



2007 REGIONAL AAU YOUTH & ADULT TAE KWON DO CHAMPIONSHIP



SCHEDULE OF EVENTS

Saturday, April 28, 2007

Athlete's Check-in and Black Belt Weigh-in	8:00am - 9:00am
Black Belt Meeting	9:00am - 9:30am
Officials / Coaches Briefing	9:30am - 9:45am
Opening Ceremonies (All athletes must attend)	10:00am
Weapons - Team Weapons	10:10am
Breaking	10:10am
Point Sparring Competition Ages: 45 & Up, 35 - 44, 18 - 34, 5 - 13, 14 - 17	10:15am - 12:00pm
Team Poomse (Forms) Competition	10:30pm - 12:00pm
Family Team Poomse (Forms) Competition	10:30pm - 12:00pm
Individual Poomse (Forms) Competition Ages: 45 & Up, 35 - 44, 18 - 34, 5 - 13, 14 - 17	10:45am - 1:00pm
Officials Lunch Break	1:00pm - 2:00pm
Olympic Style Sparring Competition Ages: 45 & Up, 35 - 44, 18 - 34 Ages: 5 - 13, 14 - 17	2:00pm - completion
Officials Party (open to all <i>working</i> officials) Lieu's Asian Restaurant	7:30pm -

All competition beginning and finishing times are somewhat tentative and will depend entirely on the number of athletes participating in each of the respective categories.