



# 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 Meeting with Hand Signals Update Req	9:00 am	Olympic Sparring Staging – Advanced and Black Belts Ages 15 & Up (KPnP Footwear required)
	9:30 am	Opening Ceremonies
8:30 am Officials Rules Review & Ring Assignment	10:00 am	Olympic Sparring Staging – Advanced and Black Belts Ages 10-14 (KPnP Footwear required)
9:00 am Olympic Coaches Meeting	11:30 am	Olympic Sparring Staging – Black and Advanced Belts Ages 5-9 Novice and Intermediate Belts Ages 5-17 Board Breaking Staging – All Adults 18+
1:00 pm Special Needs Coaches Meeting	12:00 pm	Board Breaking Staging - All Belts Ages 10-17
3:00 pm Point Sparring Coaches Meeting	12:30 pm	Olympic Sparring – Novice and Intermediate Adult Belts Board Breaking Staging – All Belts 5-9
	1:00 pm	Special Needs Staging ME + 1 Ages 5 & Under Staging
	1:30 pm	Forms Staging – Novice & Intermediate Belts
	2:00 pm	Forms Staging Advanced Belts
	2:30 pm	Forms Staging Black Belts
	3:00 pm	Weapons Forms – All Belts All Ages
	3:30 pm	Point Sparring Staging – All Belts All Ages

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