

VALMIERAS SPĒLES 2026

COMPETITION TIMETABLE

14.07.2026.



12:00	100 m	U14 girls	12:00	Shot Put	U18+U20 girls
12:35	100 m	U14 boys	13:20	Shot Put	U18+U20 boys
13:00	100 m	U16 girls	14:40	Shot Put	U16 girls
13:35	100 m	U16 boys	16:20	Shot Put	U16 boys
14:05	100 m	U18+U20 girls	17:40	Shot Put	U14 girls
14:30	100 m	U18+U20 boys	19:00	Shot Put	U14 boys
14:55	1000 m	U14 girls	U16 group – 3 attempts in the preliminary round in a row		
15:10	1000 m	U14 boys	U14 group – 2 + 2 attempts		
15:25	80 mH	U14 girls			
15:55	80 mH final	U14 boys			
16:15	100 mH	U16 girls			
16:40	110 mH	U16 boys			
17:00	100 m final	U14 girls	12:00	High Jump	U14 girls
17:05	100 m final	U14 boys		1.20 -1.25-1.30-1.35-1.40- 1.43 utt.	
17:10	100 m final	U16 girls	14:00	High Jump	U14 boys
17:15	100 m final	U16 boys		1.25-1.30-1.35-1.40-1.45-1.48 utt.	
17:20	100 m final	U18+U20 girls	16:00	High Jump	U18+U20 girls
17:25	100 m final	U18+U20 boys		1.35-1.40-1.45-1.50-1.53 utt.	
17:40	1500 m	U16 girls	18:00	High Jump	U18+U20 boys
17:50	1500 m	U16 boys		1.50-1.55-1.60-1.65-1.70-1.75-1.78 utt.	
18:10	1500 m	U18+U20 girls			
18:20	1500 m	U18+U20 boys			
18:40	80 mH final	U14 girls			
18:55	100 mH final	U16 girls			
19:10	110 mH final	U16 boys			
19:30	400 m	U16 girls			
19:50	400 m	U16 boys			
20:10	400 m	U18+U20 girls			
20:20	400 m	U18+U20 boys			
20:50	4x100 m	U18+U20 + U16+ U14 girls			
21:00	4x100 m	U18+U20 + U16 + U14 boys			

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COMPETITION TIMETABLE

15.07.2026.



11:00	300 m	U14 girls	11:00	Long Jump	U18+U20 boys
11:45	300 m	U14 boys	12:30	Long Jump	U18+U20 girls
12:30	200 m	U16 girls	14:30	Long Jump	U16 boys
13:10	200 m	U16 boys	16:20	Long Jump	U16 girls
13:50	200 m	U18+U20 girls			
14:20	200 m	U18+U20 boys	11:00	Pole vault	Group 1
15:15	800 m	U16 girls		1.80-1.90-2.00-2.10 utt.	
15:35	800 m	U16 boys	13:20	Pole vault	Group 2
15:55	800 m	U18+U20 girls		2.30-2.40-2.50-2.60 utt.	
16:05	800 m	U18+U20 boys	15:20	Pole vault	Group 3
16:20	200 m final	U16 girls		3.30-3.40-3.50-3.60 utt.	
16:25	200 m final	U16 boys	U14 group start in the group 1		
16:30	200 m final	U18+U20 girls	U16 and U18+U20 can choose the group to start from.		
16:35	200 m final	U18+U20 boys			
17:10	2000 m	U14 girls	11:00	Discus throw	U16 girls
17:25	2000 m	U14 boys	12:40	Discus throw	U16 boys
			14:20	Discus throw	U18+U20 girls
			15:20	Discus throw	U18 boys
			16:30	Discus throw	U20 boys
			17:30	Discus throw	U14 girls + U14 boys
			U16 group – 3 attempts in the preliminary round in a row		
			U14 group – 2 + 2 attempts		