

## December 5 Saturday Schedule (EASTERN TIME ZONE) White to Black Belts (Male and Female) POOMSAE COURT 1

Event Poomsae	TRADITIONAL	PARA	OPEN		
Time	Category	Gender	Forms		
10:00am - 10:30am	Little Jins (3-5)	Male-Female	White - Black		
10:30 am - 11:15 am	Dragon (6-7)	Male-Female	White - Black		
LUNCH BREAK (45 minutes)					
12:00 n - 1:50 pm	Cadet (12-14)	Male-Female	White - Black		
BREAK ( 10 MIN )					
2:00 pm - 2:40 pm	Junior ( 15 - 17 )	Male-Female	White - Black		
2:40 pm- 3:30 pm	Under 30 ( 18 - 30 )	Male-Female	White - Black		
3:30 pm - 4:00 pm	Under 40 (31 - 40)	Male-Female	White - Black		
4:00 pm - 4:05 pm	Under 60 ( 18 - 30 )	Male-Female	White - Black		
4:05 pm - 4:10 pm	Under 65 ( 61 - 65 )	Male-Female	White - Black		
4:10 pm - 4:20 pm	Para	Male-Female	White - Black		

Schedule provided is subject to change. We will keep you posted through our Ong's Taekwondo- Ocala Facebook account for any changes in schedule that may occur.

<u>Chicago Open Day 1 Court 1</u>



## December 5 Saturday Schedule (EASTERN TIME ZONE) White to Black Belts (Male and Female) POOMSAE COURT 2

Event Poomsae	TRADITIONAL	PARA	OPEN		
Time	Category	Gender	Forms		
10:00 am - 1:00 pm	Tiger (8-9)	Male-Female	White - Black		
LUNCH BREAK (45 minutes)					
1:45 pm - 4:00 pm	Youth (10-11)	Male-Female	White - Black		
BREAK ( 10 minuses )					
4:00 pm - 4:35 pm	Under 50 ( 41 - 50 )	Male-Female	White - Black		

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<u>Chicago Open Day 2 Court 1</u>



## December 6 Sunday Schedule ET Zone Sport Poomsae (Male and Female) COURT 1

Time	Category	Gender	Forms		
10:00am - 11:00am	Youth (10-11)	Male-Female	Designated Forms		
11:00am - 12:00pm	Junior (15-17)	Male-Female	Designated Forms		
Lunch Break (60 minutes)					
1:00pm - 1:30pm	Under 30(18-30)	Male-Female	Designated Forms		
1:30pm - 1:45pm	Under 40 (31-40)	Male-Female	Designated Forms		
1:45pm - 2:00pm	Under 50(41-50)	Male-Female	Designated Forms		

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## December 6 Sunday Schedule ET Zone Sport Poomsae (Male and Female) COURT 2

Time	Category	Gender	Forms	
10:00am - 10:30am	Dragon (6-7)	Male - Female	Designated Forms	
10:30am - 11:15am	Tiger (8-9)	Male-Female	Designated Forms	
11:15am - 12:00pm	Cadet (12-14)	Male - Female	Designated Forms	
LUNCH BREAK (60 minutes)				
1:00pm - 2:00pm	Cadet (12-14)	Male - Female	Designated Forms	

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