



2024 AAU TAEKWONDO NATIONAL CHAMPIONSHIPS

Poomsae Competition Schedule

02 JULY 2024



EDT (GMT-04)	Ring 7	Ring 8	Ring 9	Ring 10	Ring 18	Ring 19	Ring 20
8:30 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 FINAL	Minor Male - BLACK FINAL
8:35 AM							
8:40 AM	Over 30 Pair - BLACK - FINAL	Under 40 Female - BLACK FINAL	Under 60 Female - BLACK FINAL	Under 30 Male Team - BLACK FINAL	Under 17 FREESTYLE PAIR	BREAK	
8:45 AM							
8:50 AM							
8:55 AM			BREAK	BREAK	BREAK		Tyke Female - INTERMEDIATE - FINAL
9:00 AM	Under 50 Male - BLACK SEMI-FINAL	Under 60 Male - BLACK FINAL				Under 30 Female - BLACK PRELIMINARY A	Tyke Male - INTERMEDIATE - FINAL
9:05 AM							Minor Female - INTERMEDIATE FINAL
9:10 AM			Cadet Male - BLACK PRELIMINARY A	Cadet Male - BLACK PRELIMINARY B			
9:15 AM							
9:20 AM	BREAK	BREAK					BREAK
9:25 AM							
9:30 AM					Under 17 Female FREESTYLE		Minor Male - ADVANCED FINAL
9:35 AM	Under 50 Male - BLACK FINAL						
9:40 AM		Junior Male - BLACK PRELIMINARY A					
9:45 AM							
9:50 AM						Youth Female - INTERMEDIATE SEMI-FINAL	Minor Male - INTERMEDIATE SEMI-FINAL
9:55 AM							
10:00 AM							
10:05 AM	BREAK			Under 30 Pair - BLACK FINAL			
10:10 AM			Junior Male - BLACK PRELIMINARY B				
10:15 AM							
10:20 AM	Under 40 Male - BLACK FINAL						Minor Male - INTERMEDIATE FINAL
10:25 AM		Youth Pair - BLACK FINAL					
10:30 AM							
10:35 AM							
10:40 AM	BREAK	BREAK				Youth Female - INTERMEDIATE FINAL	Youth Male - ADVANCED SEMI-FINAL
10:45 AM						Minor Female - ADVANCED FINAL	
10:50 AM							
10:55 AM							
11:00 AM							
11:05 AM							
11:10 AM							
11:15 AM							
11:20 AM	Cadet Female - BLACK PRELIMINARY A	Junior Female - BLACK PRELIMINARY A	Junior Female - BLACK PRELIMINARY B	Cadet Female - BLACK PRELIMINARY B	Under 17 Male Freestyle	Under 30 Female - BLACK PRELIMINARY B	Youth Male - ADVANCED FINAL
11:25 AM							
11:30 AM							
11:35 AM							
11:40 AM							Youth Female - ADVANCED SEMI-FINAL
11:45 AM							
11:50 AM							
11:55 AM							
12:00 PM							
12:05 PM							
12:10 PM	BREAK	BREAK		Youth Female Team - BLACK - FINAL	BREAK	Youth Male - INTERMEDIATE FINAL	BREAK
12:15 PM			Under 65 Female - BLACK FINAL		Over 17 FREESTYLE TEAM		Youth Female - ADVANCED FINAL
12:20 PM			Over 65 Female - BLACK FINAL	Youth Female - BLACK SEMI-FINAL	Over 17 FREESTYLE PAIR		
12:25 PM		Junior Pair - BLACK SEMI-FINAL				Cadet Female - INTERMEDIATE SEMI-FINAL	Cadet Male - INTERMEDIATE SEMI-FINAL
12:30 PM	PARA						
12:35 PM							
12:40 PM							
12:45 PM			BREAK		BREAK		
12:50 PM							
12:55 PM							
1:00 PM							
1:05 PM							
1:10 PM	BREAK	BREAK			Over 17 Female FREESTYLE		BREAK
1:15 PM							
1:20 PM			Youth Male - BLACK SEMI-FINAL	Youth Female - BLACK FINAL	Over 17 Male FREESTYLE	Cadet Female - INTERMEDIATE FINAL	Cadet Male - INTERMEDIATE FINAL
1:25 PM	Cadet Pair - BLACK SEMI-FINAL	Junior Pair - BLACK FINAL					
1:30 PM							
1:35 PM							
1:40 PM							
1:45 PM							
1:50 PM							
1:55 PM							
2:00 PM							
2:05 PM	Cadet Pair - BLACK FINAL			Under 50 Female - BLACK SEMI-FINAL			
2:10 PM							
2:15 PM		Junior Female Team - BLACK SEMI-FINAL			Under 30 Female - BLACK SEMI-FINAL	Cadet Male - ADVANCED SEMI-FINAL	Cadet Female - ADVANCED SEMI-FINAL
2:20 PM			Youth Male - BLACK FINAL				
2:25 PM							
2:30 PM							
2:35 PM							
2:40 PM				Under 50 Female - BLACK FINAL		Cadet Male - ADVANCED FINAL	
2:45 PM							
2:50 PM	Cadet Female Team - BLACK FINAL	Junior Female Team - BLACK FINAL					Cadet Female - ADVANCED FINAL
2:55 PM							
3:00 PM							
3:05 PM			Cadet Male Team - BLACK FINAL		Under 30 Female - BLACK FINAL		
3:10 PM							
3:15 PM				Junior Male Team - BLACK FINAL			
3:20 PM							
3:25 PM						Junior Female - ADVANCED SEMI-FINAL	
3:30 PM							
3:35 PM		Cadet Male - BLACK SEMI-FINAL					Junior Female - INTERMEDIATE FINAL
3:40 PM	Junior Male - BLACK SEMI-FINAL		Cadet Female - BLACK SEMI-FINAL				
3:45 PM							
3:50 PM				Junior Female - BLACK SEMI-FINAL	Under 30 Male - BLACK SEMI-FINAL		
3:55 PM							
4:00 PM						Junior Female - ADVANCED FINAL	Junior Male - INTERMEDIATE FINAL
4:05 PM							
4:10 PM							
4:15 PM							
4:20 PM		Cadet Male - BLACK FINAL					
4:25 PM	Junior Male - BLACK FINAL		Cadet Female - BLACK FINAL				Junior Male - ADVANCED FINAL
4:30 PM							
4:35 PM							
4:40 PM							
4:45 PM				Junior Female - BLACK FINAL		Under 30 Female - INTERMEDIATE - FINAL	
4:50 PM						Under 40 Female - INTERMEDIATE - FINAL	Under 30 Female - ADVANCED FINAL
4:55 PM						Under 50 Male - INTERMEDIATE - FINAL	Under 50 Female - ADVANCED FINAL
5:00 PM							
5:05 PM							
5:10 PM							
5:15 PM							