

Poomsae Schedule

Call Time	Ring 1	Ring 2
8:30a	Recognized Male 18 – 29 (5)	Recognized Female 18-29 (2)
8:45a	Recognized Male 30+ (3)	Recognized Female 30+ (5)
9:00a	Recognized Male 40+ (5)	Recognized Female 40+ (2)
9:15a	Recognized Male 50+ (2)	Team Male 18-29 (8)
9:30a	Female Team 18-29 (1)	Team Male 30+ (2)
10:00a	Female Team 30+ (2)	Pairs 18-29 (7)
10:40a	Pairs 30+ (9)	
11:10a	Freestyle Male 30+ (5)	Freestyle Male 18-29 (1)