and under the pool step. If an athlete touches the wall under the step the distance length is reduced by 10 cm for each touch at each turn.



## 6. Competition program:

### Friday, 7th February 2019

**20:00-21:00** Registration of participants. Verification of medical certificates. Venue: the conference room of the sports centre «Ķeizarmežs» (2nd floor, «Ķeizarmežs», Ezermalas iela 30, Riga).

**21:00-21:30** Briefing (languages of briefing: ENG/RUS). Publication of start lists.

### Saturday, 8th February 2019

**8:15** Start of the warm-up before STA. Warm-up takes place on Lane 1 of the 25 m pool.

- 8:15-14:15** STA (pool Ķeizarmežs). The first OT at 9:00.
- 14:45** STA results and protests.
- 14:15-15:00** Break.
- 15:00-19:20** Warm-up before DNF (pool Ķeizarmežs). The first OT at 15:45.
- 19:45** DNF results and protests.

### **Sunday, 9th February 2019**

- 8:15** Transfer to the pool «Ķīpsala» (leaving from the parking of the sports centre "Ķeizarmežs". Arrival to the pool at about 8:30.
- 9:00** Warm-up before DYN. The first OT at 9:45.
- 9:00-12:00** DYN. The first start at about 9:45.
- 13:30** Transfer to the sports centre «Ķeizarmežs».
- 16:00** Closing and award ceremony (at the cafe of Ķeizarmežs).

### **7. Accommodation for participants**

For the convenience of participants accommodation at the sports centre at the pool «Ķeizarmežs» is offered. Requests for accommodation are accepted attached to the submission of the registration form. Accommodation price: **30 EUR** per day in double, triple and quadruple rooms. The accommodation price does not include breakfast. The accommodation price should be paid in cash to reception desk of the hotel.

### **8. Contacts and additional information**

Sports centre «Ķeizarmežs» — Ķeizarmežs, Ezermalas iela 30, Riga.  
Swimming pool «Ķīpsala» — «Ķīpsala», Ķīpsalas iela 5, Riga.

Organisers:

Yulia Maryevich — yulia.rix@gmail.com, +371-28346968  
Alexey Potapenko — aleksejs.potapenko@gmail.com, +371-29412728  
Valeriy Kovalenko — vecalion@gmail.com, +371-26860860