**Ziemeļkurzemes čempionāts spēka trīscīņā un Kurzemes kauss spiešanā guļus**

**Dundaga, 07.10.2023.**

# PLATFORMA A

| **Plūsmu Grupa** | **Plūsma** | **Grupa** | **Svara kategorijas** | **Cilvēku skaits** | **Pietupieni** | **Spiešana** | **Vilkme** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sākums** | **Beigas** | **Sākums** | **Beigas** | **Sākums** | **Beigas** |
| **Sacensību atklāšana** | **10:50:00** | *Augstumus piesaka sievietes un seniori* |
| A1 | 1 | Sievietes | -47 kg; -52kg; -57kg;-63kg; | 6 | 11:00:00 | 11:20:00 | 11:50:00 | 12:24:45 | 12:55:30 | 13:15:45 |
| 2 | Sievietes | -69kg;-76kg; -84kg; +84kg | 7 | 11:21:00 | 11:45:00 | 12:26:45 | 12:51:30 | 13:17:45 | 13:38:00 |
| A2 | 1 | Vīri | -66kg; -74kg;-83kg | 8 | 13:40:00 | 14:05:00 | 14:40:00 | 15:15:45 | 15:54:45 | 16:15:00 |
| 2 | Vīri | -93kg;-105kg;-120kg;+120kg | 10 | 14:06:00 | 14:36:00 | 15:17:45 | 15:50:45 | 16:17:00 | 16:44:00 |
| **Apbalvošana - Sievietes + Vīri** | **16:45:00** | *Augstumus piesaka jaunieši* |
| A3 | 1 | Jaunieši |  -66kg;-74kg; | 12 | 17:10:00 | 17:36:00 | 18:30:00 | 18:55:15 | 19:37:45 | 19:50:30 |
| 2 | Jaunieši | -83kg; | 8 | 17:38:00 | 18:00:00 | 18:56:15 | 19:12:45 | 19:50:30 | 20:05:00 |
| 3 | Jaunieši | -93kg; 105kg; -120kg; | 10 | 18:00:00 | 18:28:00 | 19:14:45 | 19:36:45 | 20:06:00 | 20:22:00 |

**Apbalvošana - jaunieši**

# PLATFORMA B

| **Plūsmu Grupa** | **Plūsma** | **Grupa** | **Svara kategorijas** | **Cilvēku skaits** | **Pietupieni** | **Spiešana** | **Vilkme** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sākums** | **Beigas** | **Sākums** | **Beigas** | **Sākums** | **Beigas** |
| **Sacensību atklāšana** | **10:50:00** | *Augstumus piesaka vīri* |
| B1 | 1 | Seniori III | Visi | 10 | 11:00:00 | 11:24:00 | 11:57:00 | 12:19:00 | 12:49:45 | 13:07:45 |
| 2 | Seniori II  | Visi | 7 | - | - | 12:21:00 | 12:45:45 | 13:09:45 | 13:30:00 |
| B2 | 1 | Seniori I | -105kg;-120kg;+120kg (-83kg;+83kg) | 9 | 13:34:00 | 13:55:00 | 14:26:00 | 14:55:45 | 15:05:30 | 15:35:45 |
| 2 | Seniori I | -66kg;-74kg; -83kg; -93kg; | 6 |  |  | 13:55:45 | 14:25:30 |  |  |
| **Apbalvošana - Seniori** | **16:30:00** | *Augstumus piesaka juniori* |
| B3 | 1 | Juniori | 66kg; -93kg; -120kg | 9 | 17:00:00 | 17:33:00 | 18:15:00 | 18:45:15 | 19:24:15 | 19:49:00 |
|  | 2 | Juniori | -74kg;-83kg | 10 | 17:35:00 | 18:11:00 | 18:47:15 | 19:20:15 | 19:51:00 | 20:18:00 |

| **Apbalvošana - juniori un komandas** | **20:30:00** |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |

**Svēršanās**

**Sākums Beigas**

**Grupas**

09:00:00 10:30:00 Sievietes, vīri, seniori,jaunieši, juniori