

**LATVIJAS KARATĒ FEDERĀCIJAS MĀCĪBU GADA LĪGA 2025/2026 1. POSMS**

(26.10.2025., Rīgas 15. vidusskolas sporta halle, Visvalža iela 9)

PROGRAMMA / PROGRAMME

09:00	09:10	SACENSĪBU ATKLĀŠANA / OPENING CEREMONY			
TATAMI 1			TATAMI 2		
KATA			KATA		
09:10	09:15	Kata: Zēni U8 -10 kju (2)	09:10	09:20	Kata: Meitenes U8 OPEN (3)
09:15	09:50	Kata: Zēni U8 -9 kju (9)	09:20	09:35	Kata: Zēni U8 +9 kju (4)
09:50	10:05	Kata: Meitenes U12 -9 kju (4)	09:35	10:15	Kata: Meitenes U12 -7 kju (10)
10:05	10:20	Kata: Zēni U12 +7 kju (4)	10:15	10:35	Kata: Meitenes U12 +7 kju (5)
10:20	10:45	Kata: Meitenes U14 -7 kju (7)	10:35	10:55	Kata: Zēni U14 -7 kju (5)
10:45	11:00	Kata: Zēni U16 -5 kju (4)	10:55	11:05	Kata: Zēni U16 +5 kju (3)
11:00	11:15	Kata: Meitenes U16 -5 kju (3)	11:05	11:15	Kata: Zēni U18 OPEN (2)
FANTOM			FANTOM		
11:20	11:25	Fantom: Meitenes U8 (2)	11:20	12:00	Fantom: Meitenes U12 (13)
11:25	11:55	Fantom: Zēni U8 (8)	12:00	12:35	Fantom: Zēni U12 B grupa (12)
11:55	12:35	Fantom: Zēni U12 A grupa (12)	12:35	13:10	Fantom: Zēni U10 B grupa (12)
12:35	13:10	Fantom: Zēni U10 A grupa (12)	13:10	13:45	Fantom: Zēni U10 C grupa (12)
13:10	13:45	Fantom: Meitenes U10 A grupa (9)	13:45	14:20	Fantom: Meitenes U10 B grupa (9)
KUMITE			KUMITE		
13:45	14:35	Kumite: Zēni U10 -28 kg A grupa (9)	14:25	15:15	Kumite: Zēni U10 -28 kg B grupa (9)
14:35	15:25	Kumite: Zēni U10 -32 kg A grupa (11)	15:15	16:05	Kumite: Zēni U10 -32 kg B grupa (10)
15:25	16:15	Kumite: Zēni U10 -36 kg (11)	16:05	16:10	Kumite: Zēni U16 -52 kg (2)
16:15	17:35	Kumite: Zēni U12 -45 kg (13)	16:10	16:30	Kumite: Zēni U16 +63 kg (3)
17:35	18:20	Kumite: Meitenes U18 +61 kg (5)	16:30	17:45	Kumite: Zēni U12 +45 kg (9)
18:20	18:55	Kumite: Zēni U16 -57 kg (4)	17:45	18:35	Kumite: Meitenes U14 +52 kg (7)
			18:35	18:55	Kumite: Zēni U16 -63 kg (3)
TATAMI 3			TATAMI 4		
KATA			KATA		
09:10	09:35	Kata: Meitenes U10 -9 kju (7)	09:10	09:45	Kata: Zēni U10 -9 kju (11)
09:35	10:10	Kata: Meitenes U10 -7 kju (12)	09:45	10:15	Kata: Zēni U10 -7 kju A grupa (8)
10:10	10:45	Kata: Zēni U12 -7 kju (11)	10:15	10:45	Kata: Zēni U10 -7 kju B grupa (8)
10:45	10:55	Kata: Zēni U12 OPEN (3)	10:45	10:55	Kata: Meitenes U14 -9 kju (3)
10:55	11:05	Kata: Meitenes U16 OPEN (2)	10:55	11:10	Kata: Meitenes U18 +5 kju (4)
KUMITE			KUMITE		
11:10	11:40	Kumite: Meitenes U10 -30 kg (6)	11:15	11:20	Kumite: Zēni U8 -23 kg (2)
11:40	11:55	Kumite: Zēni U12 -30 kg (3)	11:20	11:35	Kumite: Meitenes U10 -25 kg (3)
11:55	12:10	Kumite: Zēni U8 +27 kg (3)	11:35	11:50	Kumite: Meitenes U8 OPEN (3)
12:10	12:50	Kumite: Meitenes U12 -35 kg (5)	11:50	12:40	Kumite: Meitenes U10 +30 kg (12)
12:50	13:05	Kumite: Meitenes U12 -30 kg (3)	12:40	13:10	Kumite: Zēni U8 -27 kg (6)
13:05	14:15	Kumite: Zēni U12 -35 kg A grupa (9)	13:10	14:20	Kumite: Zēni U12 -35 kg B grupa (9)
14:15	14:45	Kumite: Meitenes U12 -40 kg (4)	14:20	15:20	Kumite: Meitenes U12 +40 kg (8)
14:45	16:00	Kumite: Zēni U12 -40 kg (10)	15:20	15:50	Kumite: Zēni U10 +36 kg (6)
16:00	16:40	Kumite: Meitenes U14 -52 kg (6)	15:50	16:20	Kumite: Meitenes U14 -42 kg (4)
16:40	17:15	Kumite: Zēni U18 OPEN (4)	16:20	17:35	Kumite: Zēni U14 -50 kg (9)
17:15	17:30	Kumite: Meitenes U14 -47 kg (3)	17:35	18:05	Kumite: Meitenes U18 -57 kg (4)
17:30	17:45	Kumite: Zēni U14 -55 kg (3)	18:05	18:55	Kumite: Zēni U14 -40 kg (7)
17:45	18:55	Kumite: Zēni U14 +55 kg (10)			

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.