

**LATVIJAS KARATĒ FEDERĀCIJAS MĀCĪBU GADA LĪGA 2024/2025 3. POSMS**

(17.05.2025., Daugavpils Olimpiskais centrs, Stadiona iela 1)

PROGRAMMA / PROGRAMME

10:00		10:05		SACENSĪBU ATKLĀŠANA / OPENING CEREMONY					
TATAMI 1				TATAMI 2					
KATA				KATA					
10:05	10:20	Kata: Zēni U8 -10 kju (4)		10:05	10:20	Kata: Meitenes U8 -10 kju (4)			
10:20	10:55	Kata: Zēni U8 -9 kju (11)		10:20	10:40	Kata: Meitenes U8 -9 kju (6)			
10:55	11:35	Kata: Meitenes U10 -7 kju (10)		10:40	10:45	Kata: Zēni U10 +7 kju (2)			
11:35	11:45	Kata: Zēni U12 +7 kju (3)		10:45	11:15	Kata: Zēni U12 -7 kju (8)			
11:45	11:50	Kata: Meitenes U14 -9 kju (2)		11:15	11:45	Kata: Meitenes U12 -7 kju (8)			
11:50	12:00	Kata: Zēni U14 OPEN (3)		11:45	11:50	Kata: Zēni U14 +7 kju (2)			
12:00	12:10	Kata: Meitenes +12 g. +7 kju (3)		11:50	12:05	Kata: Meitenes U14 -7 kju (4)			
FANTOM				FANTOM					
12:15	12:45	Fantom: Zēni U8 (8)		12:10	12:45	Fantom: Zēni U10 A grupa (9)			
12:45	12:55	Fantom: Meitenes U8 (3)		12:45	13:20	Fantom: Zēni U10 B grupa (9)			
12:55	13:20	Fantom: Meitenes U10 (7)		13:20	13:50	Fantom: Zēni U12 B grupa (8)			
13:20	13:50	Fantom: Zēni U12 A grupa (8)		13:50	14:20	Fantom: Meitenes U12 B grupa (8)			
13:50	14:20	Fantom: Meitenes U12 A grupa (8)		14:20	14:30	Fantom: Zēni U14 (3)			
14:20	14:25	Fantom: Meitenes U14 (2)		KUMITE					
KUMITE				14:35	15:15	Kumite: Zēni U12 -30 kg (5)			
14:30	15:20	Kumite: Zēni U10 -36 kg (12)		15:15	16:10	Kumite: Meitenes U12 -35 kg (8)			
15:20	16:00	Kumite: Meitenes U12 -40 kg (5)		16:10	16:40	Kumite: Zēni U12 -45 kg (4)			
16:00	16:55	Kumite: Zēni U12 -40 kg (8)		16:40	16:55	Kumite: Meitenes U14 -42 kg (3)			
16:55	17:35	Kumite: Meitenes U14 +52 kg (5)		16:55	17:25	Kumite: Meitenes U14 -52 kg (4)			
17:35	17:40	Kumite: Meitenes U18 OPEN (2)		17:25	17:30	Kumite: Zēni U16 -63 kg (2)			
17:40	18:20	Kumite: Zēni U14 -50 kg (5)		17:30	18:15	Kumite: Zēni U16 -57 kg (5)			
18:20	18:35	Kumite: Zēni U14 -55 kg (3)		18:15	18:30	Kumite: Zēni U18 OPEN (3)			
TATAMI 3				TATAMI 4					
KATA				KATA					
10:05	10:25	Kata: Zēni U8 +9 kju (6)		10:05	10:25	Kata: Meitenes U8 +9 kju (5)			
10:25	10:45	Kata: Zēni U10 -9 kju (5)		10:25	10:50	Kata: Meitenes U10 -9 kju (7)			
10:45	11:20	Kata: Zēni U10 -7 kju A grupa (9)		10:50	11:20	Kata: Zēni U10 -7 kju B grupa (8)			
11:20	11:35	Kata: Meitenes U12 -9 kju (4)		11:20	11:35	Kata: Meitenes U12 +7 kju (4)			
11:35	11:50	Kata: Zēni U14 -9 kju (4)		11:35	11:50	Kata: Zēni U14 -7 kju (4)			
11:50	12:00	Kata: Zēni U16 -7 kju (3)		11:50	12:00	Kata: Zēni U18 -5 kju (3)			
KUMITE				KUMITE					
12:05	12:30	Kumite: Zēni U8 -23 kg (4)		12:05	12:30	Kumite: Meitenes U8 -23 kg (4)			
12:30	12:35	Kumite: Meitenes U10 -25 kg (2)		12:30	12:35	Kumite: Meitenes U8 +23 kg (2)			
12:35	13:00	Kumite: Meitenes U10 -30 kg (4)		12:35	13:15	Kumite: Zēni U8 +27 kg (8)			
13:00	13:30	Kumite: Zēni U8 -27 kg (6)		13:15	13:30	Kumite: Zēni U10 +36 kg (3)			
13:30	14:05	Kumite: Meitenes U10 +30 kg (7)		13:30	14:35	Kumite: Zēni U10 -28 kg (14)			
14:05	15:05	Kumite: Zēni U10 -32 kg A grupa (10)		14:35	15:25	Kumite: Zēni U10 -32 kg B grupa (9)			
15:05	16:15	Kumite: Zēni U12 -35 kg (12)		15:25	16:15	Kumite: Meitenes U12 +40 kg (7)			
16:15	17:35	Kumite: Zēni U12 +45 kg (10)		16:15	16:55	Kumite: Zēni U14 -40 kg (5)			
17:35	17:40	Kumite: Zēni U16 -70 kg (2)		16:55	18:00	Kumite: Zēni U14 -45 kg (8)			
17:40	18:30	Kumite: Zēni U14 +55 kg (7)		18:00	18:30	Kumite: Meitenes U16 OPEN (4)			

Laiki ir norādīti orientējoši! Lūgums sportistiem būt gataviem cīņām stundu pirms attiecīgas kategorijas sākuma. The times are approximate! Athletes are requested to be ready for the fights one hour before the start of the respective category.