



2023 Canadian National Taekwondo Poomsae Championships – Tentative Schedule

DAY 1 – WEDNESDAY, JANUARY 04, 2023

RING 1
YOUTH INDIVIDUAL FEMALE (2)
YOUTH INDIVIDUAL MALE (2)
CADET INDIVIDUAL FEMALE (15) *SF
CADET INDIVIDUAL MALE (9) *SF
JUNIOR INDIVIDUAL MALE (8)
LUNCH
CADET INDIVIDUAL FEMALE (8) *F
CADET INDIVIDUAL MALE (8) *F
FREESTYLE U17 INDIVIDUAL MALE (4)
FREESTYLE O17 INDIVIDUAL MALE (2)

RING 2
JUNIOR INDIVIDUAL FEMALE (15) *SF
U30 INDIVIDUAL FEMALE (12) *SF
U30 INDIVIDUAL MALE (7)
LUNCH
JUNIOR INDIVIDUAL FEMALE (8) *F
U30 INDIVIDUAL FEMALE (8) *F
FREESTYLE U17 INDIVIDUAL FEMALE (3)
FREESTYLE O17 INDIVIDUAL FEMALE (3)

DAY 2 – THURSDAY, JANUARY 05, 2023

RING 1
U50 INDIVIDUAL FEMALE (1)
O65 INDIVIDUAL FEMALE (2)
U60 INDIVIDUAL MALE (10) *SF
U40 INDIVIDUAL MALE (4)
U60 INDIVIDUAL MALE (8) *SF
JUNIOR PAIR (1)
O30 TEAM FEMALE (1)
U30 PAIR (2)
CADET PAIR (6)

RING 2
U65 INDIVIDUAL FEMALE (1)
U65 INDIVIDUAL MALE (2)
O65 INDIVIDUAL MALE (2)
U65 INDIVIDUAL MALE (2)
U60 INDIVIDUAL FEMALE (5)
U50 INDIVIDUAL MALE (3)
U40 INDIVIDUAL FEMALE (5)
P20 INDIVIDUAL MALE (1)
P60 INDIVIDUAL MALE (1)
O30 PAIR (1)
JUNIOR TEAM MALE (1)
JUNIOR TEAM FEMALE (2)
CADET TEAM FEMALE (2)
CADET TEAM MALE (2)
FREESTYLE U17 TEAM (1)

***SCHEDULE IS SUBJECT TO CHANGE BY ORGANIZING COMMITTEE.**