



Southeastern AAU Taekwondo District Championship March 19, 2022 Lebanon, Tennessee

Staging Times

Arrive and Check in 1 hour before Staging Time

	8:00 am	Doors Open for Athlete Check – In
7:30 am Officials Clinic with Hand Signals	8:30 am	Olympic Sparring Staging – Advanced and Black Belts Ages 15 to 32 (KPNP Footwear required) Go direct from check-in to Staging
8:30 am Officials Rules Review & Ring Assignment	9:00 am	Opening Ceremonies ME + 1 Ages 5 & Under Competition
8:45 am Olympic Coaches Meeting	10:00 am	Olympic Sparring Staging – Advanced and Black Belts Ages 10-14 (KPNP Footwear required)
3:30 pm Point Sparring Coaches Meeting	11:30 am	Olympic Sparring Staging – Black and Advanced Belts Ages 5-9 Olympic Sparring Staging – Black and Advanced Belts Ages 33 and up
	12:30 pm	Olympic Sparring Novice and Intermediate Belts - Ages 5-17
	2:30 pm	Olympic Sparring – Novice and Intermediate Belts - Ages 18 and up
	2:00 pm	Forms Staging Black Belts - All Ages Weapons Forms Staging – Novice and Intermediate Belts – All Ages
	2:30 pm	Forms Staging Advanced Belts - All Ages Weapons Forms Staging– Black Belts – All Ages
	3:00 pm	Forms Staging – Novice & Intermediate Belts - All Ages Weapons Forms Staging – Advanced Belts – All Ages
	4:00 pm	Point Sparring Staging – All Belts All Ages
	4:30 pm	Board Breaking Staging – All Ages

Actual staging times may vary slightly. Staging times are not the time the match will start, but when divisions are confirmed.