



SALASPILS KARATĒ ČEMPIONĀTS

“SALASPILS KAUSS 2026”

31.10.2026.

Salaspils Sporta Nams, Smilšu iela 1, Salaspils



ČEMPIONĀTA PROGRAMMA / CHAMPIONSHIP PROGRAMME

10:00	10:10	ČEMPIONĀTA ATKLĀŠANA / OPENING CEREMONY			
TATAMI 1			TATAMI 2		
KATA			KATA		
10:10	10:20	Kata: Male U8 (6–7 y.o.) OPEN (2)	10:10	10:50	Kata: Male U18 (16–17 y.o.) OPEN (5)
10:20	11:00	Kata: Male U10 (8–9 y.o.) OPEN (13)	10:50	11:30	Kata: Male +18 y.o. OPEN (5)
11:00	11:40	Kata: Female U14 (12–13 y.o.) OPEN (5)	11:30	12:40	Kata: Male U16 (14–15 y.o.) OPEN (8)
11:40	12:20	Kata: Female U12 (10–11 y.o.) OPEN (10)	KUMITE		
KUMITE			12:45	13:20	Kumite: Female +18 y.o. -61 kg (5)
12:25	12:40	Kumite: Male U8 (6–7 y.o.) –26 kg (3)	13:20	13:30	Kumite: Female +18 y.o. +61 kg (2)
12:40	12:45	Kumite: Male U8 (6–7 y.o.) +26 kg (2)	13:30	14:15	Kumite: Male U10 (8–9 y.o.) +30 kg Group A (12)
12:45	13:15	Kumite: Female U10 (8–9 y.o.) +30 kg (8)	14:15	14:45	Kumite: Female U18 (16–17 y.o.) –59 kg (6)
13:15	14:05	Kumite: Male U12 (10–11 y.o.) –30 kg (10)	14:45	15:15	Kumite: Female U18 (16–17 y.o.) +59 kg (5)
14:05	14:45	Kumite: Female U12 (10–11 y.o.) –34 kg (8)	15:15	16:00	Kumite: Male U14 (12–13 y.o.) –50 kg (9)
14:45	15:20	Kumite: Female U12 (10–11 y.o.) +40 kg (7)	16:00	17:05	Kumite: Male U16 (14–15 y.o.) –57 kg (10)
15:20	16:10	Kumite: Male U12 (10–11 y.o.) +40 kg (10)	17:05	17:50	Kumite: Male U18 (16–17 y.o.) –68 kg (7)
16:10	16:45	Kumite: Female U14 (12–13 y.o.) –47 kg (6)	17:50	18:50	Kumite: Female U16 (14–15 y.o.) –54 kg (10)
16:45	17:30	Kumite: Male U16 (14–15 y.o.) +70 kg (7)	18:50	19:10	Kumite: Male U16 (14–15 y.o.) –63 kg (4)
17:30	18:10	Kumite: Male U14 (12–13 y.o.) –45 kg (8)			
18:10	19:15	Kumite: Male U16 (14–15 y.o.) –52 kg (11)			
TATAMI 3			TATAMI 4		
KATA			KATA		
10:10	10:50	Kata: Female +18 y.o. OPEN (5)	10:10	10:40	Kata: Female U10 (8–9 y.o.) OPEN (7)
10:50	11:45	Kata: Female U18 (16–17 y.o.) OPEN (6)	10:40	11:15	Kata: Male U14 (12–13 y.o.) OPEN (5)
11:45	12:25	Kata: Male U12 (10–11 y.o.) OPEN Group B (9)	11:15	11:55	Kata: Male U12 (10–11 y.o.) OPEN Group A (9)
KUMITE			11:55	12:20	Kata: Female U16 (14–15 y.o.) OPEN (3)
12:30	13:30	Kumite: Male +18 y.o. OPEN (8)	KUMITE		
13:30	14:20	Kumite: Male U12 (10–11 y.o.) –35 kg Group A (10)	12:25	12:55	Kumite: Female U10 (8–9 y.o.) –30 kg (6)
14:20	15:10	Kumite: Male U12 (10–11 y.o.) –35 kg Group B (10)	12:55	13:30	Kumite: Male U10 (8–9 y.o.) –30 kg (10)
15:10	16:00	Kumite: Male U12 (10–11 y.o.) –40 kg Group A (10)	13:30	14:15	Kumite: Male U10 (8–9 y.o.) +30 kg Group B (12)
16:00	16:50	Kumite: Female U14 (12–13 y.o.) –42 kg (10)	14:15	15:10	Kumite: Female U12 (10–11 y.o.) –40 kg (12)
16:50	17:10	Kumite: Female U14 (12–13 y.o.) +52 kg (4)	15:10	15:55	Kumite: Male U12 (10–11 y.o.) –40 kg Group B (9)
17:10	18:05	Kumite: Male U14 (12–13 y.o.) +55 kg (11)	15:55	16:30	Kumite: Female U14 (12–13 y.o.) –52 kg (6)
18:05	18:40	Kumite: Male U18 (16–17 y.o.) +68 kg (5)	16:30	17:35	Kumite: Male U14 (12–13 y.o.) –40 kg (14)
18:40	19:15	Kumite: Male U16 (14–15 y.o.) –70 kg (5)	17:35	18:20	Kumite: Female U16 (14–15 y.o.) +54 kg (7)
			18:20	18:40	Kumite: Male U18 (16–17 y.o.) –61 kg (4)
			18:40	19:15	Kumite: Male U14 (12–13 y.o.) –55 kg (7)

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.