

Competition Schedule *(this is only indicative, please check for possible changes)*

SATURDAY		SUNDAY	
09:00	U30 Male & Female - Cadet Male & Female	09:00	Junior Male & Female
11:00	U50 Male	10:15	U40 Female
12:00	Cadet pair - U50 Female	10:45	50+ Female
13:00	U30 Male Team - 30+ Pair	11:30	50+ Male
13:30	Para Taekwondo Competition P20-P30	12:00	Junior Male Team
14:00	30+ Team Female	12:30	U40 Male
14:30	U30 Female Team	13:00	Junior Female Team
15:00	U30 Pair	13:30	Junior Pair
16:30	Freestyle 17+ Female	15:30	Freestyle U17 Pair
17:00	Freestyle 17+ Male	16:00	Freestyle U17 Female
17:30	Freestyle 17+ Pair – Freestyle Mixed Team	16:30	Freestyle U17 Male