

2018 USA Taekwondo National Championships

Salt Lake City, UT July 2 – July 9, 2018

Monday, July 02, 2018

TBD	Sparring Referee Seminar	Salt Palace Convention Center
TBD	Poomsae Referee Seminar	Salt Palace Convention Center
TBD	National Dan Test	Salt Palace Convention Center
9:00am – 12:00pm	Credential Pick Up Weigh-in for Tuesday's Sparring Competitors	Salt Palace Convention Center
TBD	Level 1 Coach Seminar	Salt Palace Convention Center
2:00pm – 7:00pm	Credential Pick Up Weigh-In for Tuesday's Sparring Competitors	Salt Palace Convention Center
TBD	Coaches Edge Seminar	Salt Palace Convention Center
TBD	Appointed Referee Meeting	TBD

ALL TUESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 7:00PM

Tuesday, July 03, 2018

12-14 Cadet World Class Sparring (Black Belts) 12-14 Cadet Grassroots Sparring (Black Belts) 15-17 Junior World Class Individual Poomsae (Black Belts)	12-17 World Class Pairs Freestyle Poomsae (Black Belts) 12-17 World Class Teams Freestyle Poomsae (Black Belts)	
7:30am	Doors Open for Tuesday's Competitors & Coaches ONLY	Salt Palace Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Salt Palace Convention Center
8:30am	Competition Begins	Salt Palace Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors	Salt Palace Convention Center
TBD	Lunch	Salt Palace Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors	Salt Palace Convention Center

ALL WEDNESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Wednesday, July 4, 2018

12-14 Cadet World Class Pairs Poomsae (Black Belts) 12-14 Cadet World Class Teams Poomsae (Black Belts) 12-17 World Class Individual Freestyle Poomsae (Black Belts) 12-14 Cadet Individual Poomsae (Color Belts) 12-14 Cadet Board Breaking (Black Belts)	15-17 Junior Board Breaking (All Belts) 15-17 Junior Individual Poomsae (Color Belts) 15-17 Junior World Class Sparring (Black Belts) – Divisions Below ONLY : <u>Male: Fin, Fly, Bantam & Feather Weights</u> <u>Female: ALL Weight Classes</u>	
7:30am	Doors Open for Wednesday's Competitors & Coaches ONLY	Salt Palace Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Salt Palace Convention Center
8:30am	Competition Begins	Salt Palace Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors	Salt Palace Convention Center
TBD	Lunch	Salt Palace Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors	Salt Palace Convention Center

ALL THURSDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

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Thursday, July 5, 2018

12-14 Cadet World Class Individual Poomsae (Black Belts)
 12-14 Cadet Board Breaking (Color Belts)
 15-17 World Class Pairs Poomsae (Black Belts)
 15-17 World Class Teams Poomsae (Black Belts)
 18-30 World Class Pairs Poomsae (Black Belts)
 18-30 World Class Teams Poomsae (Black Belts)

51-60 World Class Individual Poomsae (Black Belts)
 61-65 World Class Individual Poomsae (Black Belts)
 66+ World Class Individual Poomsae (Black Belts)
 15-17 Junior Sparring (Color Belts)
 15-17 Junior World Class Sparring (Black Belts) – Divisions Below **ONLY**
Male: *Light, Welter, Light Middle, Middle, Light Heavy & Heavy*

7:30am	Doors Open for Thursday Competitors & Coaches ONLY	Salt Palace Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Salt Palace Convention Center
8:30am	Competition Begins	Salt Palace Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Friday's Sparring Competitors	Salt Palace Convention Center
TBD	Lunch	Salt Palace Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Friday's Sparring Competitors	Salt Palace Convention Center

ALL FRIDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Friday, July 6, 2018

10-11 Youth Board Breaking (All Belts) – **FEMALE DIVISIONS ONLY**
 10-11 Youth Poomsae (Black Belts ONLY) – **MALE DIVISIONS ONLY**
 12-14 Cadet Sparring (Color Belts)
 18+ Individual Poomsae (Color Belts)
 18-30 World Class Individual Poomsae (Black Belts)

6-99 Demo Team (All Belts)
 18-32 Senior Sparring (Color Belts)
 33+ Ultra Sparring (All Belts)
 31+ World Class Pairs Poomsae (Black Belts)
 31+ World Class Teams Poomsae (Black Belts)

7:30am	Doors Open for Friday Competitors & Coaches ONLY	Salt Palace Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Salt Palace Convention Center
8:30am	Competition Begins	Salt Palace Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Salt Palace Convention Center
TBD	Level 1 Coach Seminar	Salt Palace Convention Center
TBD	Lunch	Salt Palace Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Salt Palace Convention Center

ALL SATURDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

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Saturday, July 7, 2018

10-11 Youth Poomsae (All Belts)—**FEMALE DIVISIONS ONLY**
 10-11 Youth Board Breaking (All Belts)—**MALE DIVISIONS ONLY**
 10-11 Youth Sparring – **MALE DIVISIONS ONLY**
 18+ World Class Individual Freestyle Poomsae (Black Belts)
 31-40 World Class Individual Poomsae (Black Belts)

41-50 World Class Individual Poomsae (Black Belts)
 17-32 Senior World Class Sparring (Black Belts) - Divisions Below ONLY:
Male: Fin, Fly, Bantam, Feather & Light
Female: Fin, Fly, Bantam, Feather & Light

7:30am	Doors Open for Saturday Competitors & Coaches ONLY	Salt Palace Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Salt Palace Convention Center
8:30am	Competition Begins	Salt Palace Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Salt Palace Convention Center
TBD	Lunch	Salt Palace Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Salt Palace Convention Center

ALL SUNDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Sunday, July 8, 2018

6-7 Dragon Poomsae (All Belts)
 8-9 Tiger Poomsae (All Belts) – **FEMALE DIVISIONS ONLY**
 8-9 Tiger Board Breaking (All Belts) – **MALE DIVISIONS ONLY**
 10-11 Youth Sparring – **FEMALE DIVISIONS ONLY**
 10-11 Youth Poomsae (Color Belts ONLY) – **MALE DIVISIONS ONLY**

18+ World Class Pairs Freestyle Poomsae (Black Belts)
 18+ World Class Teams Freestyle Poomsae (Black Belts)
 18+ Board Breaking (All Belts)
 17-32 Senior World Class Sparring (Black Belts) Divisions Below ONLY:
Male: Welter, Middle & Heavy
Female: Welter, Middle & Heavy

7:30am	Doors Open for Sunday Competitors & Coaches ONLY	Salt Palace Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Salt Palace Convention Center
8:30am	Competition Begins	Salt Palace Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Salt Palace Convention Center
TBD	Lunch	Salt Palace Convention Center
TBD	Para Classification	Salt Palace Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Salt Palace Convention Center

ALL MONDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Monday, July 9, 2017

Para Sparring (All Belts)
 Para Poomsae (All Belts)
 6-7 Dragon Sparring (All Belts)

6-7 Board Breaking (All Belts)
 8-9 Tiger Sparring (All Belts)
 8-9 Tiger Board Breaking (All Belts) – **FEMALE DIVISIONS ONLY**
 8-9 Tiger Poomsae (All Belts) – **MALE DIVISIONS ONLY**

7:30am	Doors Open for Monday Competitors & Coaches ONLY	Salt Palace Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Salt Palace Convention Center
8:30am	Competition Begins	Salt Palace Convention Center
TBD	Lunch	Salt Palace Convention Center

Please Note: The detailed schedule of report times will be posted after the final registration deadline.

Sparring Brackets, Poomsae & Breaking Order will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo website (www.usa-taekwondo.us)