



**WORLD ATHLETICS
ROAD RUNNING
CHAMPIONSHIPS
RIGA 23**

1 October 2023

TEAM MANUAL

(Updated 20/09/2023)

WORLD ATHLETICS PARTNERS



WORLD ATHLETICS MEDIA PARTNER



WORLD ATHLETICS SUPPLIERS



CONTENTS

- 1 GENERAL INFORMATION
 - 1.1 World Athletics Council Members, Executive Board and International Officials
 - 1.2 Local Organising Committee
 - 1.3 General Programme

- 2 TRAVEL TO RIGA
 - 2.1 Arrival Information
 - 2.2 Entry Visas
 - 2.3 Insurance

- 3 ACCREDITATION
 - 3.1 Accreditation Centre and WA/LOC Administrative Office
 - 3.2 Accreditation Procedures and Payments
 - 3.3 Quota and Financial Support
 - 3.4 Arrivals Outside Accreditation Centre Opening Times
 - 3.5 Loss of Accreditation Card

- 4 ACCOMMODATION
 - 4.1 Teams' Hotel
 - 4.2 Teams' Hotel Charges
 - 4.3 Check-in Procedures
 - 4.4 Services at the Team Hotel
 - 4.5 Meals

- 5 TRANSPORTATION

- 6 INFORMATION CENTRES
 - 6.1 Technical Information Centre (TIC)
 - 6.2 World Athletics Competitions Department Offices

- 7 COURSE AND COMPETITION FACILITIES
 - 7.1 Course
 - 7.2 Start / Finish Area
 - 7.3 Drink and Refreshment Stations
 - 7.4 Training

- 8 ENTRIES AND FINAL CONFIRMATIONS
 - 8.1 Entry Regulations
 - 8.2 Final Entries
 - 8.3 Final Confirmations
 - 8.4 Athletes Acknowledgement and Agreement Form

- 9 COMPETITION PROCEDURES
 - 9.1 Start/Finish Areas Inspection
 - 9.2 Timetable
 - 9.3 Athletes' Bibs and Transponders
 - 9.4 Athletes' Clothing
 - 9.5 Call Room Procedures
 - 9.6 Line up for the Start
 - 9.7 Starter's Commands

- 9.8 Timing
- 9.9 Post Competition Procedures
- 9.10 Scoring and Ties
- 9.11 Medal Ceremonies
- 9.12 Protests and Appeals
- 9.13 Competition Awards

- 10 MEDICAL SERVICES
 - 10.1 General Plan
 - 10.2 Emergency Contact Number
 - 10.3 Medical Services in the Teams' Hotel
 - 10.4 Medical Services at the Course
 - 10.5 Procedures in case of injury or illness
 - 10.6 Designated Medical Institutions
 - 10.7 Other Medical Information

- 11 DOPING CONTROL

- 12 SAFEGUARDING

- 13 GLOBAL RUNNING CONFERENCE

- 14 DEPARTURES

- 15 APPENDICES AND MAPS
 - 15.1 Course Maps and Elevation Profiles
 - 15.2 Entry Visas
 - 15.3 Quota
 - 15.4 Awards Form

1. GENERAL INFORMATION

1.1 World Athletics Council Members, Executive Board and International Officials

World Athletics Council 2023 - 2027

PRESIDENT

Sebastian COE (GBR)

SENIOR VICE-PRESIDENT

Ximena RESTREPO (CHI)

VICE-PRESIDENTS

Raul CHAPADO (ESP)

Adille SUMARIWALLA (IND)

Jackson TUWEI (KEN)

INDIVIDUAL MEMBERS

Nawal EL MOUTAWAKEL (MAR)

Abby HOFFMAN (CAN)

Dahlan AL HAMAD (QAT) – Asia*

Hamad KALKABA MALBOUM (CMR) – Africa*

Anna RICCARDI (ITA)

Sylvia BARLAG (NED)

Antti PIHLAKOSKI (FIN)

Nan WANG (CHN)

Willie BANKS (USA)

Dobromir KARAMARINOV (BUL) – Europe*

Beatrice AYIKORU (UGA)

Hélio GESTA DE MELO (BRA) – South America*

Mike SANDS (BAH) – NACAC*

Robin Sapong EUGENIO (NMI)– Oceania*

Yuko ARIMORI (JPN)

Annette PURVIS (NZL)

Nataliia DOBRINSKA (UKR)

Cydonie MOTHERSILL (CAY)

Donna RAYNOR (BER)

**Area representative*

Executive Board

PRESIDENT

Sebastian COE (GBR)

SENIOR VICE-PRESIDENT

Ximena RESTREPO (CHI)

VICE-PRESIDENTS

Raul CHAPADO (ESP)

Adille SUMARIWALLA (IND)

Jackson TUWEI (KEN)

International Delegates and Officials

Technical Delegate	Elisa GRANDI (ITA)
Jury of Appeal	Appointed on site
Course Measurer	Lucija KOLIC (CRO)
Medical Delegate	Paolo Emilio ADAMI (ITA)
Anti-Doping Delegate	Jasmina GLAD-SCHREVEN (FIN)
Press Delegate	Martina KUCEROVA (SVK)
Advertising Commissioner	Karena VLECK (GBR)
Shoe Officer	Sandrine PROPOKOWICZ (FRA)

1.2 Local Organising Committee

Nords Event Communications SIA
Brivibas street 40-24, Riga, LV-1050
<http://www.riga23.org/>
riga23@necom.lv

Ulla OZOLLAPA Teams' Liaisons
riga23@necom.lv

Aigars Nords Head of LOC
Lauris MADZULS Meeting Manager
Maurice Winterman Course Manager

Ulrika PLOTNIECE Communications
Ilze MADERNIECE Accommodation
Ulla OZOLLAPA Team Services
Ulla OZOLLAPA Visas
Ulla OZOLLAPA Mass race entries
Dace LĒĢERE Volunteers
Krista BUCIKA Medical
Konstantīns RUBĪNS Security

1.3 General Programme

Thursday, 28 September	All day Team Arrivals and Accreditation
Friday, 29 September	<i>Global Running Conference, day 1: workshops</i> 08:30 – 16:30 Race Emergency Medicine Course 09:00 – 10:30 Technical Rule Refresher for Road Race Organisers 10:00 – 12:00 Observer Programme: for future Championships' hosts 11:00 – 12:30 Workshop: Understanding and communicating the relationship between running events and community wellness 12:30 – 14:00 Conference Networking Lunch 14:00 WA/LOC Press Conference 14:00 – 16:00 Communications Workshop for Road Races 16:30 – 18:00 Sustainability Workshop for Road Races 18:00 – 20:30 – Conference Welcome Drinks
Saturday, 30 September	<i>Global Running Conference, day 2:</i> <i>"Elite Athletes as a Multiplier of Value for the Global Running Industry"</i>

09:30 – 12:30 Conference, morning session
12:30 – 14:30 Conference Networking Lunch
14:30 – 17:30 Conference, afternoon session

10:00 – 15:00 Kids' Day
15:00 – 17:00 Official Training
16:00 Orientation visit and Technical Briefing
TBC WA/LOC Dinner (by Invitation only)

Sunday, 1 October

10:00 – 11:00 Mass Race – 5km
11:30 – 11:45 Mass Race – Road Mile
11:50 – 12:10 Elite Road Race – Women 5km
12:15 – 12:30 Elite Road Race – Men 5km
13:00 – 13:05 Elite Road Race – Women Road Mile
13:10 – 13:15 Elite Road Race – Men Road Mile
13:30 – 14:50 Elite Road Race – Women Half Marathon
14:15 – 15:30 Elite Road Race – Men Half Marathon
14:15 – 17:15 Mass Race – Half Marathon & Half Marathon Relays
15:30 – 16:30 Victory Ceremonies

Monday, 2 October All day Departures

2. TRAVEL TO RIGA

2.1 Arrival Information

The official port of entry for the Championships is Riga Airport, RIX.

Travel from the airport to the team hotel will be organised by the LOC using buses or mini-buses, according to the arrival schedule announced in the Final Entries. Expected travel time is 40 minutes.

2.2 Entry Visas

2.2.1 General Visa Information

Please refer to Appendix as to whether citizens from your country need a visa to enter Latvia and, if so, whether:

- There is a Consulate or Embassy of Latvia in your country.
- There is neither a Consulate nor Embassy of Latvia in your country, although a visa can be obtained through a Schengen country.
- There is neither a Consulate nor Embassy of Latvia in your country. The nearest country where you can apply for your visa is proposed.

If there is neither a Latvian diplomatic/consular mission, nor a mission of a state that represents Latvia for visa purposes in the country where the foreign national legally resides, the applicant shall apply to the [Latvian diplomatic/consular mission with a territorial competence covering the applicant's country of residence](#).

[Ministry of Foreign Affairs of Republic of Latvia, Visa application](#)

All visitors to Latvia must have a valid passport (not older than 10 years, containing at least 2 blank pages and the passport must be valid for 3 months after you intend to leave the Schengen territory of which Latvia is part of).

If a visa is required, it is recommended to submit the visa application at your earliest convenience as the processing time may take at least 4-5 weeks. For some embassies/consulates the appointment system may be fully booked, especially during the summer period. A visa can be applied for 3 months before the scheduled day of departure.

2.3 Insurance

All Member Federations are responsible for subscribing to an insurance policy that covers medical expenses and personal assistance in case of illness and/or injury to any members of their delegation and/or team travelling to and from World Athletics competitions and during the event itself. Furthermore, proof of such insurance is now required in most cases to obtain visas, e.g. in the Schengen area.

Circular M/03/23 dated 16 January 2023, sets out the detail of the team insurance coverage for emergency medical costs during the travel and stay abroad for all athletes and officials at 2023 World Athletics Series events.

If you have declined this WA insurance coverage you have to ensure your insurance policy will cover all risks listed above.

3. ACCREDITATION

3.1 Accreditation Centre and WA/LOC Administrative Office

The Team Accreditation Centre and WA/LOC Administrative Office will be located at the team hotel Radisson Blu Latvija. Opening Dates and Times will be as follows:

Team Accreditation Centre – room BETA

- 29 September 09:00 – 19:00
- 30 September 09:00 – 19:00

WA/LOC Administrative Office – room Epsilon

- 28 September 09:00 – 13:00 / 14:00 – 19:00
- 29 September 09:00 – 13:00 / 14:00 – 19:00
- 30 September 09:00 – 12:00

3.2 Accreditation Procedures and Payments

Team Leader

The Team Leader will have to report to the WA/LOC Office at the accreditation centre before collecting his card in order to complete the following formalities:

- Uniform Check
- Athletes' Agreement
- Proof of accommodation expenses settled by bank transfer and finalisation of LOC Invoice
- Travel Reimbursement and WA Financial Statement
- Final Confirmation of Entries
- Collection of athletes' bibs and passes

The Team Leader will be asked to complete the accounting procedures and settle any extra payments (for team members above quota, use of single rooms, extra days, etc.) before he/she can collect the accreditation card, which will be given upon presenting a document stating all procedures have been completed.

3.3 Quota and Financial Support

3.3.1 Quota

The Quota can be found in Appendix.

3.3.2 Travel

For athletes within the Quota, World Athletics will cover 50% of an economy-class airline ticket from the Member Federation Headquarters to Riga. The price of such tickets must be submitted together with the Preliminary Entries, no later than 1 August 2023, and be approved by World Athletics beforehand, knowing that the cheapest available price will be taken as a reference. Only the approved travel costs will be reimbursed upon the submission of the corresponding invoice(s).

The original invoice from the travel agency must be given to the World Athletics Travel Office staff on site during the administrative procedure (or sent by email to travels@worldathletics.org prior to arrival).

3.3.3 Accommodation

For athletes within the quota staying with their teams at the official hotel, the LOC is offering free accommodation in twin rooms for the subsidised period of a maximum three nights (arrival Friday 29

September and departure Monday 2 October). Quota athletes requesting single rooms will be charged a supplement for the accommodation of athletes above the quota, subsidised and non-subsidised officials (see chart in Appendix), and outside the official period, see 4.2.

3.3.4 Reimbursements

Reimbursements will be made by bank transfer after the competition. If an athlete for whom World Athletics/LOC have provided financial support is on site but does not compete, World Athletics/LOC have the right to reclaim the travel and accommodation support.

3.4 Arrivals outside the Accreditation Centre Opening Times

Teams or individual athletes arriving outside the Accreditation Centre opening dates and times will be accompanied to the Teams' Hotel (the LOC will ensure to make the necessary arrangements according to the arrival schedule announced in the Final Entries).

3.5 Loss of Accreditation Card

The Accreditation Card must be worn visibly at all times and must be presented upon request. It is personal and non-transferable. In case of loss or theft, the Team Leader must report immediately to the Teams' Accreditation Centre or Competition Information Desk in the hotel.

Any Accreditation Card found being used by someone who is not its owner will be confiscated and its owner will be subject to sanction including possible ineligibility for his competitive participation in the Championships.

4. ACCOMMODATION

4.1 Teams' Hotel

The LOC has arranged for all teams to stay in the Radisson Blu Latvija, located within walking distance of the training, warm-up, start and finish areas:

Radisson Blu Latvija Conference & Spa Hotel

Elizabetes Street 55, Riga, LV-1010, Latvia

Tel: +371 67772222

Web: <https://www.radissonhotels.com/en-us/hotels/radisson-blu-conference-riga-latvija-spa?cid=a:se+b:gmb+c:emea+i:local+e:rdb+d:nob+h:LVRXCSP>

4.2 Teams' Hotel Charges

All prices per person, per day in full-board (in USD)	Official Period from 29 September to 02 October (3 nights)		Outside Official Period	
	Twin	Single	Twin	Single
Athletes within the quota	Paid by LOC	USD 100	USD 158	USD 250
Athletes outside the quota and Team Officials	USD 158	USD 250		

All reservations must be made through World Athletics via the on-line Event Entry System (<http://evententry.worldathletics.org>). The accommodation invoices will be based on the information (number of persons and arrival/departure details) provided on the Final Entries, with a tolerance of two persons.

Payment of extra costs can be made:

- By credit card: MasterCard or Visa
- In advance: Bank transfer – please contact LOC Finance Team (riga23@necom.lv)

4.3 Check-in Procedures

Upon arrival, teams will check in at the hotel front desk, according to the rooming list previously provided. A member of the LOC will be present to assist and welcome the teams.

4.4 Services at the Teams' Hotel

It will be possible to book a session with physiotherapists provided by the LOC at the Team Hotel, please see the times under Medical section.

4.5 Meals

Meals will be served in the hotel restaurant at reception level according to the following times:

Breakfast:	06:30 – 10:30
Lunch:	12:00 – 14:00
Dinner:	18:00 – 21:00

5. TRANSPORTATION

Team Hotel is located within walking distance from the competition area. LOC will have vans available the competition day in case of specific needs.

6. INFORMATION CENTRES

6.1 Technical Information Centre (TIC)

The Technical Information Centre will be located in the Riga Technical University first floor (Kalku street 1).

It will be in charge of, but not limited to, the following:

- Display on the relevant Notice Board of official communications to the teams, including Start Lists, Results, etc.
- Distribution of Urgent notices to the Delegations. It is the Team Leader's duty to collect this kind of information in due time.
- Distribution of labels and spare empty refreshment bottles if needed.
- Collection of personal drinks to be delivered by the LOC at the refreshment tables.
- Distribution of information for issues relating to accommodation, meals, transport and the Competition in general.

The TIC will also deal with any competition-related enquiry during the races, including protests and appeals. A posting board will be available for the display of start lists, results (partial and final), etc.

The opening days and hours will be:

30 September	15:00 – 18:00
1 October	08:00 – 17:00

From 27 September a Virtual TIC will be operating too and will cover all the main tasks of the TIC.

Team Leaders will receive a link with all information to access the service.

Final confirmations must be done by Member Federations using the Online Confirmation tool on the Virtual TIC platform.

Virtual TIC will also provide all information normally shared by TIC in a dedicated section for downloads. It will also be possible to send general inquiries, withdrawal forms, doping control requests and written appeals.

6.2 World Athletics Competitions Department Offices

Staff from World Athletics Competitions Department will be in Riga to assist the LOC with the final preparation and conduct of the Championships and the teams with their participation. They can be contacted as follows:

28 – 30 September	In WA&LOC Office next to the Teams Accreditation Centre
1 October	In the Call Room or at the Start / Finish Area – can be contacted through TIC

7. COURSE AND COMPETITION FACILITIES

7.1 Course

The course for Half Marathon is fast, pretty, compact, and accessible. The start and finish area – the Embankment – is the Gate to Old Riga and is right on the main river Daugava. It's wide, spacious, and in the heart of the city making it easily accessible for Championship runners, fans, and spectators! Right after the start we cross the Akmens tilts (Stone Bridge), allowing perfect UNESCO Heritage Old Riga Views, and head to Pārdaugava, the other bank of river Daugava, known for its contrasting architecture combining the National Library, wooden architecture, and skyscrapers with romantic gems like Dzegužkalns, the Cuckoo Hill. We return to Old Riga over Vanšu bridge (Suspension Bridge) offering a spectacular Panorama of the City. The good news is that Vanšu bridge and Stone bridge are pretty much the only hills on the course since the rest of Riga is pretty flat. The compact course includes most of Riga's central landmarks making it exciting not just for participants, but spectators.

The course for 5 km race is essentially covering the first part of the Half Marathon course and share the start and finish area at the Embankment.

The Road Mile course winks eye to the Art Nouveau buildings of the centre of Riga, Unesco World Heritage, and the finish line presents the magnificent background of the Freedom monument.

7.2 Start / Finish Procedures

The Call room will be located in the Technical University building close to the start area. Water will be available in the call room. After the race, and after having passed through the mixed zone where athletes will also return the transponders, they will return to the Technical University building to Teams Area for their clothing.

7.3 Drink and Refreshment stations

There will be 3 Personal Refreshment Stations along the Half-marathon course at approximately after each 5km interval point, starting from 7th km mark. A water only table will also be available after the last personal refreshment tables.

7.3.2 Personal Refreshments for Half-marathon:

Tables at the personal refreshment stations will be arranged as follows and at a distance of about 2m between each one:

- Personal Refreshment tables will be in place in alphabetical order according to a countries three letter code (i.e. Latvia = LAT)
- There will be 1-3 countries per table depending on the number of competing athletes per country. Each country's space will be indicated with the sign and 3 letter ISO code.

More information about water and personal Refreshments stations will be distributed upon arrival.

Delivery of Personal Refreshments to the stations can be arranged by the LOC or directly by the Team Officials.

Delivery by the LOC

In this case, personal drinks must be handed in to the LOC on Sunday 1st October, 10:30 at the latest, at the Information desk in the hotel. The LOC will then place the bottles on the respective tables. Bottles must be clearly labelled with the athlete's name, country, bib number and refreshment station. Labels can be collected at the CID together with spare empty bottles if needed.

Direct delivery by Team Officials

A maximum of two (2) Team Officials per country will be allowed to be present at the Personal Refreshment station. A specific pass will be issued. Teams will receive upon arrival more information about the location of the Personal Refreshment station.

8. ENTRIES AND FINAL CONFIRMATIONS

8.1 Entry Regulations

Half Marathon (individual and team event): Members may enter a maximum of five athletes per race with no more than four allowed to start and three to score for the team event. Individual entries are also allowed with all entered athletes eligible for the individual event and corresponding individual awards.

5km and Road Mile (individual events only): Members may enter a maximum of three athletes per race with no more than two allowed to start and eligible for the individual awards.

8.2 Final Entries

The Final Entries must also be submitted online using the EES, by **Friday 8 September 2023** midnight, Monaco time. Final Entries may be submitted starting 19 August 2023 (GMT + 2).

No changes or additions will be accepted after the closing date.

If you encounter difficulties when submitting entries, please contact World Athletics Team Services (teamservices@worldathletics.org) for assistance.

8.3 Final Confirmations

Teams must confirm the names of those athletes already entered who will actually take part in the competition using the Online Confirmation tool on the Virtual TIC platform before 12:00 noon on Saturday 30 September.

In case of any issues, Teams may also make final confirmation during the accreditation procedure at the WA/LOC Administrative Office in the team hotel. In case of late arrivals (after 12:00 noon on Saturday 30 September), please make your final confirmation by email to statistics@worldathletics.org.

8.4 Athlete Agreement

Each athlete competing in a World Athletics Series Competition must sign the Athlete Agreement electronically. To do so Member Federations are required to enter in the online EES the individual e-mail address of each participating athlete from their team beforehand. If on the EES an athlete is indicated as having already signed their Athlete Agreement electronically then there is nothing more to do.

For athletes who have not signed, World Athletics will directly e-mail each athlete to sign their Athlete Agreement electronically. World Athletics will send specific instructions concerning the electronic signature process separately. The Athlete

Agreement must be signed by no later than Friday 8 September 2023.

If an athlete or Member Federation experiences any issue with the process, they should contact athleteagreement@worldathletics.org. Please note that paper forms of the Athlete Agreement will **NOT** be collected on site except for Athlete Agreements concerning under 18s.

PLEASE NOTE: We plan to directly e-mail the athletes concerning essential and practical information they need to know about the World Athletics Road Running Championships when they are on site.

We intend to send 1 or 2 e-mails approximately prior to the start of the Championships, that's all. The content of the e-mail may remind them about their kit and logos, how to engage with social media or information on activities and things of interest during their down time. We will NOT continuously send messages to athletes throughout the World Athletics Road Running Championships. We will copy in Team Leaders to all e-mails we directly send to athletes.

9. COMPETITION PROCEDURES

9.1 Start/Finish Areas Inspection

A visit of the Start/Finish Area will take place on Saturday 30 September 16:00. Teams will be accompanied by the LOC from the Team Hotel through start and finish line of Road Mile and then 5km and Half Marathon.

After the tour, World Athletics, the Technical Delegate, WA Competition Unit and the LOC will be available to answer any questions.

A maximum of two representatives from each Federation are invited to attend the visit of the Start/Finish Area.

9.2 Timetable

Sunday, 1 October	10:00	Mass Race – 5km
	11:30	Mass Race – Road Mile
	11:50	Women's 5km
	12:15	Men's 5km
	13:00	Women Road Mile
	13:10	Men Road Mile
	13:30	Women Half Marathon
	14:15	Men Half Marathon
	14:15	Mass Race - Half Marathon & Half Marathon Relays
	15:30 – 16:30	Victory Ceremonies

Any change to the schedule of the races or of the medal ceremonies shall be communicated during the Start/Finish Areas inspection. .

9.3 Athletes' Bibs and Transponders

The Bibs shall be distributed during the Accreditation procedure. Bibs which are not collected, shall be taken to the Call Room on Sunday morning.

All athletes will receive 2 bibs with the Athlete's surname, which shall coincide with the information written in the start list, Every athlete must wear the two (2) bibs during the competition. Bibs must be worn in accordance with World Athletics Rules and must not be cut, folded or obscured in any way. Failure to comply with the Rules may result in a disqualification or sanction. Bib Sponsor: NTN – women, SEIKO – men.

All Athletes will be given their transponder, which they must attach to their shoes, at the Gathering Point. A final test of the transponders will be done with control mats as the Athletes leave the Call Room. It is important that the transponder is securely attached to ensure accurate time keeping.

Immediately after the race, the transponders will be collected in Post Event Area. Athletes who do not finish the race must return their transponder to Post Event Area (or to a Competition Official if this is impractical).

9.4 Athletes' Clothing

All national team kit (i.e., whether Member Federations have a national sponsor on their national team kit or not) must be submitted via [the online form](#).

If you plan to wear the same kit as you have worn at WCH Budapest 2023 then you can complete indicate this in the online form. Please remember to upload images / photos of the kit when completing the form. The deadline for Member Federations to complete the kit approvals form by Monday 11 September 2023.

Please note that where World Athletics approves it (including any accessories) you have submitted on the condition and expectation that your athletes will wear the approved kit (including any accessories) issued by you to your team. Please remind your athletes if they wear any other kit (including accessories) (e.g. personal kit) then all logos (including the brand) on that kit may either be taped over or the athlete, at any time, may be instructed by any official (not just the call room officials) to remove the accessory or take other action so that the logo(s) on that kit is (are) not visible. If you have any questions please email kitapprovals@worldathletics.org

World Athletics and WRRRC Riga 23 Logos

The use of all World Athletics and event logos is possible only with the written permission from World Athletics. If you intend to use any of these logos for any purpose i.e. on any printed or digital material, you must seek World Athletics' approval prior to their usage. Such request must be received by World Athletics (brand@worldathletics.org) prior to production of the material.

For WRRRC Riga 23, the Official Partners are the following:

- World Athletics Partners: ASICS, NTN, SEIKO
- World Athletics Media Partner: TBS
- World Athletics Media Distribution Partners: EBU, ESPN (composite tower and Official Programme only)
- World Athletics Suppliers: Mondo, Pinsent Masons
- Event Supporters: Rimi, Signet Bank, WESS Motors
- Event Supplier: Meness Aptieka
- Public Institutions: Rimi Riga Marathon, Riga City Council, Ministry of Education and Science of Latvia, Latvian Investment and Development Agency, Latvian Sports Federations Council

9.5 Call Room Procedures

The Call Room is situated in Riga Technical University (Kaļķu street 1) on the ground floor (see map in Appendix). All athletes must present themselves at the Call Room before the closing time. It is the responsibility of the team officials to ensure that their athletes are aware of the last check-in times for entry to the Call Room. Athletes who fail to appear on time at the Call Room without a valid reason may be excluded from participating. Team officials are not allowed to enter the Call Room.

The procedures in the Call Room shall be as follows:

- Identification of Athletes by means of their accreditation badge and bibs
- Checking of Athletes' Uniform

Athletes must report to the Call Room wearing 2 bibs, 2 transponders, competition uniform and ready

to compete.

After leaving the Call Room, athletes will move directly towards the Start Area where there will be the opportunity for a last warm-up on the course.

9.6 Line up for the Start

The Technical Delegate will identify the athletes who will be in the front row. The remaining athletes shall line up behind the front row at random.

There will be pre-calls at 5 minutes, 3 minutes and 1 minute before the start.

9.7 Starter's Commands

The starter's commands will be given in English. The following commands will be used:

- "On your marks"
- Firing the gun

9.8 Timing

Official timing will be provided by SEIKO with transponders.

9.9 Post Competition Procedures

All athletes, upon completion of their event, must proceed to the Mixed Zone located just ahead and to the left of the finish line, near the press tribune, where they will meet with media for flash interviews.

At the end of the Mixed Zone:

- athletes selected for doping control shall be notified by a doping control officer
- medal winners shall be notified accordingly

Flash interviews with TV and radio will be conducted immediately after each race in the Mixed Zone, followed by short interviews with written press.

9.10 Scoring and Ties

In both races of the Half Marathon the first three finishers shall score for the team.

Each race shall be scored separately. The team results shall be decided by the aggregate of times recorded by the scoring athletes of each team. The team with the lowest aggregate of times will be judged the winner. If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.

In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer to first place.

9.11 Medal Ceremonies

The first three athletes in each individual event and the first three teams for Half-marathon will be presented with a gold, silver or bronze medal respectively.

Participants who did not finish the race or were disqualified shall not receive a medal.

The athletes must wear their delegation's official uniform at Medal Ceremonies. During the playing of the anthem and the raising of the flags, they shall face the flags and conduct themselves in a dignified manner at all times.

9.12 Protests and Appeals

Protests and Appeals will be handled according to Rule 8 of the Technical Rules (previously Competition Rule 146), and should be made through the virtual TIC.

9.13 Competition Awards

Prize Money – Only individual events

During the World Athletics Road Running Championships Riga 23, the following prize money will be awarded by World Athletics:

Half Marathon					
1 st	USD	30,000	7 th	USD	6,000
2 nd	USD	15,000	8 th	USD	5,000
3 rd	USD	12,000	9 th	USD	4,000
4 th	USD	9,000	10 th	USD	3,000
5 th	USD	8,000	11 th	USD	2,000
6 th	USD	7,000	12 th	USD	1,000

5km					
1 st	USD	10,000	5 th	USD	2,500
2 nd	USD	7,500	6 th	USD	2,000
3 rd	USD	6,000	7 th	USD	1,500
4 th	USD	3,000	8 th	USD	1,000

Road Mile					
1 st	USD	10,000	5 th	USD	1,250
2 nd	USD	6,000	6 th	USD	1,000
3 rd	USD	3,500	7 th	USD	750
4 th	USD	2,000	8 th	USD	500

Payments will be made following confirmation of doping control tests and submission of complete Award Forms with full bank details. The Award Form can be found in Appendix G and should be returned by email to the World Athletics Competitions Department (awards@worldathletics.org).

World Record Bonus

In the event that an athlete breaks a World Record during the World Athletics Road Running Championships Riga 23, a prize of USD 50,000 will be awarded. The World Record Bonus will only be awarded for performances which improve the existing World Record, and which meet all the necessary conditions for recognition as a World Athletics World Record, in accordance with World Athletics Regulations and after ratification of the record by World Athletics. Full details of the regulations regarding this prize are available from World Athletics upon request.

Rights and Obligations in relation to the Prize Money and World Record Bonus

Athletes confirm that they will make themselves available for promotional activities as set out in the Athlete Agreement.

If an athlete's Doping Control results return positive, the awards and bonuses won will be withheld.

10. MEDICAL SERVICES

10.1 General Plan

The LOC will provide medical services during World Athletics Road Running Championships Riga 2023 in accordance with World Athletics Competition Medical Guidelines and the advice of the World Athletics Medical Delegate. Medical assistance and physiotherapy services will be available at all official event sites and further explained in this chapter.

Accredited athletes and Team Officials will have access to all LOC medical services during the official period of the competition, starting from the 29th of September, until the 1st of October. Non-emergency services will be available during specific hours, but in case of needing medical assistance outside of these working hours, the emergency phone number for an on-call physician will be provided. In case of needing medical assistance outside of the official period or for an emergency during the official period State Emergency Medical Service will be available 24h under the usual service provision (call 113).

10.2 Emergency Contact Number

The Emergency Services number in Latvia is 113

10.3 Medical Services in the Teams' Hotel

Athletes will have access to the LOC provided physiotherapy services and general practitioner at the hotel during specific hours listed in the time table below.

	29 September	30 September	1 October
Physiotherapy services	9am - 6pm	9am - 6pm	2pm - 7pm
General practitioner	9am - 12 pm (noon) 3pm - 6pm	9am - 12 pm (noon) 3pm - 6pm	2pm - 7pm

General practitioner will be available to all accredited athletes and Team Officials, however physiotherapy services will only be available to the athletes and a booking system will be implemented to ensure that a smooth service can be provided. Physiotherapy services will include massage, kinesiology and sports taping, lymphatic drainage boots, ice packs and athletes will be free to use yoga mats and myofascial rolls on their own during the working hours. Extra treatment tables will be available for athletes to use with their own teams physiotherapists, but LOC doesn't guarantee that a table will always be free.

10.4 Medical Services at the Course

Medical services will be available at several locations on the competition day. All of the locations together with the provided services are listed below.

Location	Provided services	Working hours
Finish line	Emergency medical care and on-site treatment	9am until the end of competition
Race course	Ambulances with specialized medical staff will be distributed on the race course. Medical volunteers will be located at all refreshment stations and also follow the athletes on bikes. Marked vehicles will follow the last athlete on the race course and transport all athletes in need of medical assistance to the finish line medical tent, if their condition doesn't require hospitalization.	During the competition
University building (Kaļķu Street 1)	University building is located close to the finish line and will serve as the recovery area for the athletes. LOC will provide physiotherapy services and supervision of the sports doctor.	Physiotherapy services: 10am - 2pm Sports doctor: 10am - 4pm
The Freedom Monument	Emergency medical care and on-site treatment	11:30am - 2:30pm

10.5 Procedures in case of injury or illness

The LOC Medical Services will focus on the treatment of injured athletes. Patients requiring further treatment will be transferred to partner hospitals. In any case of injury or illness, please report to the LOC in order to receive the necessary treatment.

10.6 Designated Medical Institutions

LOC will be cooperating with several medical institutions to provide care for the athletes. State Emergency Medical Service will be the main service provider during the event and in case of emergency that can't be resolved on site, athlete will be transported to one of the main hospitals in Riga:

- Hospital of Traumatology and Orthopaedics - orthopaedics hospital in Riga that offers 24/7 care
- Riga 2nd Hospital - orthopaedics hospital in Riga that offers 24/7 care
- Pauls Stradiņš Clinical University Hospital - one of the biggest hospital in Riga, that specializes in all medical fields (including cardiology, neurology and neurosurgery, maxillofacial surgery etc.) except orthopaedics. Hospital offers 24/7 care.

In case the athlete will be transported to one of the hospitals mentioned above on competition day, LOC will provide transportation back to the finish line medical tent or to the hotel if the athlete will be discharged during the official period of the competition. World Athletics Medical Delegate (Dr. Paolo Emilio ADAMI) will be informed about any movement of the athletes at all times.

10.7 Other Medical Information

Medical License

Latvian legislation **doesn't require** any permit or temporary medical license for physicians traveling together with athletes.

Vaccinations

There are **no current restrictions and requirements** due to COVID-19 or any other illness in Latvia. The rule for mandatory use of face masks at public places and medical institutions has been lifted.

Medical Importations

Natural person is allowed to bring into the country medicinal products (except for narcotic analgesics, psychoactive substances, as well as anabolic steroids, testosterone, growth hormone or their analogues) in their original packaging for up to 12 months of use, if the medicinal product is imported from a European Economic Area country, or for up to 6 months of use, if the medicinal product is imported from a third world country or any other country outside of European Economic Area. If the medicinal product has been purchased in a third world country or any other country outside of European Economic Area, a prescription is required for both prescription and non-prescription medicines. Prescription isn't required for medicinal products brought into Latvia from European Economic Area, but LOC advises to take confirming documents to avoid any type of delay. If the amount of medicinal product brought in from another country (any country) exceeds three packaging units, the person must certify the use of medicinal product by written certification (free form) indicating personal use of medicinal product and confirmation that the medicinal product is not a narcotic analgesic or psychoactive substance.

Narcotic and psychoactive substances have a strict regulation system in Latvia. Entering Latvia from a country which is a Schengen Agreement country, a natural person is allowed to bring into the country medicinal products for personal use which contains substances included in Schedule II (narcotic analgesics and psychoactive substances) and Schedule III (psychoactive substances), if the person has received a certification for their use from a competent authority of this country (for example, in Latvia this certification is issued by the Health Inspectorate). The allowed amount of these medicinal products aren't specified in this case. If the person is entering Latvia from a country not within Schengen Area, then the maximum amount for medicines containing substances included in Schedule II is for personal use up to 14 days and Schedule III for personal use up to 30 days. Prescription or any other kind of confirmation that without doubt confirms the necessity for this medication and the person that will be using it is required. Medicinal products included in Schedule I are prohibited to bring into the country.

No Needle Policy

During the entire duration of the World Athletics Road Running Championships, any injection to an athlete's body of any substance:

1. must be medically justified, to include physical examination by a certified medical doctor, diagnosis, medication, route of administration and appropriate documentation;

2. must respect the approved indication of the medication = no off-label administration or prescription;
3. must be administered by a certified medical professional accredited by the LOC, in an official medical facility of the event unless authorized by the World Athletics Health and Science Department Representative or Competition Medical Delegate :
or
4. administered by the Member Federation team physician in an official medical facility under the supervision of an LOC medical staff member unless authorized by the World Athletics Health and Science Department Representative or Competition Medical Delegate.

In either option, the administration must be declared and recorded by the LOC medical staff and the World Athletics Health & Science Department Representative using a specific form.

The WA No needle Policy and the declaration form can be found in the list of exhibits.

11. DOPING CONTROL

Doping Control will be conducted according to World Athletics Rules and Anti-Doping Regulations (latest editions available on World Athletics website) and under the supervision of World Athletics Doping Control Delegate. Both blood and urine doping controls will be carried out in Doping Control Stations located in the athletes' hotel and at the competition venue.

12. SAFEGUARDING

Member Federations will be asked to appoint a Team Official/ Delegate to be their Team Safeguarding Officer (SO). The SO will be their first point of contact for any safeguarding concerns in relation to Team Officials, Athletes and members of the Member Federation's delegation at the World Athletics Road Race Running Championships Riga23. There will be a World Athletics Safeguarding Officer at the Championships to provide support and guidance where necessary. Further guidance will be sent direct to SOs registered via the EES prior to the event.

13. GLOBAL RUNNING CONFERENCE

On Friday 29 and Saturday 30 September, the 3rd "Global Running Conference" will be held at the Radisson Blu Latvija Conference & Spa Hotel, Riga (address: Elizabetes iela 55, Centra rajons, Rīga, LV-1010, Latvia). Participation in the conference is FREE for accredited Member Federations personnel and athletes as long as there's place. The 2023 Conference topic is "Elite Athletes as a Multiplier of Value for the Global Running Industry". For queries and registrations please email or call the World Athletics Road Running Manager Benjamin Roux (Benjamin.Roux@worldathletics.org / +33 6 0793 3248). Note that due to space limitations and catering needs, we won't be able to admit unregistered delegates.

14. DEPARTURES

Unless special arrangements have been made directly with the LOC, or individually by the Member Federations, all participants are expected to leave Riga on Monday, 02 October. More details on the exact times of departure from the hotel to Riga airport will be provided at the CID.

Half Marathon & 5km Start and Finish Areas



Half Marathon Course



Drink and Refreshment Stations



5km Course



Road Mile Course



Road Mile Start and Finish Areas



Appendix 15.2

ENTRY VISAS

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
AFGHANISTAN	AFG	ASI			Embassy of Latvia in Uzbekistan or Embassy of Latvia in Türkiye https://www2.mfa.gov.lv/en/uzbekistan/entry-into-schengen https://www2.mfa.gov.lv/en/turkey
ALBANIA	ALB	EUR	No (Only for holders of biometric passports)		
ALGERIA	ALG	AFR			Embassy of Hungary in Algeria https://alqir.mfa.gov.hu/
AMERICAN SAMOA	ASA	OCE	X		
ANDORRA	AND	EUR	X		
ANGOLA	ANG	AFR			Embassy of Poland in Angola https://www.gov.pl/web/angola
ANGUILLA	AIA	NAM	X		
ANTIGUA & BARBUDA	ANT	NAM	X		
ARGENTINA	ARG	SAM	X		
ARMENIA	ARM	EUR			Embassy of Lithuania in Armenia https://am.mfa.lt/am/en/
ARUBA	ARU	NAM	X		
AUSTRALIA	AUS	OCE	X		
AUSTRIA	AUT	EUR	X		
AZERBAIJAN	AZE	EUR		X	

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
BAHAMAS	BAH	NAM	X		
BAHRAIN	BRN	ASI			Embassy of Latvia in UAE apply in Bahrain: https://www.vfsglobal.com/
BANGLADESH	BAN	ASI			Embassy of Sweden in Bangladesh https://www.swedenabroad.se/en/embassies/bangladesh-dhaka/
BARBADOS	BAR	NAM	X		
BELARUS	BLR	EUR			
BELGIUM	BEL	EUR	X		
BELIZE	BIZ	NAM			Embassy of Latvia in USA apply in USA: https://www.vfsglobal.com/
BENIN	BEN	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
BERMUDA	BER	NAM	X		
BHUTAN	BHU	ASI			Embassy of Latvia in China contact Embassy for visa applying process: https://www2.mfa.gov.lv/en/china
BOLIVIA	BOL	SAM			Embassy of Latvia in USA apply in USA: https://www.vfsglobal.com/
BOSNIA-HERZEGOVINA	BIH	EUR	No (Only for holder of biometric passports)		
BOTSWANA	BOT	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
BRAZIL	BRA	SAM	X		
BRITISH VIRGIN ISLANDS	IVB	NAM	X		

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
BRUNEI	BRU	ASI	X		
BULGARIA	BUL	EUR	X		
BURKINA FASO	BUR	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
BURUNDI	BDI	AFR			Embassy of Belgium in Burundi https://burundi.diplomatie.belgium.be/fr
CAMBODIA	CAM	ASI			Embassy of France in Cambodia https://kh.ambafrance.org/
CAMEROON	CMR	AFR			Embassy of France in Cameroon https://cm.ambafrance.org/-The-Embassy-
CANADA	CAN	NAM	X		
CABO VERDE	CPV	AFR			Embassy of Switzerland in Senegal https://www.eda.admin.ch/countries/senegal/en/home/representations/embassy.html
CAYMAN ISLANDS	CAY	NAM	X		
CENTRAL AFRICAN REPUBLIC	CAF	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
CHAD	CHA	AFR			Embassy of France in Chad https://td.ambafrance.org/
CHILE	CHI	SAM	X		
CHINESE TAIPEI	TPE	ASI	No (Only for holders of passports which include an identity card number)		
COLOMBIA	COL	SAM	X		

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
Commonwealth of DOMINICA	DMA	NAM	X		
COMOROS	COM	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
CONGO	CGO	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
COOK ISLANDS	COK	OCE	X		
COSTA RICA	CRC	NAM	X		
CROATIA	CRO	EUR	X		
CUBA	CUB	NAM			Embassy of Hungary in Cuba https://havanna.mfa.gov.hu/
CYPRUS	CYP	EUR	X		
CZECH REPUBLIC	CZE	EUR	X		
DEM. REP. OF SAO TOME E PRINCIPE	STP	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
DEMOC. REPUBLIC OF CONGO	COD	AFR			Embassy of Belgium in Congo https://rdcongo.diplomatie.belgium.be/fr
DENMARK	DEN	EUR	X		
DJIBOUTI	DJI	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
DOMINICAN REPUBLIC	DOM	NAM			Embassy of Latvia in USA apply in USA: https://www.vfsglobal.com/
DPR OF KOREA	PRK	ASI			Embassy of Latvia in China contact Embassy for visa applying process: https://www2.mfa.gov.lv/en/china

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
ECUADOR	ECU	SAM			Embassy of Switzerland in Ecuador https://www.eda.admin.ch/countries/ecuador/en/home/representations/embassy.html
EGYPT	EGY	AFR		X	
EL SALVADOR	ESA	NAM	X		
EQUATORIAL GUINEA	GEQ	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
ERITREA	ERI	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
ESTONIA	EST	EUR	X		
ESWATINI	SWZ	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
ETHIOPIA	ETH	AFR			Embassy of Austria in Ethiopia https://www.bmeia.gv.at/en/austrian-embassy-addis-abeba/
FIJI	FIJ	OCE			Embassy of Latvia in Japan https://www2.mfa.gov.lv/en/japan/consular-information
FINLAND	FIN	EUR	X		
FRANCE	FRA	EUR	X		
FRENCH POLYNESIA	PYF	OCE	X		
GABON	GAB	AFR			Embassy of France in Gabon https://ga.ambafrance.org/
GEORGIA	GEO	EUR	X		
GERMANY	GER	EUR	X		
GHANA	GHA	AFR			Embassy of Switzerland in Ghana

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
					https://www.eda.admin.ch/accra
GIBRALTAR	GIB	EUR	X		
GREAT BRITAIN & N.I.	GBR	EUR	X		
GREECE	GRE	EUR	X		
GRENADA	GRN	NAM	X		
GUAM	GUM	OCE	X		
GUATEMALA	GUA	NAM	X		
GUINEA	GUI	AFR			Embassy of Switzerland in Senegal https://www.eda.admin.ch/countries/senegal/en/home/representations/embassy.html
GUINEA-BISSAU	GBS	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
GUYANA	GUY	SAM			Embassy of Latvia in USA apply in USA: https://www.vfsglobal.com/
HAITI	HAI	NAM			Embassy of Latvia in USA apply in USA: https://www.vfsglobal.com/
HONDURAS	HON	NAM	X		
HONG KONG, CHINA	HKG	ASI	X		
HUNGARY	HUN	EUR	X		
ICELAND	ISL	EUR	X		
INDIA	IND	ASI		X	
INDONESIA	INA	ASI			Embassy of Germany in Indonesia https://jakarta.diplo.de/id-en
IRAQ	IRQ	ASI			Consulate General of Poland in Erbil

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
					https://www.gov.pl/web/iraq/consulate-general-in-erbil
IRELAND	IRL	EUR	X		
ISLAMIC REPUBLIC OF IRAN	IRI	ASI			Embassy of Hungary in Iran https://teheran.mfa.gov.hu/eng
ISRAEL	ISR	EUR	X		
ITALY	ITA	EUR	X		
IVORY COAST	CIV	AFR			X
JAMAICA	JAM	NAM			Embassy of Spain in Jamaica http://www.exteriores.gob.es/Embajadas/KINGSTON/en/Embajada/Pages/HorariosLocalizacionContacto.aspx
JAPAN	JPN	ASI	X		
JORDAN	JOR	ASI			Embassy of Germany in Jordan https://amman.diplo.de/
KAZAKHSTAN	KAZ	ASI		X	
KENYA	KEN	AFR			Embassy of Hungary in Kenya https://nairobi.mfa.gov.hu/eng
KIRGHIZSTAN	KGZ	ASI			Embassy of Switzerland in Kyrgyzstan apply in Kyrgyzstan: https://www.tlscontact.com/application-processing/
KIRIBATI Rep of	KIR	OCE	X		
KOREA	KOR	ASI	X		
KOSOVO	KOS	EUR			Embassy of Slovenia in Kosovo http://www.pristina.embassy.si/index.php?id=54&L=1

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
KUWAIT	KUW	ASI			Embassy of Hungary in Kuwait https://kuwait.mfa.gov.hu/en
LAOS	LAO	ASI			Embassy of Latvia in China contact Embassy for visa applying process: https://www2.mfa.gov.lv/en/china
LATVIA	LAT	EUR			
LEBANON	LBN	ASI			Embassy of Hungary in Lebanon https://beirut.mfa.gov.hu/en
LESOTHO	LES	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
LIBERIA	LBR	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
LIBYA	LBA	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
LIECHTENSTEIN	LIE	EUR	X		
LITHUANIA	LTU	EUR	X		
LUXEMBOURG	LUX	EUR	X		
MACAO	MAC	ASI	X		
MADAGASCAR	MAD	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
MALAWI	MAW	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
MALAYSIA	MAS	ASI	X		

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
MALDIVES	MDV	ASI			Embassy of Latvia in India apply in India: https://www.vfsglobal.com/
MALI	MLI	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
MALTA	MLT	EUR	X		
MARSHALL ISLANDS	MHL	OCE	X		
MAURITANIA	MTN	AFR			Embassy of France in Mauritania https://mr.ambafrance.org/
MAURITIUS	MRI	AFR	X		
MEXICO	MEX	NAM	X		
MICRONESIA	FSM	OCE	X		
MOLDOVA	MDA	EUR	No (Only for holders of biometric passports)		
MONACO	MON	EUR	X		
MONGOLIA	MGL	ASI			Embassy of Germany in Mongolia https://ulan-bator.diplo.de/mn-mn
MONTENEGRO	MNE	EUR	No (Only for holders of biometric passports)		
MONTSERRAT	MNT	NAM	X		
MOROCCO	MAR	AFR			Embassy of Germany in Morocco https://www.auswaertiges-amt.de/en/aussenpolitik/laenderinformationen/morocco-node/morocco/235770
MOZAMBIQUE	MOZ	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
MYANMAR	MYA	ASI			Embassy of France in Myanmar https://mm.ambafrance.org/
NAMIBIA	NAM	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
NEPAL	NEP	ASI			Embassy of Switzerland in Nepal https://www.eda.admin.ch/countries/nepal/en/home/representations/embassy-kathmandu.html
NETHERLANDS	NED	EUR	X		
NEW ZEALAND	NZL	OCE	X		
NICARAGUA	NCA	NAM	X		
NIGER	NIG	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
NIGERIA	NGR	AFR			Embassy of Sweden in Nigeria https://www.swedenabroad.se/en/embassies/nigeria-abuja/
NORFOLK ISLAND	NFI	OCE	X		
NORTH MACEDONIA	MKD	EUR	No (Only for holders of biometric passports)		
NORTHERN MARIANA ISLANDS	NMI	OCE			
NORWAY	NOR	EUR	X		
OMAN	OMA	ASI			Embassy of Latvia in UAE apply in Oman at: https://www.vfsglobal.com/en/individuals/index.html

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
PAKISTAN	PAK	ASI			Embassy of Germany in Pakistan https://pakistan.diplo.de/pk-en
PALESTINE	PLE	ASI			Embassy of Switzerland in Palestine https://www.eda.admin.ch/ramalla
PANAMA	PAN	SAM	X		
PAPUA NEW GUINEA	PNG	OCE			Embassy of Latvia in Australia https://www2.mfa.gov.lv/en/embassy-of-the-republic-of-latvia-in-the-commonwealth-of-australia
PARAGUAY	PAR	SAM	X		
PERU	PER	SAM	X		
PHILIPPINES	PHI	ASI			Embassy of Netherlands in Philippines https://www.netherlandsandyou.nl/your-country-and-the-netherlands/philippines/about-us/embassy-in-manila
POLAND	POL	EUR	X		
PORTUGAL	POR	EUR	X		
PR OF CHINA	CHN	ASI		X	
PUERTO RICO	PUR	NAM	X		
QATAR	QAT	ASI			Embassy of Latvia in UAE apply in Qatar at: https://www.vfsglobal.com/en/individuals/index.html
Rep of NAURU - Pacific	NRU	OCE			Embassy of Latvia in Australia https://www2.mfa.gov.lv/en/embassy-of-the-republic-of-latvia-in-the-commonwealth-of-australia

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
Rep of PALAU - Pacific	PLW	OCE	X		
REPUBLIC Of YEMEN	YEM	ASI			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
ROMANIA	ROU	EUR	X		
RUSSIA	RUS	EUR			
RWANDA	RWA	AFR			Embassy of Belgium in Rwanda https://rwanda.diplomatie.belgium.be/en
SAINT KITTS AND NEVIS	SKN	NAM	X		
SAINT LUCIA	LCA	NAM	X		
SAINT VINCENT & THE GRENADINES	VIN	NAM	X		
SAMOA	SAM	OCE	X		
SAN MARINO	SMR	EUR	X		
SAUDI ARABIA	KSA	ASI			Embassy of Latvia in UAE apply in Saudi Arabia: https://www.vfsglobal.com/
SENEGAL	SEN	AFR			Embassy of Switzerland in Senegal https://www.eda.admin.ch/countries/senegal/en/home/representations/embassy.html
SERBIA	SRB	EUR	X*		
SEYCHELLES	SEY	AFR	X		
SIERRA LEONE	SLE	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
SINGAPORE	SGP	ASI	X		
SLOVAK REPUBLIC	SVK	EUR	X		

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
SLOVENIA	SLO	EUR	X		
SOLOMON ISLANDS	SOL	OCE	X		
SOMALIA	SOM	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
SOUTH AFRICA	RSA	AFR			Embassy of Hungary in South Africa https://pretoria.mfa.gov.hu/eng https://hu.tlscontact.com/za/splash.php
SOUTH SUDAN	SSD	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
SPAIN	ESP	EUR	X		
SRI LANKA	SRI	ASI			Embassy of Germany in Sri Lanka https://colombo.diplo.de/
SUDAN	SUD	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
SURINAME	SUR	SAM			Embassy of Netherlands in Suriname https://www.netherlandsandyou.nl/your-country-and-the-netherlands/suriname/about-us/embassy-of-the-kingdom-of-the-netherlands
SWEDEN	SWE	EUR	X		
SWITZERLAND	SUI	EUR	X		
SYRIA	SYR	ASI			Embassy of Latvia in Türkiye https://www2.mfa.gov.lv/en/turkey
TAJKISTAN	TJK	ASI			Embassy of Latvia in Uzbekistan,

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
					Embassy of Latvia in Kazakhstan
TANZANIA	TAN	AFR			Embassy of France in Tanzania https://tz.ambafrance.org/-English-version-
THAILAND	THA	ASI			Embassy of Hungary in Thailand https://bangkok.mfa.gov.hu/eng
THE GAMBIA	GAM	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
TIMOR LESTE	TLS	ASI			Embassy of Latvia in Australia https://www2.mfa.gov.lv/en/embassy-of-the-republic-of-latvia-in-the-commonwealth-of-australia
TOGO	TOG	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
TONGA	TGA	OCE			Embassy of Latvia in Australia https://www2.mfa.gov.lv/en/embassy-of-the-republic-of-latvia-in-the-commonwealth-of-australia
TRINIDAD AND TOBAGO	TTO	NAM	X		
TUNISIA	TUN	AFR			Embassy of Germany in Tunisia https://tunis.diplo.de/tn-fr
TÜRKIYE	TUR	EUR		X	
TURKMENISTAN	TKM	ASI			Embassy of Germany in Turkmenistan https://aschgabat.diplo.de/tm-de

Federation	Code	Area	Do not need visas	Visas & LAT Embassy	Visas & No LAT Embassy
TURKS AND CAICOS ISLANDS	TKS	NAM	X		
TUVALU	TUV	OCE	X		
UGANDA	UGA	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
UKRAINE	UKR	EUR	No (Only for holders of biometric passports)		
UNITED ARAB EMIRATES	UAE	ASI		X	
UNITED STATES	USA	NAM	X		
URUGUAY	URU	SAM	X		
UZBEKISTAN	UZB	ASI		X	
VANUATU	VAN	OCE	X		
VENEZUELA	VEN	SAM	X		
VIETNAM	VIE	ASI			Embassy of Hungary in Vietnam https://hanoi.mfa.gov.hu/en g
VIRGIN ISLANDS	ISV	NAM	X		
ZAMBIA	ZAM	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/
ZIMBABWE	ZIM	AFR			Embassy of Latvia in Egypt apply in Egypt: https://www.vfsglobal.com/

X* - No - Only for holders of biometric passports (excluding holders of Serbian passports issued by the Serbian Coordination Directorate, in Serbian: “Kordinaciona uprava”)

Appendix 15.3 QUOTA

Pre-assigned quota

Based on the number of athletes per country ranked in the World Rankings as of 31 May 2022, the following Member Federations benefit from a higher quota as set out below:

MF	Half Marathon		5km		Mile	
	Men	Women	Men	Women	Men	Women
AUS		2	1	1	2	2
AUT		1				
BDI		1		1		
BEL	2					
BRN	1	1	1			
CAN	1		2	1		1
CRO		2				
CZE		1				
DJI	1					
ERI				1		
ESP	3		1		2	1
ETH	3	3	2	2	1	2
FRA	3	2	2			
GBR	2	3	1	2	2	1
GER	3	3	1	2		
GUA	1		1			
IRL		1				
ISR	2	1		1		
ITA	3	3	1	1		
JPN	3	3		1		
KAZ		1				
KEN	3	3	2	2	2	1
LES		1				
NED	3	2		1		1
NOR	2	1	1	1	1	
POL		2			1	
POR	1					
ROU		1				
RSA	3	3				
SOM	1					
SUI	2					
SWE		3				

MF	Half Marathon		5km		Mile	
	Men	Women	Men	Women	Men	Women
TUR		1		1		
UGA	3	1	2			1
USA	3	3	2	2	1	2

Universality quota

Countries without a pre-assigned quota will benefit from one quota place only for the entry of a male or a female athlete in the Half Marathon.

Host Country

LAT has no athlete quota.

WORLD ATHLETICS ROAD RUNNING CHAMPIONSHIPS

RIGA (LAT) - 30 September -1 October 2023

NAME OF AWARD WINNER			
RACE			
POSITION		GENDER	<input type="checkbox"/> M <input type="checkbox"/> F
COUNTRY			
I would like my Riga World Road Running Championships' Award to be paid to <i>(please tick the box corresponding to your choice)</i>			
1. My Authorised Athletes' Representative	<input type="checkbox"/>	NAME:	
2. Me personally <i>(please provide details below)</i>	<input type="checkbox"/>		
3. My National Member Federation	<input type="checkbox"/>		
In case of choice 1 or 2 <i>(above)</i> , please fill in below in block letters the bank details hereunder			
BANK NAME			
BANK BRANCH ADDRESS <i>(street and number)</i>			
City		Country	
		Postal code	
ACCOUNT OWNER <i>(Beneficiary, pay to:)</i>			
ACCOUNT NUMBER			
IBAN CODE			
BANK CODE			
SWIFT CODE			
I confirm that I will make myself available for promotional activities as set out in the athlete agreement. I will be solely responsible for the payment of any taxes, duties and/or levies of any nature and will agree to hold World Athletics and its partner(s) harmless in this regard.			
Signature of the Athlete <i>(Digital signature allowed)</i>			
Please return this form before 1st November 2023 to World Athletics Email: awards@worldathletics.org			