

Taekwondo Scotland

Poomsae, Freestyle & Para Championships

Saturday 3rd September 2016

08:30	Doors Open
08.45 – 09:15	Judges Briefing Session
08.45 – 09:15	Officials & Helpers Briefing Session
09:00 – 09:15	Coaches Briefing
09.20 – 09.40	Opening Ceremony
10:00	Start of Competition
10:00 – 13:30	Competition 3 Courts
13:30 – 14:10	Lunch
14:10 – 14:30	Freestyle Competition & Para 1 Court
14:35– 19:15	Competition 3 Courts
19:15 – 19:30	Presentations & Closing Ceremony
19:30	End of Competition

All times are approximate and maybe subject to change