



March 20, 2021 Saturday
Live Streaming starts at 10:00 am (EASTERN TIME ZONE)
DAY 1 - COURT 1

OPEN + TRADITIONAL INDIVIDUAL POOMSAE

Time	Division	Poomsae	Belt
10:00 am - 10:20 am	Little Jins (3-5)	Open Poomsae	Male- Female (All belts)
10:20 am - 10:45 am	Dragon (6-7)	Open Poomsae	Male- Female (All belts)
10:45 am - 11:10 am	Tiger (8-9)	Open Poomsae	Male- Female (All belts)
11:10 am - 11:30am	Youth (10-11)	Open Poomsae	Male- Female (All belts)
11:30am - 12:00 pm	Cadet (12-14)	Open Poomsae	Male- Female (All belts)
LUNCH BREAK (45 minutes)			
12:45pm- 12:55pm	Junior (15-17)	Open Poomsae	Male- Female (All belts)
12:55pm- 1:00pm	Under 30	Open Poomsae	Male- Female (All belts)
1:00pm - 1:05pm	Under 40	Open Poomsae	Male- Female (All belts)
1:05 pm - 1:15pm	Under 50 & Combined Under 50 & 60 BlackBelt	Open Poomsae	Male- Female (All belts)
1:15pm - 1:30pm	Little Jins (3-5)	Traditional Poomsae	Male- Female (All belts)
1:30pm - 2:15pm	Dragon (6-7) & Combined 11 - 13 y.o Female White Belt	Traditional Poomsae	Male- Female (All belts)
2:15pm - 3:25pm	Junior (15-17)	Traditional Poomsae	Male- Female (All belts)
3:25pm - 3:55pm	Under 30	Traditional Poomsae	Male- Female (All belts)
3:55pm- 4:00pm	Under 60	Traditional Poomsae	Male- Female (All belts)
4:00pm - 4:05pm	Under 65 & Combined Under 60 & 65 BlackBelt	Traditional Poomsae	Male- Female (All belts)



March 20, 2021 Saturday
 Live Streaming starts at 10:00 am (EASTERN TIME ZONE)
DAY 1 - COURT 2

TRADITIONAL INDIVIDUAL POOMSAE

Time	Category	Gender	Forms
10:00 am - 12:00pm	Tiger (8-9)	Traditional Poomsae	Male-Female (All Belts)
LUNCH BREAK (45 minutes)			
12:45pm - 3:15pm	Youth (10-11)	Traditional Poomsae	Male-Female (All Belts)
3:15pm - 4:00pm	Under 50	Traditional Poomsae	Male-Female (All Belts)



March 21, 2021 Sunday
 Live Streaming starts at 10:00 am (EASTERN TIME ZONE)
DAY 2 - COURT 3

TRADITIONAL INDIVIDUAL - AND TRADITIONA PAIR POOMSAE

Time	Division	Poomsae	Belt
10:00am - 12:30pm	Cadet (12-14)	Traditional Poomsae	Male-Female (All belts)
LUNCH BREAK (30minutes)			
1:00pm - 2:30pm	All Divisions	Traditional Pair Poomsae	Male-Female (All belts)



March 21, 2021(Sunday)
Live streaming starts at 10:00 am (EASTERN TIME ZONE)
DAY 2 - COURT 4

TRADITIONAL POOMSAE, SPORT POOMSAE, SPORT PAIR POOMSAE,
 TEAM POOMSAE AND PARA POOMSAE

Time	Division	Poomsae	Belt
10:00 am - 10:10 am	Tiger (8-9)	Sport Poomsae	Male-Female (All Belts)
10:10 am - 10:45 am	Youth (10-11)	Sport Poomsae	Male-Female (All Belts)
10:45am - 11:30 am	Cadet (12-14)	Sport Poomsae	Male-Female (All Belts)
11:30am - 12:00pm	Junior (15 - 17)	Sport Poomsae	Male-Female (All Belts)
LUNCH BREAK (30 MINUTES)			
12:30pm - 12:40pm	Under 30	Sport Poomsae	Male-Female (All Belts)
12:40pm - 1:20pm	Under 40	Traditional & Sport Poomsae	Male-Female (All Belts)
1:20pm - 1:30pm	Under 50	Sport Poomsae	Male-Female (All Belts)
1:30pm - 1:40pm	Under 60	Sport Poomsae	Male-Female (All Belts)
1:40pm - 2:10pm	All Divisions	Sport PAIR Poomsae	Male-Female (All Belts)
2:10pm - 2:20pm	All Divisions	PARA Poomsae	Male-Female (All Belts)
2:20pm - 2:50pm	All Divisions	TEAM Poomsae	Male-Female (All Belts)