

LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE OPEN 2020

www.youtube.com/LentsTaekwondo www.facebook.com/LentsTaekwondo

Recognized Poomsae - Sept. 12, 2020

Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo
12:00	Black Belt Cadet Female Preliminary Group A	Black Belt Cadet Female Preliminary Group B	Black Belt Cadet Female Preliminary Group C
12:05			
12:10			
12:15			
12:20			
12:25			
12:30			
12:35			
12:40			
12:45			
12:50			
12:55			
13:00			
13:05			
13:10			
13:15			
13:20	BREAK	BREAK	
13:25	Black Belt Junior Female Preliminary Group A	Black Belt Junior Female Preliminary Group B	Black Belt Junior Female Preliminary Group C
13:30			
13:35			
13:40			
13:45			
13:50			
13:55			
14:00			
14:05			
14:10			
14:15			
14:20			
14:25			
14:30			
14:35			
14:40			
14:45	Black Belt Junior Male Preliminary Group A	Black Belt Junior Male Preliminary Group B	Black Belt Junior Male Preliminary Group C
14:50			
14:55			
15:00			
15:05			
15:10			
15:15			
15:20			
15:25			
15:30			
15:35			
15:40			
15:45			
15:50			
15:55			
16:00			
16:05			
16:10			
16:15			
16:20			
16:25			
16:30			



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Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo
16:35	Black Belt Under 30 Female Preliminary Group A	Black Belt Under 30 Female Preliminary Group B	Black Belt Cadet Male Preliminary Group A
16:40			
16:45			
16:50			
16:55			
17:00			
17:05			
17:10			
17:15			
17:20			
17:25			
17:30			
17:35			
17:40			
17:45			
17:50			
17:55			
18:00	BREAK	BREAK	BREAK
18:05			
18:10			
18:15	Black Belt Under 30 Male Preliminary Group A	Black Belt Cadet Male Preliminary Group B	Black Belt Under 30 Male Preliminary Group B
18:20			
18:25			
18:30			
18:35			
18:40			
18:45			
18:50			
18:55			
19:00			
19:05			
19:10			
19:15			
19:20			
19:25			
19:30			
19:35			
19:40			



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Recognized Poomsae Schedule - Sept. 13, 2020

Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo
12:00	Black Belt Kids Female Semi-Final	Black Belt Under 40 Male Preliminary Group A	Black Belt Under 40 Male Preliminary Group B
12:05			
12:10			
12:15			
12:20			
12:25			
12:30			
12:35			
12:40			
12:45			
12:50			
12:55			
13:00	Black Belt Under 17 Pairs Preliminary Group A	BREAK	BREAK
13:05			
13:10			
13:15			
13:20			
13:25			
13:30			
13:35			
13:40			
13:45			
13:50			
13:55			
14:00	Black Belt Cadet Female Semi-Final	BREAK	
14:05			
14:10			
14:15			
14:20			
14:25			
14:30			
14:35			
14:40			
14:45			
14:50			
14:55			
15:00		Color Belt Kids Female 6th Gup-3rd Gup Semi-Final	Color Belt Cadet Female 2nd Gup-1st Gup Semi-Final
15:05			
15:10			
15:15			
15:20			
15:25			
15:30			
15:35			
15:40			
15:45			
15:50			
15:55			
16:00			



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Recognized Poomsae Schedule - Sept. 13, 2020

Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo		
16:05	Black Belt Kids Male Semi-Final	Color Belt Kids Female 2nd Gup-1st Gup Semi-Final	Black Belt Under 50 Female Semi-Final		
16:10					
16:15					
16:20					
16:25					
16:30					
16:35					
16:40					
16:45					
16:50					
16:55					
17:00					
17:05					
17:10					
17:15					
17:20					
17:25					
17:30					
17:35	BREAK	Color Belt Cadet Male 6th Gup-3rd Gup Semi-Final	Black Belt Cadet Male Semi-Final		
17:40					
17:45					
17:50					
17:55					
18:00					
18:05					
18:10					
18:15					
18:20					
18:25					
18:30					
18:35					
18:40					
18:45					
18:50					
18:55					
19:00	Black Belt Junior Female Semi-Final				
19:05					
19:10					
19:15					
19:20					
19:25					
19:30					
19:35					
19:40					
19:45					
19:50					
19:55					
20:00					
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22:00					
22:05					
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16:00					
16:05					
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17:00					
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18:50					
18:55					
19:00					
19:05					
19:10					
19:15					
19:20					
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19:40					

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Recognized Poomsae - Sept. 19, 2020

Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo	
12:00	Black Belt Junior Male Semi-Final	Black Belt Over 17 Pairs Semi-Final	Black Belt Under 40 Female Semi-Finals	
12:05				
12:10				
12:15				
12:20				
12:25				
12:30				
12:35				
12:40				
12:45				
12:50				
12:55				
13:00				
13:05				
13:10				
13:15				
13:20	BREAK	Black Belt Under 60 Male Semi-Final		
13:25	BREAK			
13:30	Color Belt Kids Female 10th Gup-7th Gup Finals			
13:35				
13:40				
13:45				
13:50				
13:55	Color Belt, Kids Male 10th Gup-7th Gup, Finals			
14:00				
14:05	BREAK			
14:10	Color Belt, Cadet Male 10th Gup-7th Gup, Finals			
14:15				
14:20	BREAK			
14:25	Black Belt Under 30 Male Semi-Final		Black Belt Under 17 Pairs Semi-Final	Black Belt Under 50 Male Semi-Final
14:30				
14:35				
14:40				
14:45				
14:50				
14:55				
15:00				
15:05				
15:10				
15:15				
15:20				
15:25				
15:30				
15:35		BREAK		
15:40				
15:45				
15:50				
15:55				
16:00				



LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE OPEN 2020

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Recognized Poomsae - Sept. 19, 2020

Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo		
16:00	Black Belt Under 40 Male Semi-Final	Color Belt Kids Male 6th Gup-3rd Gup Finals	Color Belt Cadet Female 6th GUP-3rd Gup Finals		
16:05					
16:10					
16:15		Color Belt, Cadet Female, 10th Gup-7th Gup, Finals			
16:20					
16:25		Color Belt, Junior Male 10th Gup-7th Gup, Finals	Color Belt, Junior Female 6th Gup-3rd Gup, Finals		
16:30					
16:35		BREAK	BREAK		
16:40					
16:45		Color Belt Cadet Male 2nd Gup-1st Gup Finals	Color Belt Junior Male 2nd Gup-1st Gup Finals		
16:50	BREAK				
16:55					
17:00	Color Belt, Junior Female 2nd Gup-1st Gup, Finals				
17:05					
17:10	Color Belt, Over 17 Male 10th Gup-7th Gup, Finals				
17:15					
17:20	Color Belt, Over 17 Male 2nd Gup-1st Gup, 6th Gup-3rd Gup, Finals	Color Belt, Over 17 Female, 10th Gup-7th Gup, Finals			
17:25					
17:30	Black Belt Under 30 Female Semi-Final	BREAK			
17:35					
17:40		Color Belt Over 17 Female 6th Gup-3rd Gup Finals			
17:45					
17:50		Color Belt Over 17 Female 2nd Gup-1st Gup Finals			
17:55					
18:00					
18:05					
18:10					
18:15					
18:20					
18:25					
18:30					
18:35					
18:40					
18:45					



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Recognized Poomsae - Sept. 20, 2020

Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo
12:00	Color Belt Kids Male 2nd Gup-1st Gup Finals	Color Belt Cadet Male 6th Gup-3rd Gup Final	Color Belt Kids Female 6th Gup-3rd Gup Final
12:05			
12:10			
12:15			
12:20			
12:25			
12:30			
12:35			
12:40	BREAK	BREAK	BREAK
12:45	Black Belt Kids Female Final	Color Belt Cadet Female 2nd Gup-1st Gup Final	Color Belt Kids Female 2nd Gup-1st Gup Final
12:50			
12:55			
13:00			
13:05			
13:10			
13:15			
13:20			
13:25	BREAK	BREAK	BREAK
13:30	Black Belt Kids Male Final	Black Belt Cadet Female Final	Black Belt Cadet Male Final
13:35			
13:40			
13:45			
13:50			
13:55			
14:00			
14:05			
14:10	BREAK	BREAK	BREAK
14:15	Black Belt Junior Male Final	Black Belt Under 40 Female Final	Black Belt Under 50 Male Final
14:20			
14:25			
14:30			
14:35			
14:40			
14:45			
14:50			
14:55	BREAK	BREAK	BREAK
15:00	Black Belt Junior Female Final	Black Belt Over 17 Pairs Final	Black Belt Under 17 Pairs Final
15:05			
15:10			
15:15			
15:20			
15:25			
15:30			
15:35			
15:40			
15:45			
15:50			
15:55	BREAK	BREAK	BREAK
16:00	BREAK	BREAK	BREAK
16:05			
16:10			



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Recognized Poomsae - Sept. 20, 2020

Time GMT+2 hh:mm	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 YouTube Lents Taekwondo	Ring 3 YouTube Lents Taekwondo
16:15	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
16:20			
16:25			
16:30			
16:35			
16:40	BREAK	BREAK	BREAK
16:45			
16:50			
16:55			
17:00			
17:05	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
17:10			
17:15			
17:20		Black Belt Over 65 Male Final	Black Belt Under 65 Male Final
17:25			
17:30			
17:35	BREAK	BREAK	BREAK
17:40			
17:45			
17:50			
17:55			
18:00	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
18:05			
18:10			
18:15		Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
18:20			
18:25			
18:30	BREAK	BREAK	BREAK
18:35			
18:40			
18:45			
18:50			
18:55	Black Belt Final Over 17 Team Female Final	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
19:00			
19:05			
19:10			
19:15			
19:20	BREAK	BREAK	BREAK
19:25			
19:30			
19:35			
19:40			
19:45	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
19:50			
19:55			
20:00			
20:05			
20:10	BREAK	BREAK	BREAK
20:15			
20:20			
20:25			
20:30			
20:35	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
20:40			
20:45			
20:50			
20:55			
21:00	BREAK	Black Belt Over 65 Male Final	BREAK
21:05			
21:10			
21:15			
21:20			
21:25	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
21:30			
21:35			
21:40			
21:45			
21:50	BREAK	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
21:55			
22:00			
22:05			
22:10			
22:15	Black Belt Under 30 Female Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
22:20			
22:25			
22:30			
22:35			
22:40	BREAK	BREAK	BREAK
22:45			
22:50			
22:55			
23:00			
23:05	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
23:10			
23:15			
23:20			
23:25			
23:30	BREAK	BREAK	BREAK
23:35			
23:40			
23:45			
23:50			
23:55	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
00:00			
00:05			
00:10			
00:15			
00:20	BREAK	Black Belt Over 65 Male Final	BREAK
00:25			
00:30			
00:35			
00:40			
00:45	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
00:50			
00:55			
01:00			
01:05			
01:10	BREAK	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
01:15			
01:20			
01:25			
01:30			
01:35	Black Belt Under 30 Female Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
01:40			
01:45			
01:50			
01:55			
02:00	BREAK	BREAK	BREAK
02:05			
02:10			
02:15			
02:20			
02:25	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
02:30			
02:35			
02:40			
02:45			
02:50	BREAK	BREAK	BREAK
02:55			
03:00			
03:05			
03:10			
03:15	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
03:20			
03:25			
03:30			
03:35			
03:40	BREAK	Black Belt Over 65 Male Final	BREAK
03:45			
03:50			
03:55			
04:00			
04:05	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
04:10			
04:15			
04:20			
04:25			
04:30	BREAK	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
04:35			
04:40			
04:45			
04:50			
04:55	Black Belt Under 30 Female Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
05:00			
05:05			
05:10			
05:15			
05:20	BREAK	BREAK	BREAK
05:25			
05:30			
05:35			
05:40			
05:45	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
05:50			
05:55			
06:00			
06:05			
06:10	BREAK	BREAK	BREAK
06:15			
06:20			
06:25			
06:30			
06:35	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
06:40			
06:45			
06:50			
06:55			
07:00	BREAK	Black Belt Over 65 Male Final	BREAK
07:05			
07:10			
07:15			
07:20			
07:25	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
07:30			
07:35			
07:40			
07:45			
07:50	BREAK	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
07:55			
08:00			
08:05			
08:10			
08:15	Black Belt Under 30 Female Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
08:20			
08:25			
08:30			
08:35			
08:40	BREAK	BREAK	BREAK
08:45			
08:50			
08:55			
09:00			
09:05	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
09:10			
09:15			
09:20			
09:25			
09:30	BREAK	BREAK	BREAK
09:35			
09:40			
09:45			
09:50			
09:55	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
10:00			
10:05			
10:10			
10:15			
10:20	BREAK	Black Belt Over 65 Male Final	BREAK
10:25			
10:30			
10:35			
10:40			
10:45	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
10:50			
10:55			
11:00			
11:05			
11:10	BREAK	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
11:15			
11:20			
11:25			
11:30			
11:35	Black Belt Under 30 Female Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
11:40			
11:45			
11:50			
11:55			
12:00	BREAK	BREAK	BREAK
12:05			
12:10			
12:15			
12:20			
12:25	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
12:30			
12:35			
12:40			
12:45			
12:50	BREAK	BREAK	BREAK
12:55			
13:00			
13:05			
13:10			
13:15	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
13:20			
13:25			
13:30			
13:35			
13:40	BREAK	Black Belt Over 65 Male Final	BREAK
13:45			
13:50			
13:55			
14:00			
14:05	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
14:10			
14:15			
14:20			
14:25			
14:30	BREAK	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
14:35			
14:40			
14:45			
14:50			
14:55	Black Belt Under 30 Female Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
15:00			
15:05			
15:10			
15:15			
15:20	BREAK	BREAK	BREAK
15:25			
15:30			
15:35			
15:40			
15:45	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
15:50			
15:55			
16:00			
16:05			
16:10	BREAK	BREAK	BREAK
16:15			
16:20			
16:25			
16:30			
16:35	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
16:40			
16:45			
16:50			
16:55			
17:00	BREAK	Black Belt Over 65 Male Final	BREAK
17:05			
17:10			
17:15			
17:20			
17:25	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
17:30			
17:35			
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17:50	BREAK	Black Belt Over 17 Team Male Final	Black Belt Under 17 Team Male Final
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18:15	Black Belt Under 30 Female Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
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18:40	BREAK	BREAK	BREAK
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19:05	Black Belt Under 30 Male Final	Black Belt Under 50 Female Final	Black Belt Under 60 Male Final
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19:55	Black Belt Under 30 Female Final	Black Belt Under 60 Female Final	Black Belt Under 65 Female Final
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20:20	BREAK	Black Belt Over 65 Male Final	BREAK
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20:45	Black Belt Under 40 Male Final	Black Belt Under 17 Team Female Final	Black Belt Over 65 Female Final
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23:40	BREAK	Black Belt Over 65 Male Final	BREAK
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