



LATVIJAS KARATĒ FEDERĀCIJAS MĀCĪBU GADA LĪGA 2024/2025

1. POSMS

PROGRAMMA / PROGRAMME

| 10:00 | 10:05 | SACENSĪBU ATKLĀŠANA / OPENING CEREMONY | | | |
|----------|-------|----------------------------------------|----------|-------|--------------------------------------|
| TATAMI 1 | | | TATAMI 2 | | |
| KATA | | | KATA | | |
| 10:05 | 10:30 | Kata: Zēni U8 -10 kju (7) | 10:05 | 10:15 | Kata: Meitenes U8 -10 kju (3) |
| 10:30 | 11:05 | Kata: Zēni U10 -9 kju A grupa (11) | 10:15 | 10:35 | Kata: Meitenes U8 -9 kju (5) |
| 11:05 | 11:45 | Kata: Zēni U10 -7 kju A grupa (10) | 10:35 | 11:15 | Kata: Zēni U10 -9 kju B grupa (10) |
| 11:45 | 11:55 | Kata: Meitenes U12 -9 kju (3) | 11:15 | 11:55 | Kata: Zēni U10 -7 kju B grupa (10) |
| 11:55 | 12:15 | Kata: Zēni U12 -9 kju (5) | 11:55 | 12:15 | Kata: Zēni U12 -7 kju (6) |
| FANTOM | | | FANTOM | | |
| 12:20 | 12:40 | Fantom: Zēni un Meitenes U8 (4) | 12:20 | 13:05 | Fantom: Zēni U12 (13) |
| 12:40 | 13:05 | Fantom: Meitenes U14 (5) | 13:05 | 13:45 | Fantom: Zēni U10 B grupa (9) |
| 13:05 | 13:50 | Fantom: Zēni U10 A grupa (10) | 13:45 | 14:25 | Fantom: Meitenes U10 (9) |
| KUMITE | | | KUMITE | | |
| 13:55 | 14:45 | Kumite: Zēni U10 -32 kg A grupa (9) | 14:30 | 14:45 | Kumite: Meitenes U10 -25 kg (3) |
| 14:45 | 15:35 | Kumite: Zēni U10 -32 kg B grupa (9) | 14:45 | 15:20 | Kumite: Meitenes U10 +30 kg (7) |
| 15:35 | 16:25 | Kumite: Zēni U10 -28 kg A grupa (12) | 15:20 | 16:10 | Kumite: Zēni U10 -28 kg B grupa (11) |
| 16:25 | 17:10 | Kumite: Meitenes U12 +35 kg (5) | 16:10 | 17:00 | Kumite: Zēni U12 -40 kg (7) |
| 17:10 | 17:50 | Kumite: Zēni U14 -40 kg (6) | 17:00 | 17:50 | Kumite: Zēni U14 -45 kg (7) |
| 17:50 | 18:20 | Kumite: Zēni U16 -57 kg (4) | 17:50 | 18:10 | Kumite: Meitenes U16 +61 kg (3) |
| 18:20 | 18:25 | Kumite: Meitenes U14 +52 kg (2) | 18:10 | 18:55 | Kumite: Zēni U16 -63 kg (5) |
| 18:25 | 18:55 | Kumite: Zēni U14 -55 kg (4) | | | |
| TATAMI 3 | | | TATAMI 4 | | |
| KATA | | | KATA | | |
| 10:05 | 10:40 | Kata: Zēni U8 -9 kju (9) | 10:05 | 10:15 | Kata: Meitenes U8 +9 kju (3) |
| 10:40 | 11:20 | Kata: Meitenes U10 -9 kju (13) | 10:15 | 10:30 | Kata: Zēni U8 +9 kju (4) |
| 11:20 | 11:30 | Kata: Zēni U12 +7 kju (3) | 10:30 | 10:55 | Kata: Meitenes U10 -7 kju (7) |
| 11:30 | 11:40 | Kata: Zēni U12 OPEN (3) | 10:55 | 11:15 | Kata: Meitenes U12 +9 kju (6) |
| 11:40 | 12:00 | Kata: Meitenes U14 -7 kju (5) | 11:15 | 11:20 | Kata: Zēni U14 -9 kju (2) |
| 12:00 | 12:05 | Kata: Zēni U16 -7 kju (2) | 11:20 | 11:40 | Kata: Zēni U14 -7 kju (5) |
| 12:05 | 12:20 | Kata: Meitenes U18 -5 kju (4) | 11:40 | 12:00 | Kata: Zēni U14 OPEN (4) |
| KUMITE | | | 12:00 | 12:20 | Kata: Zēni U16 -4 kju (5) |
| 12:25 | 12:40 | Kumite: Zēni U8 -27 kg (3) | KUMITE | | |
| 12:40 | 12:55 | Kumite: Meitenes U8 -23 kg (3) | 12:25 | 12:55 | Kumite: Zēni U8 -23 kg (5) |
| 12:55 | 13:25 | Kumite: Zēni U8 +27 kg (5) | 12:55 | 13:20 | Kumite: Meitenes U8 +23 kg (6) |
| 13:25 | 13:50 | Kumite: Meitenes U10 -30 kg (6) | 13:20 | 14:20 | Kumite: Zēni U10 +36 kg (10) |
| 13:50 | 14:35 | Kumite: Zēni U12 -30 kg (5) | 14:20 | 14:55 | Kumite: Zēni U10 -36 kg (7) |
| 14:35 | 14:40 | Kumite: Meitenes U12 -30 kg (2) | 14:55 | 15:40 | Kumite: Zēni U12 -35 kg (5) |
| 14:40 | 15:30 | Kumite: Meitenes U12 -35 kg (7) | 15:40 | 17:05 | Kumite: Zēni U12 -45 kg (14) |
| 15:30 | 16:40 | Kumite: Zēni U12 +45 kg (12) | 17:05 | 17:50 | Kumite: Meitenes U14 -52 kg (5) |
| 16:40 | 17:30 | Kumite: Zēni U14 -50 kg (7) | 17:50 | 18:35 | Kumite: Meitenes U14 -42 kg (5) |
| 17:30 | 17:35 | Kumite: Meitenes U18 +66 kg (2) | 18:35 | 18:55 | Kumite: Meitenes U16 -61 kg (3) |
| 17:35 | 18:10 | Kumite: Zēni U16 +63 kg (4) | | | |
| 18:10 | 18:55 | Kumite: Zēni U14 +55 kg (5) | | | |

Laiki ir norādīti orientējoši. Lūgums sportistiem ierasties **ne vēlāk kā stundu pirms** vajadzīgas kategorijas sākuma. The time is indicated approximately. Athletes must be in the championship area **not later than one hour before** the start of a relevant category.