

# 2022 U.S. GRAND PRIX FINAL & TEAM TRIALS - SPARRING - Schedule of Events

Date	WEIGH-IN / CHECK-IN	SPARRING WEIGH-IN	SPARRING COMPETITION TIME SCHEDULE		SPARRING COMPETITION																																																																																																								
INFORMATION:	This column lists the times that Weigh-in & Check-in is open. If all information is correct on Sparring Athletes virtual credential, there is NO need to check-in at registration. Athletes proceed directly to weigh-in.	This column lists all SPARRING Divisions that need to Weigh-In by date. (No check-in at registration is necessary unless a change must be made)	This column lists the competition date & time schedule		This Column lists the SPARRING Divisions that are competing by date.																																																																																																								
THURS, SEPT 15	4:00pm-6:00pm: Check-in & Weigh-In Open	SENIOR WORLD CHAMPIONSHIP TEAM TRIAL- WEIGH-IN CADET, JUNIOR, SENIOR, ULTRA COLOR BELTS AND DRAGON, TIGER, YOUTH ALL BELTS TEAM TRIAL - WEIGH-IN	THURS, SEPT 15	There are no competition times for this day.	There is no Sparring Competition on this day.																																																																																																								
FRI, SEPT 16	10:00am - 12:00pm Check-In & Weigh-In -OR- 3:00pm - 5:00pm: Check-in & Weigh-In	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>GRASSROOTS CADET SPARRING</td><td style="text-align: center;">12 - 14</td><td style="text-align: center;">Black</td><td style="text-align: center;">Female</td></tr> <tr><td>GRASSROOTS CADET SPARRING</td><td style="text-align: center;">12 - 14</td><td style="text-align: center;">Black</td><td style="text-align: center;">Male</td></tr> <tr><td>PARA SPARRING</td><td style="text-align: center;">ALL DIVISIONS</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Female</td></tr> <tr><td>PARA SPARRING</td><td style="text-align: center;">ALL DIVISIONS</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Male</td></tr> <tr><td>SENIOR SPARRING</td><td style="text-align: center;">18 - 32</td><td style="text-align: center;">Color Belts</td><td style="text-align: center;">Female</td></tr> <tr><td>SENIOR SPARRING</td><td style="text-align: center;">18 - 32</td><td style="text-align: center;">Color Belts</td><td style="text-align: center;">Male</td></tr> <tr><td>WORLD CLASS CADET SPARRING</td><td style="text-align: center;">12 - 14</td><td style="text-align: center;">Black</td><td style="text-align: center;">Female</td></tr> <tr><td>WORLD CLASS CADET SPARRING</td><td style="text-align: center;">12 - 14</td><td style="text-align: center;">Black</td><td style="text-align: center;">Male</td></tr> <tr><td>TIGER SPARRING</td><td style="text-align: center;">8 - 9</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Female</td></tr> <tr><td>TIGER SPARRING</td><td style="text-align: center;">8 - 9</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Male</td></tr> <tr><td>DRAGON SPARRING</td><td style="text-align: center;">6 - 7</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Female</td></tr> <tr><td>DRAGON SPARRING</td><td style="text-align: center;">6 - 7</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Male</td></tr> <tr><td>YOUTH SPARRING</td><td style="text-align: center;">10 - 11</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Female</td></tr> <tr><td>YOUTH SPARRING</td><td style="text-align: center;">10 - 11</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Male</td></tr> <tr><td>WORLD CLASS JUNIOR SPARRING</td><td style="text-align: center;">15 - 17</td><td style="text-align: center;">Black</td><td style="text-align: center;">Female</td></tr> <tr><td>WORLD CLASS JUNIOR SPARRING</td><td style="text-align: center;">15 - 17</td><td style="text-align: center;">Black</td><td style="text-align: center;">Male</td></tr> <tr><td>ULTRA SPARRING</td><td style="text-align: center;">33 and Over</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Female</td></tr> <tr><td>ULTRA SPARRING</td><td style="text-align: center;">33 and Over</td><td style="text-align: center;">All Belts</td><td style="text-align: center;">Male</td></tr> </table>	GRASSROOTS CADET SPARRING	12 - 14	Black	Female	GRASSROOTS CADET SPARRING	12 - 14	Black	Male	PARA SPARRING	ALL DIVISIONS	All Belts	Female	PARA SPARRING	ALL DIVISIONS	All Belts	Male	SENIOR SPARRING	18 - 32	Color Belts	Female	SENIOR SPARRING	18 - 32	Color Belts	Male	WORLD CLASS CADET SPARRING	12 - 14	Black	Female	WORLD CLASS CADET SPARRING	12 - 14	Black	Male	TIGER SPARRING	8 - 9	All Belts	Female	TIGER SPARRING	8 - 9	All Belts	Male	DRAGON SPARRING	6 - 7	All Belts	Female	DRAGON SPARRING	6 - 7	All Belts	Male	YOUTH SPARRING	10 - 11	All Belts	Female	YOUTH SPARRING	10 - 11	All Belts	Male	WORLD CLASS JUNIOR SPARRING	15 - 17	Black	Female	WORLD CLASS JUNIOR SPARRING	15 - 17	Black	Male	ULTRA SPARRING	33 and Over	All Belts	Female	ULTRA SPARRING	33 and Over	All Belts	Male	FRI, SEPT 16	Doors Open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.	SENIOR WORLD CHAMPIONSHIP TEAM TRIAL CADET, JUNIOR, SENIOR, ULTRA COLOR BELTS AND DRAGON, TIGER, YOUTH ALL BELTS TEAM TRIAL																																
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## 2022 U.S. GRAND PRIX FINAL & TEAM TRIALS - POOMSAE - Schedule of Events

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INFORMATION:		This column lists the times that Check-in is open.	This column lists the competition date & time schedule.	This column lists the POOMSAE divisions that are competing by date.																																																																																																																
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FRI, SEPT 16	CHECK-IN: 10:00a.m. - 12:00p.m. -OR- 3:00p.m. - 5:00p.m.	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>PAIRS POOMSAE</td><td>UNDER 30</td><td>Black</td><td></td></tr> <tr><td>PAIRS POOMSAE</td><td>OVER 31</td><td>Black</td><td></td></tr> <tr><td>PAIRS POOMSAE</td><td>OVER 50</td><td>Black</td><td></td></tr> <tr><td>PARA POOMSAE</td><td>ALL DIVISIONS</td><td>All Belts</td><td>Female</td></tr> <tr><td>PARA POOMSAE</td><td>ALL DIVISIONS</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>UNDER 30</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 40</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 50</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 60</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 65</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 65</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Over 65</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>UNDER 30</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 40</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 50</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 60</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 65</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Over 65</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>OVER 70</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>OVER 70</td><td>All Belts</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>CADET-JUNIOR</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>SENIOR</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>CADET-JUNIOR</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>SENIOR</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>CADET TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>JUNIOR TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>CADET TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>JUNIOR TEAM</td><td>Black</td><td>Male</td></tr> </table>	PAIRS POOMSAE	UNDER 30	Black		PAIRS POOMSAE	OVER 31	Black		PAIRS POOMSAE	OVER 50	Black		PARA POOMSAE	ALL DIVISIONS	All Belts	Female	PARA POOMSAE	ALL DIVISIONS	All Belts	Male	POOMSAE	UNDER 30	All Belts	Female	POOMSAE	Under 40	All Belts	Female	POOMSAE	Under 50	All Belts	Female	POOMSAE	Under 60	All Belts	Female	POOMSAE	Under 65	All Belts	Female	POOMSAE	Under 65	All Belts	Female	POOMSAE	Over 65	All Belts	Female	POOMSAE	UNDER 30	All Belts	Male	POOMSAE	Under 40	All Belts	Male	POOMSAE	Under 50	All Belts	Male	POOMSAE	Under 60	All Belts	Male	POOMSAE	Under 65	All Belts	Male	POOMSAE	Over 65	All Belts	Male	POOMSAE	OVER 70	All Belts	Female	POOMSAE	OVER 70	All Belts	Male	WORLD CLASS FREESTYLE POOMSAE	CADET-JUNIOR	Black	Female	WORLD CLASS FREESTYLE POOMSAE	SENIOR	Black	Female	WORLD CLASS FREESTYLE POOMSAE	CADET-JUNIOR	Black	Male	WORLD CLASS FREESTYLE POOMSAE	SENIOR	Black	Male	WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Male	FRI, SEPT 16	Doors open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.  CADET, JUNIOR, SENIOR, ULTRA COLOR BELTS TIGER, YOUTH ALL BELTS TEAM TRIAL DRAGON,
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SAT, SEPT 17	CHECK-IN: 10:00a.m. - 12:00p.m. -OR- 3:00p.m. - 5:00p.m.	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>PAIRS POOMSAE</td><td>CADET PAIRS</td><td>Black</td><td>Mixed</td></tr> <tr><td>PAIRS POOMSAE</td><td>JUNIOR PAIRS</td><td>Black</td><td>Mixed</td></tr> <tr><td>POOMSAE</td><td>Junior</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Junior</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>CADETS</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>CADETS</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Dragons</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Dragons</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Tigers</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Tigers</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Youth</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Youth</td><td>All Belts</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE PAIRS POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS FREESTYLE PAIRS POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS FREESTYLE TEAM POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS FREESTYLE TEAM POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>UNDER 30 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 30 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 50 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>UNDER 30 TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 30 TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 50 TEAM</td><td>Black</td><td>Male</td></tr> </table>	PAIRS POOMSAE	CADET PAIRS	Black	Mixed	PAIRS POOMSAE	JUNIOR PAIRS	Black	Mixed	POOMSAE	Junior	All Belts	Female	POOMSAE	Junior	All Belts	Male	POOMSAE	CADETS	All Belts	Female	POOMSAE	CADETS	All Belts	Male	POOMSAE	Dragons	All Belts	Female	POOMSAE	Dragons	All Belts	Male	POOMSAE	Tigers	All Belts	Female	POOMSAE	Tigers	All Belts	Male	POOMSAE	Youth	All Belts	Female	POOMSAE	Youth	All Belts	Male	WORLD CLASS FREESTYLE PAIRS POOMSAE	17 & Under	Black	Mixed	WORLD CLASS FREESTYLE PAIRS POOMSAE	18 & Over	Black	Mixed	WORLD CLASS FREESTYLE TEAM POOMSAE	17 & Under	Black	Mixed	WORLD CLASS FREESTYLE TEAM POOMSAE	18 & Over	Black	Mixed	WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Male	SAT, SEPT 17	Doors open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.  PAIRS POOMSAE UNDER 30 Black Mixed PAIRS POOMSAE OVER 31 Black Mixed PAIRS POOMSAE OVER 50 Black Mixed PARA POOMSAE ALL DIVISIONS All Belts Female PARA POOMSAE ALL DIVISIONS All Belts Male POOMSAE UNDER 30 All Belts Female POOMSAE Under 40 All Belts Female POOMSAE Under 50 All Belts Female POOMSAE Under 60 All Belts Female POOMSAE Under 65 All Belts Female POOMSAE Over 65 All Belts Female POOMSAE Under 60 All Belts Male POOMSAE Over 65 All Belts Male POOMSAE Under 40 All Belts Male POOMSAE Under 50 All Belts Male POOMSAE Under 60 All Belts Male POOMSAE Under 65 All Belts Male POOMSAE Over 65 All Belts Male POOMSAE OVER 70 All Belts Female POOMSAE OVER 70 All Belts Male WORLD CLASS FREESTYLE POOMSAE 17 & Under Black Female WORLD CLASS FREESTYLE POOMSAE 18 & Over Black Female WORLD CLASS FREESTYLE POOMSAE 17 & Under Black Male WORLD CLASS FREESTYLE POOMSAE 18 & Over Black Male WORLD CLASS TEAM POOMSAE CADET TEAM Black Female WORLD CLASS TEAM POOMSAE JUNIOR TEAM Black Female WORLD CLASS TEAM POOMSAE CADET TEAM Black Male WORLD CLASS TEAM POOMSAE JUNIOR TEAM Black Male																								
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SUN, SEPT 18		[intentionally left blank]	SUN, SEPT 18	Doors open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.  PAIRS POOMSAE CADET PAIRS Black Mixed PAIRS POOMSAE JUNIOR PAIRS Black Mixed POOMSAE Junior All Belts Female POOMSAE Junior All Belts Male POOMSAE CADETS All Belts Female POOMSAE CADETS All Belts Male POOMSAE Dragons All Belts Female POOMSAE Dragons All Belts Male POOMSAE Tigers All Belts Female POOMSAE Tigers All Belts Male POOMSAE Youth All Belts Female POOMSAE Youth All Belts Male WORLD CLASS FREESTYLE PAIRS POOMSAE 17 & Under Black Black WORLD CLASS FREESTYLE PAIRS POOMSAE 18 & Over Black Black WORLD CLASS FREESTYLE TEAM POOMSAE 17 & Under Black Black WORLD CLASS FREESTYLE TEAM POOMSAE 18 & Over Black Black WORLD CLASS TEAM POOMSAE UNDER 30 TEAM Black Female WORLD CLASS TEAM POOMSAE OVER 30 TEAM Black Female WORLD CLASS TEAM POOMSAE UNDER 30 TEAM Black Male WORLD CLASS TEAM POOMSAE OVER 30 TEAM Black Male WORLD CLASS TEAM POOMSAE OVER 50 TEAM Black Male																																																																																																																