

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	12:20	Long Jump	U18 M
12:22	60 mH final	U20 W	13:50	Long Jump	U18 W
12:35	60 mH	U18 M	15:30	Long Jump	U20 M
12:45	60 mH final	U20 M	16:40	Long Jump	U20 W
12:55	60 m	U18 W			
13:10	60 m	U20 W			
13:25	60 m	U18 M	13:40	High Jump	U18 W +U20 W
13:40	60 m	U20 M		1.35 - 1.40 - 1.45 - 1.50 - 1.55 - 1.58 - 1.61 - 1.64 - 1.67 - 1.69 ...	
13:55	AWARDING		15:40	High Jump	U18 M
14:05	60 mH final	U18 M		1.50 - 1.55 - 1.60 - 1.65 - 1.70 - 1.73 - 1.76 - 1.79 - 1.82 - 1.84 ...	
14:15	60 m final	U18 W	17:30	High Jump	U20 M
14:20	60 m final	U20 W		1.55 - 1.60 - 1.65 - 1.70 - 1.75 - 1.78 - 1.81...	
14:25	60 m final	U18 M			
14:30	60 m final	U20 M			
14:45	1500 m	U18 W	12:30	Shot Put	U18 W
14:55	1500 m	U20 W	14:00	Shot Put	U20 W
15:05	1500 m	U18 M	15:10	Shot Put	U18 M
15:20	1500 m	U20 M	17:00	Shot Put	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				

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.