

COMPETITION TIMETABLE

Ziemassvētku kauss U14 vieglatlētikā

Ziemassvētku kauss daudzciņās

21.12.2024.

12:00	60 mH	U16 W pentathlon	12:00	Shot put	U14 W
12:20	60 mH	U14 W	13:30	Shot put	U14 M
12:45	60 mH	U14 M	14:30	Shot put	U16 W pentathlon
12:55	60 m	U14 W	15:30	Shot put	U16 M heptathlon
13:40	60 m	U16 M heptathlon	16:20	Shot put	U18,U20 M heptathlon
13:50	60 m	U14 M			
14:10	60 m	U18,U20 M heptathlon	12:00	Long jump	U14 W group 1
14:25	60 mH final	U14 W	13:00	Long jump	U14 W group 2
14:35	60 mH final	U14 M	14:05	Long jump	U16 M heptathlon
14:45	60 m final	U14 W	14:45	Long jump	U18,U20 M heptathlon
14:50	60 m final	U14 M	15:20	Long jump	U14 M
15:10	Awarding		17:00	Long jump	U16 W pentathlon
15:40	300 m	U14 W			
16:20	300 m	U14 M			
17:30	Awarding				
17:45	1000 m	U14 W	12:30	Hight jump	U16 W pentathlon
18:00	1000 m	U14 M	13:50	Hight jump	U14 M
18:15	800m	U16 W pentathlon	14:40	Hight jump	U14 W
18:35	Awarding		16:50	Hight jump	U16 M heptathlon
			18:00	Hight jump	U18,U20 M heptathlon
			16:00	Pole vault	U14 W+M

Notes:

Shot put U14 – 4 attempts (2+2)

Long jump U14 – 4 attempts

Hight jump U14 – 1.15-1.20-1.25-1.30-1.35-1.38-1.41 ...

Pole vault U14 – 1.80-1.90-2.00-2.10-2.20 ...