



# Southeastern AAU Taekwondo District Championship March 21, 2020 Lebanon, Tennessee

## Staging Times

**Arrive and Check in 1 hour before Staging Time**

	8:00 am	Doors Open for Athlete Check – In
8:30 am Officials Meeting	9:00 am	Forms & Olympic Sparring Staging – Advanced and Black Belts Ages 15 & Up
9:00 am Olympic Coaches Meeting	9:30 am	Opening Ceremonies
1:00 pm Special Needs Coaches Meeting	9:45 am	Forms & Olympic Sparring Staging – Advanced and Black Belts Ages 14 & Under
3:00 pm Point Sparring Coaches Meeting	11:30 am	Olympic Sparring – Novice Ages 5-17 Board Breaking Staging – All Adult Color Belts
	12:00 pm	Olympic Sparring – Intermediate Ages 5-17 Board Breaking Staging - All Black Belts
	12:30 pm	Olympic Sparring – Novice and Intermediate Adult Belts Board Breaking Staging – Youth Color Belts
	1:15 pm	Special Needs Staging ME + 1 Ages 5 & Under Staging Weapons Forms – All Belts All Ages
	2:15 pm	Forms Staging – Novice & Intermediate Belts
	3:15 pm	Point Sparring Staging – All Belts All Ages
	3:30 pm	Point Divisional and Overall Grand Championship

**Actual staging times may vary slightly.**