



LATVIJAS KARATĒ FEDERĀCIJAS MĀCĪBU GADA LĪGA 2025/2026 3. POSMS
(16.05.2026., Daugavpils Olimpiskais centrs, Stadiona 1, Daugavpils)

PROGRAMMA / PROGRAMME

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

Laiki ir norādīti orientējoši! Lūgums sportistiem būt gataviem cīņām stundu pirms attiecīgas kategorijas sākuma.