

**LATVIJAS KARATĒ FEDERĀCIJAS MĀCĪBU GADA LĪGA 2025/2026 2. POSMS**

(18.01.2026., Rīgas 15. vidusskolas sporta halle, Visvalža iela 9)

PROGRAMMA / PROGRAMME

10:00	10:10	SACENSĪBU ATKLĀŠANA / OPENING CEREMONY									
TATAMI 1						TATAMI 2					
KATA						KATA					
10:10	10:15	Kata: Zēni U8 -10 kju (2)				10:10	10:25	Kata: Meitenes U8 OPEN (4)			
10:15	10:35	Kata: Zēni U8 -9 kju (5)				10:25	10:35	Kata: Zēni U8 +9 kju (3)			
10:35	10:45	Kata: Meitenes U10 +7 kju (2)				10:35	11:00	Kata: Zēni U12 -9 kju (8)			
10:45	11:10	Kata: Zēni U12 -7 kju (7)				11:00	11:10	Kata: Meitenes U12 +7 kju (2)			
11:10	11:20	Kata: Meitenes U14 -9 kju (2)				11:10	11:20	Kata: Zēni U14 -7 kju (3)			
11:20	11:40	Kata: Meitenes U14 -7 kju (5)				11:20	11:40	Kata: Meitenes U14 +7 kju (5)			
11:40	11:50	Kata: Zēni U14 +7 kju (2)				11:40	11:50	Kata: Zēni U14 OPEN (2)			
FANTOM						KUMITE					
A			B			11:55	12:25	Kumite: Zēni U8 -27 kg (5)			
11:55	12:30	Zēni U10 A gr. (14)		11:55	12:30	Zēni U10 B gr. (14)		12:25	12:45	Kumite: Zēni U18 OPEN (3)	
12:30	12:50	Meitenes U8 (5)		12:30	13:05	Zēni U12 A gr. (13)		12:45	13:35	Kumite: Zēni U10 -32 kg A grupa (9)	
12:50	13:20	Zēni U8 (9)		13:05	13:35	Meitenes U10 (9)		13:35	13:45	Kumite: Meitenes U12 -30 kg (2)	
13:20	13:50	Zēni U12 B gr. (12)		13:35	14:05	Meitenes U12 (12)		13:45	14:45	Kumite: Meitenes U10 +30 kg (10)	
KUMITE						14:45	16:05	Kumite: Zēni U12 -40 kg (13)			
14:10	14:40	Kumite: Zēni U12 -30 kg (4)				16:05	16:35	Kumite: Meitenes U14 +52 kg (4)			
14:40	16:15	Kumite: Zēni U12 -35 kg (15)				16:35	16:55	Kumite: Zēni U16 -63 kg (3)			
16:15	16:35	Kumite: Meitenes U18 -59 kg (3)				16:55	17:30	Kumite: Zēni U12 +45 kg (4)			
16:35	16:55	Kumite: Meitenes U18 +66 kg (3)				17:30	17:40	Kumite: Zēni U16 -57 kg (2)			
16:55	17:40	Kumite: Zēni U14 -45 kg (6)									
TATAMI 3						TATAMI 4					
KATA						KATA					
10:10	10:25	Kata: Meitenes U10 -9 kju (4)				10:10	10:20	Kata: Zēni U16 +5 kju (2)			
10:25	10:50	Kata: Meitenes U10 -7 kju (8)				10:20	10:55	Kata: Zēni U10 -7 kju (10)			
10:50	11:00	Kata: Zēni U10 +7 kju (3)				10:55	11:20	Kata: Meitenes U12 -7 kju (7)			
11:00	11:20	Kata: Zēni U12 +7 kju (6)				11:20	11:40	Kata: Zēni U12 OPEN (5)			
11:20	11:30	Kata: Meitenes U16 OPEN (2)				11:40	11:50	Kata: Zēni U18 OPEN (2)			
11:30	11:45	Kata: Meitenes U18 +5 kju (4)				KUMITE					
KUMITE						11:55	12:10	Kumite: Meitenes U8 OPEN (3)			
11:50	12:00	Kumite: Zēni U8 -23 kg (2)				12:10	12:25	Kumite: Meitenes U10 -25 kg (3)			
12:00	12:30	Kumite: Zēni U8 +27 kg (6)				12:25	12:40	Kumite: Meitenes U10 -30 kg (3)			
12:30	13:30	Kumite: Zēni U10 -28 kg (14)				12:40	13:30	Kumite: Zēni U10 -32 kg B grupa (9)			
13:30	14:10	Kumite: Zēni U10 +36 kg (7)				13:30	14:25	Kumite: Zēni U10 -36 kg (10)			
14:10	14:30	Kumite: Meitenes U12 -35 kg (3)				14:25	15:05	Kumite: Meitenes U12 -40 kg (6)			
14:30	15:05	Kumite: Meitenes U12 +40 kg (4)				15:05	15:25	Kumite: Meitenes U14 -42 kg (3)			
15:05	15:25	Kumite: Meitenes U14 -52 kg (3)				15:25	16:10	Kumite: Zēni U14 -50 kg (5)			
15:25	16:15	Kumite: Zēni U14 +55 kg (7)				16:10	16:30	Kumite: Meitenes U16 -54 kg (3)			
16:15	16:35	Kumite: Zēni U12 -45 kg (3)				16:30	17:00	Kumite: Zēni U14 -55 kg (4)			
16:35	17:40	Kumite: Zēni U14 -40 kg (8)				17:00	17:20	Kumite: Meitenes U14 -47 kg (3)			
						17:20	17:30	Kumite: Meitenes U16 -61 kg (2)			

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**.