

Ambassador Cup Poomsae 2022

| Est time | Area 1 | Area 2 | Area 3 |
|----------|---|---------------------------------------|---------------------------------------|
| 10:00:00 | 12-14 years - Female - Individual - A | -8 years - Female - Individual - C | -8 years - Male - Individual - C |
| 10:05:00 | final 3 comp | final 3 comp | final 3 comp |
| 10:10:00 | | | |
| 10:15:00 | 12-14 years - Male - Individual - A | -8 years - Male - Individual - D | 9-11 years - Female - Individual - C |
| 10:20:00 | 15-17 years - Female - Individual - A | final 8 comp | final 6 comp |
| 10:25:00 | final 5 comp | | |
| 10:30:00 | | | |
| 10:35:00 | | -8 years - Female - Individual - B | |
| 10:40:00 | | 9-11 years - Male - Individual - C | |
| 10:45:00 | 15-17 years - Male - Individual - A | 9-11 years - Female - Individual - B | 9-11 years - Male - Individual - B |
| 10:50:00 | 15-17 years - Female - Team - A | final 2 comp | final 2 comp |
| 10:55:00 | 18-30 years - Male - Individual - A | 12-14 years - Female - Individual - B | 12-14 years - Female - Individual - C |
| 11:00:00 | final 7 comp | final 5 comp | final 6 comp |
| 11:05:00 | | | |
| 11:10:00 | | | |
| 11:15:00 | | | |
| 11:20:00 | | 12-14 years - Male - Individual - B | |
| 11:25:00 | | final 3 comp | -11 years - Pair - C |
| 11:30:00 | 31-40 years - Female - Individual - A | | 12-14 years - Male - Individual - C |
| 11:35:00 | final 4 comp | 9-11 years - Male - Individual - D | -11 years - Male - Team - C |
| 11:40:00 | | 12-14 years - Pair - B | -11 years - Female - Team - C |
| 11:45:00 | | 15-17 years - Female - Team - B | -11 years - Female - Team - C |
| 11:50:00 | -17 years - Female- Free Style Individual - A | 12-14 years - Pair - C | 15-17 years - Male - Individual - D |
| 11:55:00 | Lunchbreak | Lunchbreak | Lunchbreak |
| 12:00:00 | | | |
| 12:05:00 | | | |
| 12:10:00 | | | |
| 12:15:00 | | | |
| 12:20:00 | | | |
| 12:25:00 | | | |
| 12:30:00 | | | |
| 12:35:00 | | | |
| 12:40:00 | | | |
| 12:45:00 | | | |
| 12:50:00 | | | |
| 12:55:00 | 41-50 years - Male - Individual - A | 15-17 years - Male - Individual - C | 31-40 years - Female - Individual - B |
| 13:00:00 | final 2 comp | 15-17 years - Female - Individual - B | final 2 comp |
| 13:05:00 | 66+ years - Male - Individual - A | final 3 comp | 15-17 years - Female - Individual - C |
| 13:10:00 | final 2 comp | | final 5 comp |
| 13:15:00 | 31+ years - Pair - A | 15-17 years - Male - Individual - B | |
| 13:20:00 | final 2 comp | final 2 comp | |
| 13:25:00 | 31+ years - Male - Team - A | 15-17 years - Pair - B | |
| 13:30:00 | 18-30 years - Female - Individual - A | final 2 comp | 18-30 years - Male - Individual - D |
| 13:35:00 | final 5 comp | 18-30 years - Female - Individual - B | 18-30 years - Male - Individual - C |
| 13:40:00 | | final 5 comp | final 3 comp |
| 13:45:00 | | | |
| 13:50:00 | | | 18-30 years - Female - Individual - C |
| 13:55:00 | 18-30 years - Pair - A | | final 4 comp |
| 14:00:00 | final 2 comp | 41-50 years - Male - Individual - B | |
| 14:05:00 | 18-30 years - Male - Team - A | 51-60 years - Female - Individual - B | |
| 14:10:00 | 31-40 years - Male - Individual - A | 31+ years - Pair - B | 31-40 years - Female - Individual - C |
| 14:15:00 | final 2 comp | 18-30 years - Female - Team - B | final 2 comp |
| 14:20:00 | | | |