

# 5<sup>th</sup> LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

[www.youtube.com/LentsTaekwondo](http://www.youtube.com/LentsTaekwondo)

[www.facebook.com/LentsTaekwondo](http://www.facebook.com/LentsTaekwondo)

## Freestyle, Beach & Para Poomsae Schedule Day 1 - 17 July 2021

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo
12:00	Para Poomsae / Junior Female / P31/P32/P33 / Final
12:05	Para Poomsae / Junior Male / P31/P32/P33 / Final
12:10	Para Poomsae / Junior Male / P34 / Final
12:15	Para Poomsae / Under 30 Female / P10 / Final
12:20	Para Poomsae / Under 30 Female / P20 / Final
12:25	Para Poomsae / Under 30 Female / P31/P32/P33 / Final
12:30	Para Poomsae / Under 30 Male / P50 / Final
12:35	Para Poomsae / Over 30 Female / P31/P32/P33 / Final
12:40	Para Poomsae / Over 30 Female / P50 / Final
12:45	Para Poomsae / Over 30 Male / P60 / Final
12:50	
12:55	
13:00	
13:05	BREAK
13:10	
13:15	Beach Poomsae / Individual / Black Belts / Under 11 Female / Final
13:20	Beach Poomsae / Individual / Black Belts / Under 11 Male / Final
13:25	
13:30	Beach Poomsae / Individual / Black Belts / Under 11 Male / Final
13:35	
13:40	Beach Poomsae / Individual / Black Belts / Cadet Female / Final
13:45	
13:50	
13:55	
14:00	
14:05	Beach Poomsae / Individual / Black Belt / Cadet Male / Final
14:10	
14:15	
14:20	Beach Poomsae / Individual / Black Belt / Junior Female / Final
14:25	Beach Poomsae / Individual / Black Belt / Junior Male / Final
14:30	
14:35	
14:40	Beach Poomsae / Individual / Color Belts / Under 17 Female / Final
14:45	
14:50	
14:55	
15:00	
15:05	
15:10	Beach Poomsae / Individual / Color Belts / Under 17 Male / Final
15:15	Beach Poomsae / Individual / Color Belts / Over 17 Male / Final
15:20	
15:25	
15:30	
15:35	
15:40	
15:45	BREAK
15:50	
16:00	
16:10	

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo
16:10	Beach Poomsae / Individual / Black Belts / Under 30 Female / Final
16:15	
16:20	Beach Poomsae / Individual / Black Belts / Under 30 Male / Final
16:25	
16:30	
16:35	Beach Poomsae / Individual / Black Belts / Under 30 Male / Final
16:40	
16:45	Beach Poomsae / Individual / Black Belts / Over 30 Female / Final
16:50	
16:55	
17:00	Beach Poomsae / Individual / Black Belts / Under 30 Male / Final
17:05	
17:10	
17:15	
17:20	Beach Poomsae / Pairs / Color Belts / Under 17 / Final
17:25	
17:30	Beach Poomsae / Pairs / Black Belts / Under 17 / Final
17:35	
17:40	Beach Poomsae / Pairs / Black Belts / Over 17 / Final
17:45	
17:50	
17:55	BREAK
18:00	
18:05	Beach Poomsae / Female Team / Color Belts / Under 17 / Final
18:10	
18:15	
18:20	Beach Poomsae / Female Team / Black Belts / Under 17 / Final
18:25	
18:30	Beach Poomsae / Male Team / Black Belts / Under 17 / Final
18:35	Beach Poomsae / Male Team / Black Belts / Over 17 / Final
18:40	
18:46	Freestyle Poomsae / Individual / Color Belts / Under 17 Male / Final
18:49	
18:55	Freestyle Poomsae / Individual / Black Belts / Under 17 Female / Final
18:57	
19:01	Freestyle Poomsae / Individual / Black Belts / Under 17 Male / Final
19:10	
19:13	
19:16	
19:21	BREAK
19:26	Freestyle Poomsae / Individual / Black Belts / Over 17 Female / Final
19:29	
19:32	Freestyle Poomsae / Individual / Black Belts / Over 17 Male / Final
19:38	
19:41	
19:44	Freestyle Poomsae / Pairs / Color Belts / Under 17 / Final
19:47	
19:50	Freestyle Poomsae / Pairs / Black Belts / Under 17 / Final
19:53	
19:56	Freestyle Poomsae / Mixed Team / Color Belts / Under 17 / Final