



# 2020 U.S. Open Taekwondo Championships

Walt Disney World, Florida • 26 February – 01 March 2020

## Wednesday, 26 February 2020

9:00am-12:00pm	Credential Pick Up for ALL Competitors Weigh-in for Sparring Competitors	ESPN Wide World of Sports
10:00am-12:00pm	Credential Pick Up for National Teams that have scheduled a pick-up time <b>ONLY*</b>	ESPN Wide World of Sports
10:00am-8:00pm	Open Training	ESPN Wide World of Sports
2:00pm-6:00pm	Credential Pick Up for ALL Competitors Weigh-In for Thursday's Sparring Competitors	ESPN Wide World of Sports
2:30pm-5:00pm	Credential Pick Up for National Teams that have a scheduled pick-up time <b>ONLY*</b>	ESPN Wide World of Sports
TBD	International Referee Meeting	
TBD	Poomsae WT Coach Permit Course Sparring WT Coach Permit Course	ESPN Wide World of Sports
6:00pm	Sparring & Poomsae Technical Meeting	ESPN Wide World of Sports

All Thursday's competitors must be checked in & weighed-in (sparring only) by 6:00pm

## Thursday, 27 February 2020

Cadet (12-14) Pairs & Team Poomsae Junior (15-17) Individual Poomsae Cadet/Junior (12-17) Pairs & Teams Freestyle Poomsae Under 30 Pairs & Team Poomsae Over 30 Pairs & Team Poomsae Under 50 Individual Poomsae	Under 60 Individual Poomsae Senior (18 & Older) Pairs & Teams Freestyle Poomsae  <b>Senior (17-32) Sparring</b> <u>Male:</u> Fin (-54kg), Fly (-58kg), Feather (-68kg) & Light (-74kg) <u>Female:</u> Bantam (-53kg), Light (-62kg), Middle (-73kg), & Heavy (+73kg)	
7:30am	Doors Open for Thursday's Competitors	ESPN Wide World of Sports
8:00am	Doors Open for Spectators	ESPN Wide World of Sports
8:00am	Random Weigh-In	ESPN Wide World of Sports
8:30am	Competition Begins	ESPN Wide World of Sports
9:30am-12:30pm	Credential Pick Up for ALL Competitors Weigh-In for Friday's Sparring Competitors	ESPN Wide World of Sports
8:00am-7:00pm	Open Training	ESPN Wide World of Sports
TBD	Lunch	
2:30pm-6:30pm	Credential Pick Up for ALL Competitors Weigh-In for Friday's Sparring Competitors	ESPN Wide World of Sports

All Friday's Competitors must be checked in & weighed in (sparring) by 6:30pm

Detailed report times will be published prior to the start of the competition on the USA Taekwondo's website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us)). Match numbering will be used for all sparring divisions. Sparring brackets will be posted to the USA Taekwondo website the evening before the competition after the close of weigh-in. Designated poomsae will be posted 1 week prior to the start of the competition.



Where Olympic Journeys Begin



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## Friday, 28 February 2020

Cadet (12-14) Individual Poomsae Junior (15-17) Pairs & Team Poomsae Cadet/Junior (12-17) Individual Freestyle Under 30 Individual Poomsae Under 40 Individual Poomsae Under 65 Individual Poomsae		66 & Older Individual Poomsae  <b>Senior (17-32) Sparring</b> <u>Male:</u> Bantam (-63kg), Welter (-80kg), Middle (-87kg), Heavy (+87kg) <u>Female:</u> Min (-46kg), Fly (59kg), Feather (-57kg), Welter (-67kg),
<b>7:30am</b>	Doors Open for Friday's Competitors	ESPN Wide World of Sports
<b>8:00am</b>	Doors Open for Spectators	ESPN Wide World of Sports
<b>8:00am</b>	Random Weigh-In	ESPN Wide World of Sports
<b>8:30am</b>	Competition Begins	ESPN Wide World of Sports
<b>9:30am-12:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Saturday's Sparring Competitors	ESPN Wide World of Sports
<b>8:00am-7:00pm</b>	Open Training	ESPN Wide World of Sports
<b>TBD</b>	Lunch	
<b>2:30pm-6:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Saturday's Sparring Competitors	ESPN Wide World of Sports
<b>All Saturday's Competitors MUST be checked in and weighed-in (Sparring Only) by 6:30pm</b>		

## Saturday, 29 February 2020

Youth (10-11) Female Sparring Youth (10-11) Pairs & Team Poomsae		Junior (15-17) Sparring Ultra Sparring Senior (18 & Older) Individual Freestyle Poomsae
<b>7:30am</b>	Doors Open for Saturday's Competitors	ESPN Wide World of Sports
<b>TBD</b>	Para Classification	ESPN Wide World of Sports
<b>8:00am</b>	Doors Open for Spectators	ESPN Wide World of Sports
<b>8:30am</b>	Competition Begins	ESPN Wide World of Sports
<b>9:30am-12:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Sunday's Sparring Competitors	ESPN Wide World of Sports
<b>8:00am-7:00pm</b>	Open Training	ESPN Wide World of Sports
<b>TBD</b>	Lunch	
<b>2:30pm-6:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Sunday's Sparring Competitors	ESPN Wide World of Sports
<b>All Sunday's Competitors MUST be checked in and weighed (sparring only)-in by 6:30pm</b>		

## Sunday, 01 March 2020

Youth (10-11) Male Sparring Youth (10-11) Individual Poomsae Cadet (12-14) Sparring		Para Sparring (16+) Para Poomsae (16+)
<b>7:30am</b>	Doors Open for Sunday's Competitors	ESPN Wide World of Sports
<b>8:00am</b>	Doors Open for Spectators	ESPN Wide World of Sports
<b>8:30am</b>	Competition Begins	ESPN Wide World of Sports
<b>TBD</b>	Lunch	



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