

COMPETITION TIMETABLE

VALMIERA-VALGA

03.01.2026.

11:40 Coaches meeting / conference hall in the 3rd floor /

12:00 OPENING CEREMONY

12:15 60 mH final U18 W

12:22 60 mH final U20 W

12:35 60 mH U18 M

12:45 60 mH final U20 M

12:55 60 m U18 W

13:10 60 m U20 W

13:25 60 m U18 M

13:40 60 m U20 M

13:55 AWARDING

14:05 60 mH final U18 M

14:15 60 m final U18 W

14:20 60 m final U20 W

14:25 60 m final U18 M

14:00 60 m final U20 M

14:45 1500 m U18 W

14:55 1500 m U20 W

15:05 1500 m U18 M

15:20 1500 m U20 M

15:35 AWARDING

15:45 600 m U18 W

15:55 600 m U20 W

16:05 600 m U18 M+U20M

16:20 200 m U18 W

16:40 200 m U20 W

17:00 200 m U18 M

17:30 200 m U20 M

18:00 AWARDING

12:20 Long Jump U18 M

13:50 Long Jump U18 W

15:30 Long Jump U20 M

16:40 Long Jump U20 W

13:40 High Jump U18 W +U20 W

1.35 - 1.40 - 1.45 - 1.50 - 1.55 - 1.58 - 1.61 - 1.64 - 1.67 - 1.69 ...

15:40 High Jump U18 M

1.50 - 1.55 - 1.60 - 1.65 - 1.70 - 1.73 - 1.76 - 1.79 - 1.82 - 1.84 ...

17:30 High Jump U20 M

1.55 - 1.60 - 1.65 - 1.70 - 1.75 - 1.78 - 1.81...

12:30 Shot Put U18 W

14:00 Shot Put U20 W

15:10 Shot Put U18 M

17:00 Shot Put U20 M

COMPETITION TIMETABLE

VALMIERA-VALGA

04.01.2026.

12:00	60 mH	U14 W	12:00	Long Jump	U14 M
12:12	60 mH	U16 W	13:20	Long Jump	U16 M
12:25	60 mH final	U14 M	15:00	Long Jump	U14 W group 1
12:35	60 mH	U16 M	16:25	Long Jump	U14 W group 2
12:50	60 m	U14 W	18:00	Long Jump	U16 W
13:20	60 m	U16 W			
13:50	60 m	U14 M			
14:05	60 m	U16 M	12:20	High Jump	U14 W
14:40	60 mH final	U14 W		1.15 – 1.20 – 1.25 – 1.30 – 1.35 – 1.38 – 1.41 ...	
14:50	60 mH final	U16 W	14:30	High Jump	U14 W
15:00	60 mH final	U16 M		1.15 – 1.20 – 1.25 – 1.30 – 1.35 – 1.38 – 1.41 ...	
15:10	60 m final	U14 W	15:45	High Jump	U16 W
15:15	60 m final	U16 W		1.25 – 1.30 – 1.35 – 1.40 – 1.45 – 1.48 – 1.51 ...	
15:20	60 m final	U14 M	17:10	High Jump	U16 M
15:25	60 m final	U16 M		1.40 – 1.45 – 1.50 – 1.55 – 1.60 – 1.63 – 1.66 ...	
15:30	AWARDING				
15:45	1000 m	U14 W			
15:58	1000 m	U16 W	12:30	Shot Put	U16 M
16:15	1000 m	U14 M	14:30	Shot Put	U14 M
16:20	1000 m	U16 M	16:10	Shot Put	U16 W
16:35	AWARDING		18:00	Shot Put	U14 W
16:50	300 m	U16 W			
17:30	300 m	U16 M			
18:00	300 m	U14 W			
18:30	300 m	U14 M			
18:50	AWARDING				

Notes:

U14 long jump 4 attempts.

In the shot put U14 group, 3 attempts in the preliminary round in a row.