

2024 AAU TAEKWONDO NATIONAL CHAMPIONSHIPS



Poomsae Competition Schedule

02 JULY 2024

EDT			B:	D:	B: 40	D 40	Bi 00
(GMT-04)	Ring 7	Ring 8	Ring 9	Ring 10	Ring 18	Ring 19	Ring 20
8:30 AM 8:35 AM	Over 30 Male Team - BLACK - FINAL	Under 65 Male - BLACK - FINAL		Under 30 Female Team - BLACK FINAL	Under 17 FREESTYLE TEAM	Minor Female - BLACK	
8:40 AM	Over 30 Pair - BLACK - FINAL	Under 40 Female - BLACK	Under 60 Female - BLACK - FINAL	Under 30 Male Team - BLACK	Under 17	FINAL	Minor Male - BLACK FINAL
8:45 AM 8:50 AM	OVEL 30 Pail - BLACK - FINAL	FINAL	TITAL	FINAL	FREESTYLE PAIR	BREAK	THAL
8:55 AM			BREAK	BREAK	BREAK		Tyke Female - INTERMEDIATE - FINAL
9:00 AM	Under 50 Male - BLACK						Tyke Female - INTERMEDIATE - FINAL Tyke Male - INTERMEDIATE - FINAL
9:05 AM 9:10 AM	SEMI-FINAL	Under 60 Male - BLACK FINAL				Under 30 Female - BLACK	Minor Female - INTERMEDIATE
9:15 AM						PRELIMINARY A	FINAL
9:20 AM	BREAK	PDEAK	Cadet Male - BLACK PRELIMINARY A	Cadet Male - BLACK PRELIMINARY B			DDEAK
9:25 AM 9:30 AM		BREAK	PRELIMINARY A	PRELIMINARY B			BREAK
9:35 AM						BREAK	Minor Male - ADVANCED FINAL
9:40 AM	Under 50 Male - BLACK FINAL				Under 17 Female FREESTYLE		TIVAL
9:45 AM 9:50 AM	FINAL		BREAK	BREAK	FREESTILE		
9:55 AM		Junior Male - BLACK PRELIMINARY A					Minor Male - INTERMEDIATE
10:00 AM 10:05 AM	BREAK	T T C C C C C C C C C C C C C C C C C C				Youth Female - INTERMEDIATE SEMI-FINAL	SEMI-FINAL
10:03 AW	BREAK			Under 30 Pair - BLACK		SEMI-FINAL	
10:15 AM			Junior Male - BLACK	FINAL			BREAK
10:20 AM 10:25 AM	Under 40 Male - BLACK	BREAK	PRELIMINARY B				Minor Male - INTERMEDIATE
10:30 AM	FINAL	Youth Pair - BLACK			BREAK	BREAK	FINAL
10:35 AM		FINAL		BREAK		V 4 5 NITTONES	
10:40 AM 10:45 AM	BREAK	BREAK	BREAK			Youth Female - INTERMEDIATE FINAL	
10:50 AM							Youth Male - ADVANCED SEMI-FINAL
10:55 AM						Minor Female - ADVANCED	OLIII-FIRAL
11:00 AM 11:05 AM						FINAL BREAK	BREAK
11:10 AM						WI NEED Y	
11:15 AM 11:20 AM				Cadet Female - BLACK PRELIMINARY B	Under 17 Male		Youth Male - ADVANCED FINAL
11:20 AM 11:25 AM	Cadet Female - BLACK	Junior Female - BLACK	Junior Female - BLACK	PRELIMINARY B	Freestyle		FINAL
11:30 AM	PRELIMINARY A	PRELIMINARY A	PRELIMINARY B			Under 30 Female - BLACK PRELIMINARY B	
11:35 AM 11:40 AM							
11:45 AM							Youth Female - ADVANCED
11:50 AM							SEMI-FINAL
11:55 AM 12:00 PM				BREAK		BREAK	
12:05 PM			BREAK	Youth Female Team - BLACK - FINAL	BREAK	Youth Male - INTERMEDIATE	BREAK
12:10 PM	BREAK	BREAK	Under 65 Female - BLACK		Over 17	FINAL	V (1 5 1 ABVANCES
12:15 PM 12:20 PM			FINAL		FREESTYLE TEAM Over 17		Youth Female - ADVANCED FINAL
12:25 PM			Over 65 Female - BLACK FINAL	Youth Female - BLACK SEMI-FINAL	FREESTYLE PAIR		· · · · ·
12:30 PM 12:35 PM	PARA	Junior Pair - BLACK SEMI-FINAL	1	OZIIII I III Z		Cadet Female - INTERMEDIATE SEMI-FINAL	
12:35 PM	FARA	SEMI-FINAL			BREAK	SEMI-FINAL	Cadet Male - INTERMEDIATE
12:45 PM			BREAK		BREAK		SEMI-FINAL
12:50 PM 12:55 PM							
1:00 PM				BREAK		BREAK	
1:05 PM		BREAK			Over 17 Female FREESTYLE	Diterit	BREAK
1:10 PM 1:15 PM	BREAK				PREESTILE		
1:20 PM							
1:25 PM 1:30 PM				Youth Female - BLACK			
1:35 PM	Cadet Pair - BLACK		Youth Male - BLACK SEMI-FINAL	FINAL	Over 17 Male FREESTYLE	Cadet Female - INTERMEDIATE	
1:40 PM	SEMI-FINAL	Junior Pair - BLACK	SEMI-FINAL		PREESTILE	FINAL	Cadet Male - INTERMEDIATE
1:45 PM 1:50 PM		FINAL					FINAL
1:55 PM				BREAK	BREAK		
2:00 PM 2:05 PM						BREAK	BREAK
2:05 PM 2:10 PM	Cadet Pair - BLACK	BREAK	BREAK	Under 50 Female - BLACK			BREAK
2:15 PM	FINAL	Junior Female Team - BLACK		SEMI-FINAL	Under 30 Female - BLACK	Cadet Male - ADVANCED SEMI-FINAL	
2:20 PM 2:25 PM		SEMI-FINAL			SEMI-FINAL	oem i moe	Cadet Female - ADVANCED SEMI-FINAL
2:30 PM			Youth Male - BLACK				SEMI-FINAL
2:35 PM	BREAK		FINAL	Hadaa FO Fara 1 - Di 101	DDE ***		DDE-11
2:40 PM 2:45 PM				Under 50 Female - BLACK FINAL	BREAK	Cadet Male - ADVANCED	BREAK
2:50 PM		Junior Female Team - BLACK				FINAL	
2:55 PM	Cadet Female Team - BLACK	FINAL	BREAK		Under 20 Ferrals - DL 4 CV		Codet Female ADVANCED
3:00 PM 3:05 PM	FINAL		Cadet Male Team - BLACK	BREAK	Under 30 Female - BLACK FINAL		Cadet Female - ADVANCED FINAL
3:10 PM			FINAL			BREAK	
3:15 PM 3:20 PM	BREAK	BREAK	BREAK	Junior Male Team - BLACK FINAL			
3:25 PM	E CENTRAL DE LA CONTRAL DE		S.C.AIC		BREAK	Junior Female - ADVANCED	BREAK
3:30 PM				BREAK		SEMI-FINAL	
3:35 PM 3:40 PM	Junior Male - BLACK	Cadet Male - BLACK SEMI-FINAL	Cadet Female - BLACK				Junior Female - INTERMEDIATE
3:45 PM	SEMI-FINAL	OZ.III. T INAL	SEMI-FINAL			BREAK	FINAL
3:50 PM				Junior Female - BLACK			
3:55 PM 4:00 PM		BREAK		SEMI-FINAL	Under 30 Male - BLACK		
4:05 PM	BREAK		BREAK		SEMI-FINAL	Junior Female - ADVANCED	Junior Male - INTERMEDIATE FINAL
4:10 PM 4:15 PM				BREAK		FINAL	BREAK
4:15 PM 4:20 PM		Cadet Male - BLACK		DNEAN			BREAK
4:25 PM	Junior Male - BLACK	FINAL	Cadet Female - BLACK				Junior Male - ADVANCED
4:30 PM 4:35 PM	FINAL		FINAL	Junior Female - BLACK	BREAK	BREAK Under 30 Female - INTERMEDIATE - FINAL	FINAL
4:40 PM				FINAL	S. CEPIC	Under 40 Female - INTERMEDIATE - FINAL	
4:45 PM						Under 40 Female - ADVANCED - FINAL	Under 30 Female - ADVANCED
4:50 PM					Under 30 Male - BLACK	Under 50 Male - INTERMEDIATE - FINAL	FINAL Under 50 Female - ADVANCED
4:55 PM			1		FINAL		FINAL
4:55 PM 5:00 PM					FINAL		FINAL
5:00 PM 5:05 PM					FINAL		FINAL
5:00 PM					FINAL		FINAL