**VALMIERAS NOVADA ATKLĀTAIS ČEMPIONĀTS**

**SACENSĪBU PROGRAMMA**

**25.07.2022.**

**DAUDZCĪŅA**

**7-cīņa**

|  |  |  |  |
| --- | --- | --- | --- |
| **U 16** | | **U18 U20 pieaugušie** | |
| 15.35 | 100 m/b | 17.00 | 100 m/b |
| 16.15 | augstums | 17.40 | augstums |
| 18.10 | lode | 19.20 | lode |
| 19.50 | 200 m | 20.00 | 200 m |

**10 – cīņa**

|  |  |  |  |
| --- | --- | --- | --- |
| **U 16** | | **U18 U 20 pieaugušie** | |
| 15.00 | 100 m | 15.10 | 100 m |
| 16.20 | tālums | 16.20 | tālums |
| 17.10 | lode | 17.10 | lode |
| 18.25 | augstums | 18.25 | augstums |
| 19.20 | 400 m | 19.30 | 400 m |

**INDIVIDUĀLĀS DISCIPLĪNAS**

|  |  |
| --- | --- |
| 15.00 | Augstums S 1.40 līdz 1.60 pa 5 cm; tālāk pa 3 cm |
| 15.00 | Tālums S, V |
| 17.00 | 100 m/b S |
| 17.15 | 100 m S pr-ni |
| 17.25 | 100 m V pr-ni |
| 18.00 | 1500 m S |
| 18.10 | 1500 m V |
| 18.40 | 400 m S |
| 18.45 | 400 m V |
| 19.00 | 100 m S fināls |
| 19.05 | 100 m V fināls |
| 19.30 | Augstums V 1.60 līdz 1.95 pa 5 cm; tālāk pa 3 cm |
| 19.50 | Lode S, V |

**VALMIERAS NOVADA ATKLĀTAIS ČEMPIONĀTS**

**SACENSĪBU PROGRAMMA**

**26.07.2022.**

**DAUDZCĪŅA**

**7-cīņa**

|  |  |  |  |
| --- | --- | --- | --- |
| **U 16** | | **U18 U20 pieaugušie** | |
| 15.00 | tālums | 16.00 | tālums |
| 17.30 | šķēps | 17.00 | šķēps |
| 18.40 | 800 m | 18.00 | 800 m |

**10 – cīņa**

|  |  |  |  |
| --- | --- | --- | --- |
| **U 16** | | **U18 U 20 pieaugušie** | |
| 15.00 | 110 m/b | 15.30 | 110 m/b |
| 16.20 | disks | 16.20 | disks |
| 17.20 | kārts | 17.20 | kārts |
| 18.40 | šķēps | 18.40 | šķēps |
| 19.30 | 1500 m | 19.50 | 1500 m |

**INDIVIDUĀLĀS DISCIPLĪNAS**

|  |  |
| --- | --- |
| 14.45 | disks S, V |
| 15.40 | 110m/b V |
| 16.10 | 200 m S pr-ni |
| 16.20 | 200 m V pr-ni |
| 16.50 | 800 m S |
| 17.00 | 800 m V |
| 17.30 | 200 m S fināls |
| 17.35 | 200 m V fināls |
| 18.30 | kārts S, V |
| 19.40 | šķēps S, V |