

VIII Latvian Youth and Junior Championships  
Riga, 1. - 3.5.2026

Event 24 Boys, 400m Medley 2008 and younger  
02.05.2026 - 17:21 Results

Championships records 4:33.71 DEICMANS Nikolass LAT Riga 02.03.2024  
Latvian Records 4:22.60 KALNINS Uvis LAT Gwangju (KOR) 10.07.2015

SKSM Open: 4:19.08 / SM Open: 4:41.39 / SMK Open: 4:57.79 / I Open: 5:18.83 / II Open: 5:50.91 / III Open: 6:35.79 /  
IV Open: 7:58.70

Points: AQUA 2026

Rank	Name	YOB	Team	RT	Time	Points	Level
1.	<b>BENSONS Ralfs</b> <i>LATVIJAS JAUNIEŠU EMPIONS</i>	13	Dobeles SS	+0.65	<b>5:10.59</b>	475I	
	50m: 32.15 32.15 150m: 1:50.08 39.91 250m: 3:13.11 43.26 350m: 4:34.80 36.49 100m: 1:10.17 38.02 200m: 2:29.85 39.77 300m: 3:58.31 45.20 400m: 5:10.59 35.79						
2.	<b>KORKACS Jegors</b>	13	Kipsalas peldbaseins II	+0.82	<b>5:26.38</b>	410II	
	50m: 34.05 34.05 150m: 1:57.85 42.94 250m: 3:24.69 46.77 350m: 4:50.34 38.71 100m: 1:14.91 40.86 200m: 2:37.92 40.07 300m: 4:11.63 46.94 400m: 5:26.38 36.04						
3.	<b>TREIGUTS Manu</b>	14	PS Riga	+0.73	<b>5:50.86</b>	330II	
	50m: 36.78 36.78 150m: 2:06.77 45.89 250m: 3:39.63 48.74 350m: 5:11.33 41.95 100m: 1:20.88 44.10 200m: 2:50.89 44.12 300m: 4:29.38 49.75 400m: 5:50.86 39.53						
4.	<b>IVANOVS Jegors</b>	13	Daugavpils SS	+0.62	<b>5:55.98</b>	316III	
	50m: 36.33 36.33 150m: 2:05.41 44.40 250m: 3:40.83 52.99 350m: 5:16.12 41.99 100m: 1:21.01 44.68 200m: 2:47.84 42.43 300m: 4:34.13 53.30 400m: 5:55.98 39.86						
5.	<b>VIGULIS Kristofers</b>	13	Kekavas NSS	+0.66	<b>6:03.99</b>	295III	
	50m: 38.44 38.44 150m: 2:11.77 46.68 250m: 3:50.30 52.22 350m: 5:24.21 40.70 100m: 1:25.09 46.65 200m: 2:58.08 46.31 300m: 4:43.51 53.21 400m: 6:03.99 39.78						
6.	<b>HODJUKS Marjans</b>	14	Rezeknes BJSS	+0.67	<b>6:09.83</b>	281III	
	50m: 40.80 40.80 150m: 2:18.03 46.40 250m: 3:53.06 50.85 350m: 5:28.06 42.50 100m: 1:31.63 50.83 200m: 3:02.21 44.18 300m: 4:45.56 52.50 400m: 6:09.83 41.77						
7.	<b>LEGZDINS Rodrigo</b>	13	Kekavas NSS	+0.69	<b>6:13.98</b>	272III	
	50m: 41.10 41.10 150m: 2:16.03 46.03 250m: 3:54.92 51.79 350m: 5:32.02 42.47 100m: 1:30.00 48.90 200m: 3:03.13 47.10 300m: 4:49.55 54.63 400m: 6:13.98 41.96						

LATVIJAS JUNIORU EMPION TS

1.	<b>KIRGIZOVŠ Timurs</b> <i>LATVIJAS JUNIORU EMPIONS</i>	08	Rezeknes BJSS	+0.72	<b>4:53.08</b>	566SMK	
	50m: 29.86 29.86 150m: 1:43.18 39.93 250m: 3:04.76 42.42 350m: 4:20.16 33.75 100m: 1:03.25 33.39 200m: 2:22.34 39.16 300m: 3:46.41 41.65 400m: 4:53.08 32.92						
2.	<b>MENGOTS Dominiks</b>	08	Jelgavas SPS	+0.62	<b>4:57.87</b>	539I	
	50m: 30.14 30.14 150m: 1:47.50 39.78 250m: 3:07.79 41.57 350m: 4:24.49 34.57 100m: 1:07.72 37.58 200m: 2:26.22 38.72 300m: 3:49.92 42.13 400m: 4:57.87 33.38						
3.	<b>MELNGARSS Eduards</b>	10	Valmieras SS	+0.73	<b>5:14.94</b>	456I	
	50m: 30.16 30.16 150m: 1:47.34 41.88 250m: 3:11.46 43.45 350m: 4:37.60 39.24 100m: 1:05.46 35.30 200m: 2:28.01 40.67 300m: 3:58.36 46.90 400m: 5:14.94 37.34						
4.	<b>BARKEVICS Damirs</b>	12	Daugavpils SS	+0.69	<b>5:22.04</b>	426II	
	50m: 31.59 31.59 150m: 1:53.60 41.93 250m: 3:19.38 43.76 350m: 4:43.67 38.57 100m: 1:11.67 40.08 200m: 2:35.62 42.02 300m: 4:05.10 45.72 400m: 5:22.04 38.37						
5.	<b>GRANTS Jekabs</b>	10	Siguldas SS	+0.73	<b>5:35.83</b>	376II	
	50m: 33.29 33.29 150m: 2:00.05 45.45 250m: 3:30.73 47.16 350m: 4:57.92 39.50 100m: 1:14.60 41.31 200m: 2:43.57 43.52 300m: 4:18.42 47.69 400m: 5:35.83 37.91						

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Event 24, Boys, 400m Medley, LATVIJAS JUNIORU EMPION TS

Rank	Name	YOB	Team	RT	Time	Points	Level	
6.	RIMSA Deniss	12	Rezeknes BJSS	+0.84	<b>5:37.55</b>	370	II	
	50m: 34.14	34.14	150m: 1:57.74	42.55	250m: 3:32.58	51.28	350m: 5:00.63	36.92
	100m: 1:15.19	41.05	200m: 2:41.30	43.56	300m: 4:23.71	51.13	400m: 5:37.55	36.92
7.	HODJUKS Timurs	10	Rezeknes BJSS	+0.65	<b>5:42.85</b>	353	II	
	50m: 35.18	35.18	150m: 2:04.62	45.79	250m: 3:34.72	45.76	350m: 5:03.64	41.89
	100m: 1:18.83	43.65	200m: 2:48.96	44.34	300m: 4:21.75	47.03	400m: 5:42.85	39.21

OVERALL AWARDS/ RVALSTU KOMANDU APBALVOŠANA

1.	KIRGIZOVS Timurs	08	Rezeknes BJSS	+0.72	<b>4:53.08</b>	566	SMK	
	50m: 29.86	29.86	150m: 1:43.18	39.93	250m: 3:04.76	42.42	350m: 4:20.16	33.75
	100m: 1:03.25	33.39	200m: 2:22.34	39.16	300m: 3:46.41	41.65	400m: 4:53.08	32.92
2.	MENGOTS Dominiks	08	Jelgavas SPS	+0.62	<b>4:57.87</b>	539	I	
	50m: 30.14	30.14	150m: 1:47.50	39.78	250m: 3:07.79	41.57	350m: 4:24.49	34.57
	100m: 1:07.72	37.58	200m: 2:26.22	38.72	300m: 3:49.92	42.13	400m: 4:57.87	33.38
3.	SYNIUHIN Mykhailo	11	Kohtla-Jarve VSK	+0.69	<b>5:01.66</b>	519	I	
	50m: 30.61	30.61	150m: 1:45.28	39.01	250m: 3:09.01	45.39	350m: 4:29.33	34.18
	100m: 1:06.27	35.66	200m: 2:23.62	38.34	300m: 3:55.15	46.14	400m: 5:01.66	32.33
4.	BENSONS Ralfs	13	Dobeles SS	+0.65	<b>5:10.59</b>	475	I	
	50m: 32.15	32.15	150m: 1:50.08	39.91	250m: 3:13.11	43.26	350m: 4:34.80	36.49
	100m: 1:10.17	38.02	200m: 2:29.85	39.77	300m: 3:58.31	45.20	400m: 5:10.59	35.79
5.	MELNGARSS Eduards	10	Valmieras SS	+0.73	<b>5:14.94</b>	456	I	
	50m: 30.16	30.16	150m: 1:47.34	41.88	250m: 3:11.46	43.45	350m: 4:37.60	39.24
	100m: 1:05.46	35.30	200m: 2:28.01	40.67	300m: 3:58.36	46.90	400m: 5:14.94	37.34
6.	BARKEVICS Damirs	12	Daugavpils SS	+0.69	<b>5:22.04</b>	426	II	
	50m: 31.59	31.59	150m: 1:53.60	41.93	250m: 3:19.38	43.76	350m: 4:43.67	38.57
	100m: 1:11.67	40.08	200m: 2:35.62	42.02	300m: 4:05.10	45.72	400m: 5:22.04	38.37
7.	KORKACS Jegors	13	Kipsalas peldbaseins II	+0.82	<b>5:26.38</b>	410	II	
	50m: 34.05	34.05	150m: 1:57.85	42.94	250m: 3:24.69	46.77	350m: 4:50.34	38.71
	100m: 1:14.91	40.86	200m: 2:37.92	40.07	300m: 4:11.63	46.94	400m: 5:26.38	36.04
8.	GRANTS Jekabs	10	Siguldas SS	+0.73	<b>5:35.83</b>	376	II	
	50m: 33.29	33.29	150m: 2:00.05	45.45	250m: 3:30.73	47.16	350m: 4:57.92	39.50
	100m: 1:14.60	41.31	200m: 2:43.57	43.52	300m: 4:18.42	47.69	400m: 5:35.83	37.91
9.	RIMSA Deniss	12	Rezeknes BJSS	+0.84	<b>5:37.55</b>	370	II	
	50m: 34.14	34.14	150m: 1:57.74	42.55	250m: 3:32.58	51.28	350m: 5:00.63	36.92
	100m: 1:15.19	41.05	200m: 2:41.30	43.56	300m: 4:23.71	51.13	400m: 5:37.55	36.92
10.	HODJUKS Timurs	10	Rezeknes BJSS	+0.65	<b>5:42.85</b>	353	II	
	50m: 35.18	35.18	150m: 2:04.62	45.79	250m: 3:34.72	45.76	350m: 5:03.64	41.89
	100m: 1:18.83	43.65	200m: 2:48.96	44.34	300m: 4:21.75	47.03	400m: 5:42.85	39.21
11.	TREIGUTS Manu	14	PS Riga	+0.73	<b>5:50.86</b>	330	II	
	50m: 36.78	36.78	150m: 2:06.77	45.89	250m: 3:39.63	48.74	350m: 5:11.33	41.95
	100m: 1:20.88	44.10	200m: 2:50.89	44.12	300m: 4:29.38	49.75	400m: 5:50.86	39.53
12.	IVANOVS Jegors	13	Daugavpils SS	+0.62	<b>5:55.98</b>	316	III	
	50m: 36.33	36.33	150m: 2:05.41	44.40	250m: 3:40.83	52.99	350m: 5:16.12	41.99
	100m: 1:21.01	44.68	200m: 2:47.84	42.43	300m: 4:34.13	53.30	400m: 5:55.98	39.86
13.	VIGULIS Kristofers	13	Kekavas NSS	+0.66	<b>6:03.99</b>	295	III	
	50m: 38.44	38.44	150m: 2:11.77	46.68	250m: 3:50.30	52.22	350m: 5:24.21	40.70
	100m: 1:25.09	46.65	200m: 2:58.08	46.31	300m: 4:43.51	53.21	400m: 6:03.99	39.78

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Rank	Name	YOB		Team	RT	Time	Points	Level
14.	HODJUKS Marjans	14		Rezeknes BJSS	+0.67	<b>6:09.83</b>	281	III
	50m: 40.80	40.80	150m: 2:18.03	46.40	250m: 3:53.06	50.85	350m: 5:28.06	42.50
	100m: 1:31.63	50.83	200m: 3:02.21	44.18	300m: 4:45.56	52.50	400m: 6:09.83	41.77
15.	LEGZDINS Rodrigo	13		Kekavas NSS	+0.69	<b>6:13.98</b>	272	III
	50m: 41.10	41.10	150m: 2:16.03	46.03	250m: 3:54.92	51.79	350m: 5:32.02	42.47
	100m: 1:30.00	48.90	200m: 3:03.13	47.10	300m: 4:49.55	54.63	400m: 6:13.98	41.96