

Report times

Friday, March 1

8:00am	Para poomsae (report directly to Ring 1) Freestyle poomsae 18+ team Cadet Team poomsae, Female Cadet Team poomsae, Male Jr. Team poomsae, Female Jr. Team poomsae, Male
8:00am	Para sparring Ultra sparring (matches 1-3 in Rings 5, 9-14) [Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
9:00am	Freestyle poomsae 18+ pair Youth sparring (matches 4-6 in Rings 5, 9-14) [Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
9:15am	Under 40 (2nd Senior) Female Individual poomsae Under 40 (2nd Senior) Male Individual poomsae
9:30am	Freestyle poomsae 18+ Male individual (prelim. round) Jr. Female Individual poomsae
10:00am	Under 30 (1st Senior) Female Individual poomsae Under 30 (1st Senior) Male Individual poomsae Jr. Male Individual poomsae
10:30am	Cadet Female Individual poomsae
11:00am	Freestyle poomsae 18+ Female individual (prelim. round)
1:00pm	Freestyle poomsae 18+ Male individual (final round) Cadet Male Individual poomsae
2:00pm	Freestyle poomsae 18+ Female individual (final round) Jr. Pairs poomsae
3:00pm	Cadet Pairs poomsae



Report times

Saturday, March 2

- 8:00am Cadet sparring (matches 1-5 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 9:00am Cadet sparring (matches 6-10 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 10:00am Cadet sparring (matches 11-15 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 12:00pm (noon) 18-32 sparring (matches 16-18 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 1:30pm 18-32 sparring (matches 19-21 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 2:30pm 18-32 sparring (matches 19-21 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]



Report times

Sunday, March 3

- 8:00am Cadet sparring (matches 1-5 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 9:00am Cadet sparring (matches 6-10 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 10:00am Cadet sparring (matches 11-15 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 12:00pm (noon) 18-32 sparring (matches 16-18 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 1:30pm 18-32 sparring (matches 19-21 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]
- 2:30pm 18-32 sparring (matches 19-21 in Rings 1-14)
[Matches will continue until divisions finish; winners should report back to holding upon completion of their matches]

