



## 2019 Canadian National Taekwondo Championships – Poomsae Schedule

### Order of Poomsae Competition by Category/Division

<b>THURSDAY, JANUARY 10<sup>th</sup></b>	<b>FRIDAY, JANUARY 11<sup>th</sup></b>	<b>SATURDAY, JANUARY 12<sup>th</sup></b>
CADET – Female Team	U60 – Male Individual	YOUTH – Female Individual
CADET – Female Individual (SF)	U60 – Female Individual	YOUTH – Male Individual
CADET - Pair	U65 – Male Individual	YOUTH – Pair
CADET – Female Individual (F)	O65 – Male Individual	CADET – Male Individual
FREESTYLE U17 – Female Individual	U50 – Female Individual	CADET – Male Team
FREESTYLE U17 – Male Individual	U50 – Male Individual	PARA – Male P20
<b>BREAK</b>	U40 – Male Individual	PAGQ – Female Individual
FREESTYLE U17 – Team	U30 – Female Individual	PAGQ – Male Individual
FREESTYLE O17 – Pair	U30 – Male Individual	UNIVERSIADE – Female Team
PAGQ – Freestyle Team	U30 - Pairs	UNIVERSIADE – Male Team
	JUNIOR – Female Team	
	JUNIOR – Male Team	
	JUNIOR – Pair	
	<b>BREAK</b>	
	JUNIOR – Female Individual (SF)	
	JUNIOR – Male Individual (SF)	
	JUNIOR – Female Individual (F)	
	JUNIOR – Male Individual (F)	

\*The first division will begin competition at 8:30 am each day followed by all subsequent divisions.