

# 2019 USA Taekwondo National Championships

## Minneapolis, MN • June 27 – July 4, 2019

### Thursday, June 27, 2019

TBD	Sparring Referee Seminar	Minneapolis Convention Center, Room 101B
TBD	Poomsae Referee Seminar	Minneapolis Convention Center, Room 101C
9:00am – 12:00pm	Credential Pick Up Weigh-in for Friday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
9:00am-4:00pm	Level 1 Coach Seminar	Minneapolis Convention Center, Room 101D
2:00pm – 7:00pm	Credential Pick Up Weigh-In for Friday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
5:30pm – 6:30pm	Coaches Edge Seminar (Webinar)	Minneapolis Convention Center
6:00pm	Appointed Referee Meeting	Minneapolis Convention Center, Room 101B
4:00pm	#NOTINMYSPORT Education Seminar	Minneapolis Convention Center, Room 101D
7:00pm	Congress	Minneapolis Convention Center, Room 101C

**ALL FRIDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 7:00PM**

### Friday, June 28, 2019

	12-14 Cadet World Class Sparring (Black Belts) 12-14 Cadet Grassroots Sparring (Black Belts) 15-17 Junior World Class Individual Poomsae (Black Belts)	12-17 World Class Pairs Freestyle Poomsae (Black Belts) 12-17 World Class Teams Freestyle Poomsae (Black Belts)
7:30am	Doors Open for Friday's Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F -J
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J

**ALL SATURDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM**

### Saturday, June 29, 2019

	12-14 Cadet World Class Pairs Poomsae (Black Belts) 12-14 Cadet World Class Teams Poomsae (Black Belts) 12-17 World Class Individual Freestyle Poomsae (Black Belts) 12-14 Cadet Individual Poomsae (Color Belts) 12-14 Cadet Board Breaking (Black Belts)	15-17 Junior Board Breaking (All Belts) 15-17 Junior Individual Poomsae (Color Belts) 15-17 Junior World Class Sparring (Black Belts) – Divisions Below <b>ONLY:</b> <u>Male:</u> <i>Fin, Fly, Bantam &amp; Feather Weights</i> <u>Female:</u> <i>ALL Weight Classes</i>
7:30am	Doors Open for Saturday's Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
3:30pm	State President & State Event Coordinator Meeting	Minneapolis Convention Center, Room 101C

**ALL SUNDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM**

# 2019 USA Taekwondo National Championships

Minneapolis, MN • June 27 – July 4, 2019

## Sunday, June 30, 2019

12-14 Cadet World Class Individual Poomsae (Black Belts) 12-14 Cadet Board Breaking (Color Belts) 15-17 World Class Pairs Poomsae (Black Belts) 15-17 World Class Teams Poomsae (Black Belts) 18-30 World Class Pairs Poomsae (Black Belts) 18-30 World Class Teams Poomsae (Black Belts)	51-60 World Class Individual Poomsae (Black Belts) 61-65 World Class Individual Poomsae (Black Belts) 66+ World Class Individual Poomsae (Black Belts) 15-17 Junior Sparring (Color Belts) 15-17 Junior World Class Sparring (Black Belts) – Divisions Below <b>ONLY</b> <u>Male:</u> <i>Light, Welter, Light Middle, Middle, Light Heavy &amp; Heavy</i>	
<b>7:30am</b>	Doors Open for Sunday Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
<b>8:30am</b>	Competition Begins	Minneapolis Convention Center, Halls B & C
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
<b>TBD</b>	Lunch	
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J

**ALL MONDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM**

## Monday, July 1, 2019

10-11 Youth Board Breaking (All Belts) – <b>FEMALE DIVISIONS ONLY</b> 10-11 Youth Poomsae (Color Belts ONLY) – <b>MALE DIVISIONS ONLY</b> 12-14 Cadet Sparring (Color Belts) 18+ Individual Poomsae (Color Belts) 18-30 World Class Individual Poomsae (Black Belts)	18-32 Senior Sparring (Color Belts) 33+ Ultra Sparring (All Belts) 31+ World Class Pairs Poomsae (Black Belts) 31+ World Class Teams Poomsae (Black Belts)	
<b>7:30am</b>	Doors Open for Monday Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
<b>8:30am</b>	Competition Begins	Minneapolis Convention Center, Halls B & C
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Tuesday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
<b>9:00am – 4:00pm</b>	Level 1 Coach Seminar	Minneapolis Convention Center, Room 101D
<b>TBD</b>	Lunch	
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Tuesday's Sparring Competitors	Minneapolis Convention Center, Rooms 101-F-J

**ALL TUESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM**



# 2019 USA Taekwondo National Championships

Minneapolis, MN • June 27 – July 4, 2019

## Tuesday, July 2, 2019

10-11 Youth Poomsae (All Belts)– <b>FEMALE DIVISIONS ONLY</b> 10-11 Youth Board Breaking (All Belts)– <b>MALE DIVISIONS ONLY</b> 10-11 Youth Sparring (Black Belts) – <b>MALE DIVISIONS ONLY</b> 18+ World Class Individual Freestyle Poomsae (Black Belts) 31-40 World Class Individual Poomsae (Black Belts) 41-50 World Class Individual Poomsae (Black Belts)	6-99 Demo Team (All Belts) 17-32 Senior World Class Sparring (Black Belts) - Divisions Below ONLY: <u>Male:</u> Fin, Fly, Bantam, Feather & Light <u>Female:</u> Fin, Fly, Bantam, Feather & Light
<b>7:30am</b>	Doors Open for Tuesday Competitors & Coaches ONLY Minneapolis Convention Center, Halls B & C
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators Minneapolis Convention Center, Halls B & C
<b>8:30am</b>	Competition Begins Minneapolis Convention Center, Halls B & C
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors Minneapolis Convention Center, Rooms 101F-J
<b>TBD</b>	Lunch
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors #NOTINMYSPORT Education Seminar Minneapolis Convention Center, Room 101D

**ALL WEDNESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM**

## Wednesday, July 3, 2019

6-7 Dragon Poomsae (All Belts) 8-9 Tiger Poomsae (All Belts) – <b>FEMALE DIVISIONS ONLY</b> 8-9 Tiger Board Breaking (All Belts) – <b>MALE DIVISIONS ONLY</b> 10-11 Youth Sparring – <b>FEMALE DIVISIONS ONLY</b> 10-11 Youth Poomsae (Black Belts ONLY) – <b>MALE DIVISIONS ONLY</b> 10-11 Youth Sparring (Color Belts) – <b>MALE DIVISIONS ONLY</b>	18+ World Class Pairs Freestyle Poomsae (Black Belts) 18+ World Class Teams Freestyle Poomsae (Black Belts) 18+ Board Breaking (All Belts) 17-32 Senior World Class Sparring (Black Belts) Divisions Below ONLY: <u>Male:</u> Welter, Middle & Heavy <u>Female:</u> Welter, Middle & Heavy
<b>7:30am</b>	Doors Open for Wednesday Competitors & Coaches ONLY Minneapolis Convention Center, Halls B & C
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators Minneapolis Convention Center, Halls B & C
<b>8:30am</b>	Competition Begins Minneapolis Convention Center, Halls B & C
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors Minneapolis Convention Center, Rooms 101F-J
<b>TBD</b>	Lunch
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors Minneapolis Convention Center, Room 101F-J

**ALL THURSDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM**

## Thursday, July 4, 2019

Para Sparring (All Belts) Para Poomsae (All Belts) 6-7 Dragon Sparring (All Belts)	6-7 Board Breaking (All Belts) 8-9 Tiger Sparring (All Belts) 8-9 Tiger Board Breaking (All Belts) – <b>FEMALE DIVISIONS ONLY</b> 8-9 Tiger Poomsae (All Belts) – <b>MALE DIVISIONS ONLY</b>
<b>7:30am</b>	Doors Open for Thursday Competitors & Coaches ONLY Minneapolis Convention Center, Halls B & C
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators Minneapolis Convention Center, Halls B & C
<b>8:30am</b>	Competition Begins Minneapolis Convention Center
<b>TBD</b>	Lunch

**Please Note:** The detailed schedule of report times will be posted after the final registration deadline.

**Sparring Brackets, Poomsae & Breaking Order** will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us))