

Court 1 - London Open Poomsae 2026

Start	End	Category	Entries	Runs	Min/run	Duration
09:00:00	10:22:30	Over 17 Women Individual Freestyle	10	10	2.5	82.5
10:45:00	11:25:00	P21 Seniors Men Individual	9	8	5	40.0
11:25:00	11:50:00	P21 Seniors Women Individual	6	5	5	25.0
11:50:00	12:25:00	P22 Seniors Men Individual	8	7	5	35.0
12:25:00	12:50:00	P22 Seniors Women Individual	6	5	5	25.0
12:50:00	13:00:00	P23 Seniors Men Individual	3	2	5	10.0
13:00:00	13:05:00	P23 Seniors Women Individual	1	1	5	5.0
13:05:00	13:10:00	P34 Seniors Men Individual	1	1	5	5.0
13:10:00	13:15:00	P33 Seniors Men Individual	1	1	5	5.0
13:15:00	13:20:00	P33 Seniors Women Individual	1	1	5	5.0
13:20:00	13:35:00	P34 Seniors Women Individual	4	3	5	15.0
13:35:00	13:40:00	P72 Seniors Men Individual	1	1	5	5.0
13:40:00	13:45:00	P70 Seniors Women Individual	1	1	5	5.0
13:45:00	15:45:00	Under 40 Men Individual	25	24	5	120.0
15:45:00	18:05:00	Juniors Mixed Pair	15	14	10	140.0
18:05:00	19:55:00	Cadets Mixed Pair	12	11	10	110.0
19:55:00	20:15:00	Cadets Boys Team	3	2	10	20.0

The times indicated are for guidance only and may change depending on the progress of the competition.

Court 2 - London Open Poomsae 2026

Start	End	Category	Entries	Runs	Min/run	Duration
09:02:00	10:42:30	Over 17 Men Individual Freestyle	17	17	2.5	100.5
10:45:00	14:40:00	Under 30 Women Individual 1/2	48	47	5	235.0
14:40:00	19:20:00	Under 30 Mixed Pair	29	28	10	280.0
19:20:00	19:50:00	Under 65 Women Individual	7	6	5	30.0
19:50:00	20:10:00	Over 60 Women Team	3	2	10	20.0

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Court 3 - London Open Poomsae 2026

Start	End	Category	Entries	Runs	Min/run	Duration
09:04:00	09:40:30	Over 17 Mixed Pair	4	4	2.5	36.5
10:45:00	14:35:00	Under 30 Women Individual 2/2	47	46	5	230.0
14:35:00	15:45:00	Cadets Girls Team	8	7	10	70.0
15:45:00	17:10:00	Under 60 Men Individual	18	17	5	85.0
17:10:00	18:10:00	Under 60 Mixed Pair	7	6	10	60.0
18:10:00	19:45:00	Under 60 Women Individual	20	19	5	95.0

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Court 4 - London Open Poomsae 2026

Start	End	Category	Entries	Runs	Min/run	Duration
09:06:00	09:08:30	Over 17 Mixed Team Freestyle	1	1	2.5	2.5
10:45:00	13:15:00	Under 30 Men Individual 1/2	31	30	5	150.0
13:15:00	16:50:00	Cadets Girls Individual	44	43	5	215.0
16:50:00	18:50:00	Under 50 Mixed Pair	13	12	10	120.0
18:50:00	19:00:00	Over 60 Men Team	1	1	10	10.0
19:00:00	20:00:00	Under 50 Women Team	7	6	10	60.0

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Court 5 - London Open Poomsae 2026

Start	End	Category	Entries	Runs	Min/run	Duration
09:08:00	10:06:30	Under 17 Girls Individual Freestyle	7	7	2.5	58.5
10:45:00	13:15:00	Under 30 Men Individual 2/2	31	30	5	150.0
13:15:00	16:30:00	Juniors Men Individual	40	39	5	195.0
16:30:00	17:10:00	Under 65 Men Individual	9	8	5	40.0
17:10:00	18:55:00	Under 50 Women Individual	22	21	5	105.0
18:55:00	19:15:00	Under 60 Women Team	3	2	10	20.0
19:15:00	19:35:00	Under 50 Men Team	3	2	10	20.0

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Court 6 - London Open Poomsae 2026

Start	End	Category	Entries	Runs	Min/run	Duration
09:10:00	10:30:30	Under 17 Boys Individual Freestyle	11	11	2.5	80.5
10:45:00	13:35:00	Juniors Women Individual 1/2	35	34	5	170.0
13:35:00	15:55:00	Cadets Boys Individual	29	28	5	140.0
15:55:00	17:30:00	Under 50 Men Individual	20	19	5	95.0
17:30:00	18:40:00	Juniors Women Team	8	7	10	70.0
18:40:00	19:05:00	Over 65 Women Individual	6	5	5	25.0
19:05:00	19:25:00	Over 60 Mixed Pair	3	2	10	20.0
19:25:00	19:35:00	Under 60 Men Team	1	1	10	10.0

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Court 7 - London Open Poomsae 2026

Start	End	Category	Entries	Runs	Min/run	Duration
09:12:00	09:14:30	Under 17 Mixed Pair	1	1	2.5	2.5
10:45:00	13:30:00	Juniors Women Individual 2/2	34	33	5	165.0
13:30:00	15:50:00	Under 30 Women Team	15	14	10	140.0
15:50:00	16:30:00	Over 65 Men Individual	9	8	5	40.0
16:30:00	18:35:00	Under 40 Women Individual	26	25	5	125.0
18:35:00	19:25:00	Under 30 Men Team	6	5	10	50.0
19:25:00	19:55:00	Juniors Men Team	4	3	10	30.0

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