



LATVIJAS KARATĒ FEDERĀCIJAS MĀCĪBU GADA LĪGA 2023/2024

3. POSMS

2024. gada 18. maijs, Daugavpils

PROGRAMMA

10:00	10:05	SACENSĪBU ATKLĀŠANA			
TATAMI 1			TATAMI 2		
KATA			KATA		
10:05	10:20	Kata: Zēni U8 -10 kju (4)	10:05	10:40	Kata: Zēni U8 +9 kju (9)
10:20	10:30	Kata: Meitenes U8 -10 kju (3)	10:40	10:50	Kata: Meitenes U8 -9 kju (3)
10:30	11:00	Kata: Zēni U10 -7 kju A grupa (7)	10:50	11:20	Kata: Zēni U10 -7 kju B grupa (7)
11:00	11:05	Kata: Zēni U12 -7 kju (2)	11:20	11:35	Kata: Zēni U12 +7 kju (4)
KUMITE			11:35	12:00	Kata: Zēni U14 OPEN (4)
11:10	11:30	Kumite: Meitenes U8 -23 kg (3)	12:00	12:05	Kata: Zēni U16 +5 kju (2)
11:30	12:05	Kumite: Zēni U8 +27 kg (6)	KUMITE		
12:05	12:50	Kumite: Meitenes U10 -30 kg (8)	12:10	12:50	Kumite: Zēni U10 -28 kg A grupa (7)
12:50	13:25	Kumite: Zēni U10 -36 kg (6)	12:50	13:30	Kumite: Zēni U10 -32 kg B grupa (7)
13:25	14:15	Kumite: Zēni U12 +45 kg (7)	13:30	13:50	Kumite: Meitenes U12 -30 kg (3)
14:15	14:45	Kumite: Zēni U14 -55 kg (4)	13:50	13:55	Kumite: Meitenes U12 -35 kg (2)
14:45	15:30	Kumite: Meitenes U14 +52 kg (5)	13:55	14:00	Kumite: Meitenes U12 -40 kg (2)
15:30	15:50	Kumite: Zēni U16 -63 kg (3)	14:00	14:30	Kumite: Meitenes U14 -52 kg (4)
15:50	16:25	Kumite: Meitenes U16 +61 kg (4)	14:30	15:45	Kumite: Zēni U12 -45 kg (9)
			15:45	15:50	Kumite: Meitenes U16 -61 kg (2)
			15:50	16:10	Kumite: Zēni U18 OPEN (3)
TATAMI 3			TATAMI 4		
KATA			KATA		
10:05	10:20	Kata: Meitenes U10 -9 kju (4)	10:05	10:25	Kata: Meitenes U10 +9 kju (6)
10:20	10:40	Kata: Zēni U10 -9 kju (6)	10:25	10:40	Kata: Zēni U12 -9 kju (4)
10:40	11:05	Kata: Meitenes U12 -7 kju (5)	10:40	11:05	Kata: Meitenes U14 -9 kju (5)
11:05	11:25	Kata: Zēni U14 -7 kju (6)	11:05	11:10	Kata: Zēni U14 -9 kju (2)
KUMITE			11:10	11:30	Kata: Meitenes U14 +9 kju (4)
11:30	11:55	Kumite: Zēni U8 -23 kg (4)	KUMITE		
11:55	12:35	Kumite: Zēni U10 -28 kg B grupa (7)	11:35	12:10	Kumite: Zēni U8 -27 kg (6)
12:35	13:20	Kumite: Zēni U10 -32 kg A grupa (8)	12:10	12:25	Kumite: Meitenes U10 -25 kg (3)
13:20	13:50	Kumite: Meitenes U12 +40 kg (4)	12:25	13:10	Kumite: Meitenes U10 +30 kg (8)
13:50	14:50	Kumite: Zēni U14 -40 kg (8)	13:10	13:15	Kumite: Zēni U10 +36 kg (2)
14:50	15:40	Kumite: Zēni U14 -45 kg (7)	13:15	14:10	Kumite: Zēni U12 -35 kg (8)
15:40	16:25	Kumite: Zēni U14 -50 kg (5)	14:10	15:00	Kumite: Zēni U12 -40 kg (7)
			15:00	15:45	Kumite: Zēni U14 +55 kg (5)
			15:45	16:05	Kumite: Zēni U16 -70 kg (3)
			16:05	16:25	Kumite: Zēni U16 -52 kg (3)

Laiki ir norādīti orientējoši. Lūgums sportistiem ierasties ne vēlāk kā stundu pirms vajadzīgas kategorijas sākuma. The time is indicated approximately. Athletes must be in the championship area not later than one hour before the start of a relevant category.