



LATVIJAS KARATĒ FEDERĀCIJAS MĀCĪBU GADA LĪGA 2024/2025

2. POSMS (18.01.2025.)

PROGRAMMA / PROGRAMME

10:00	10:05	SACENSĪBU ATKLĀŠANA / OPENING CEREMONY			
TATAMI 1			TATAMI 2		
KATA			KATA		
10:05	10:25	Kata: Meitenes U8 -9 kju (5)	10:05	10:20	Kata: Zēni U8 -10 kju (4)
10:25	10:45	Kata: Meitenes U8 +9 kju (6)	10:20	10:35	Kata: Zēni U8 -9 kju (4)
10:45	11:05	Kata: Meitenes U10 -7 kju (6)	10:35	10:50	Kata: Zēni U10 -9 kju (4)
11:05	11:15	Kata: Meitenes U10 +7 kju (3)	10:50	11:30	Kata: Zēni U12 -7 kju (13)
11:15	11:30	Kata: Zēni U14 -7 kju (4)	11:30	11:45	Kata: Zēni U12 +7 kju (4)
11:30	11:50	Kata: Zēni U16 -5 kju (5)	11:45	11:50	Kata: Zēni U16 -7 kju (2)
FANTOM			FANTOM		
11:55	12:25	Fantom: Zēni U8 (7)	11:55	12:15	Fantom: Meitenes U8 (6)
12:25	13:05	Fantom: Zēni U10 A grupa (10)	12:15	12:55	Fantom: Zēni U10 B grupa (10)
13:05	13:40	Fantom: Meitenes U10 (11)	12:55	13:05	Fantom: Meitenes U14 (3)
13:40	14:15	Fantom: Zēni U12 B grupa (9)	13:05	13:40	Fantom: Zēni U12 A grupa (9)
KUMITE			13:40	14:15	Fantom: Meitenes U12 (9)
14:20	15:20	Kumite: Meitenes U10 +30 kg (10)	KUMITE		
15:20	16:25	Kumite: Zēni U12 -35 kg (11)	14:20	15:25	Kumite: Zēni U10 -28 kg (14)
16:25	17:05	Kumite: Zēni U14 -40 kg (6)	15:25	15:45	Kumite: Meitenes U12 -40 kg (3)
17:05	17:25	Kumite: Meitenes U14 -47 kg (3)	15:45	16:55	Kumite: Zēni U12 -45 kg (9)
17:25	18:25	Kumite: Meitenes U14 -52 kg (8)	16:55	18:15	Kumite: Zēni U12 -40 kg (10)
18:25	19:00	Kumite: Zēni U16 -57 kg (4)	18:15	19:00	Kumite: Zēni U14 -50 kg (5)
TATAMI 3			TATAMI 4		
KATA			KATA		
10:05	10:25	Kata: Zēni U8 +9 kju (6)	10:05	10:25	Kata: Meitenes U10 -9 kju (5)
10:25	11:00	Kata: Zēni U10 -7 kju A grupa (9)	10:25	11:00	Kata: Zēni U10 -7 kju B grupa (9)
11:00	11:15	Kata: Meitenes U12 -9 kju (4)	11:00	11:25	Kata: Meitenes U12 -7 kju (8)
11:15	11:35	Kata: Meitenes U14 -7 kju (5)	11:25	11:40	Kata: Zēni U14 -9 kju (4)
11:35	11:55	Kata: Zēni U14 OPEN (4)	11:40	12:00	Kata: Meitenes U14 +7 kju (5)
11:55	12:00	Kata: Meitenes U16 -5 kju (2)	KUMITE		
KUMITE			12:05	12:30	Kumite: Meitenes U10 -30 kg (4)
12:05	12:35	Kumite: Zēni U8 -23 kg (6)	12:30	13:15	Kumite: Zēni U10 +36 kg (8)
12:35	12:40	Kumite: Zēni U8 -27 kg (2)	13:15	14:15	Kumite: Zēni U10 -32 kg A grupa (10)
12:40	12:45	Kumite: Meitenes U8 -23 kg (2)	14:15	15:10	Kumite: Zēni U10 -32 kg B grupa (9)
12:45	13:10	Kumite: Meitenes U8 +23 kg (4)	15:10	16:05	Kumite: Zēni U12 -30 kg (8)
13:10	13:40	Kumite: Zēni U8 +27 kg (5)	16:05	16:35	Kumite: Meitenes U12 +40 kg (4)
13:40	14:40	Kumite: Zēni U10 -36 kg (13)	16:35	17:20	Kumite: Zēni U14 -45 kg (7)
14:40	14:45	Kumite: Meitenes U12 -30 kg (2)	17:20	18:00	Kumite: Meitenes U14 +52 kg (6)
14:45	15:55	Kumite: Meitenes U12 -35 kg (9)	18:00	18:35	Kumite: Zēni U14 -55 kg (4)
15:55	17:20	Kumite: Zēni U12 +45 kg (10)	18:35	18:40	Kumite: Meitenes U16 -61 kg (2)
17:20	18:20	Kumite: Zēni U14 +55 kg (8)	18:40	19:00	Kumite: Meitenes U18 +61 kg (3)
18:20	18:55	Kumite: Zēni U16 +57 kg (4)			

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.