

Lents Taekwondo & Worldwide Sports Online present:

4th LENTS TAEKWONDO WORLDWIDE SPORTS ONLINE POOMSAE OPEN 2021

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

Freestyle, Beach & Para Poomsae

Saturday, April 24

Time (CEST, GMT +2)	Ring 1 Facebook & YouTube Lents Taekwondo	Ring 2 Facebook & YouTube Lents Taekwondo
12:00	Freestyle Under 17 Individual Black Belt Male	P10 Under 30 Female
12:05		
12:10	Freestyle Under 17 Individual Black Belt Female	P20 Junior Male
12:15	Freestyle Under 17 Pair Black Belt	P20 Over 30 Male
12:20	Freestyle Under 17 Individual Color Belt Male	
12:25		P20 Under 30 Female
12:30		
12:35	Freestyle Under 17 Individual Color Belt Female	P20 Under 30 Male
12:40		
12:45	Beach Freestyle Under 17 Individual Black Belt Male	BREAK
12:50	BREAK	
12:55		P31/P32/P33 Junior Female
13:00	Freestyle Under 17 Pair Color Belt	
13:05		P31/P32/P33 Over 30 Female
13:10	Freestyle Over 17 Individual Black Belt Male	
13:15		
13:20	Freestyle Over 17 Individual Black Belt Female	P31/P32/P33 Under 30 Female
13:25	Freestyle Over 17 Individual Color Belt Male	P31/P32/P33 Under 30 Male
13:30	Freestyle Over 17 Pair Black Belt	P34 Junior Male
13:35	Freestyle Mixed Team Color Belt	P50 Over 30 Female
13:40	Beach Freestyle Over 17 Individual Black Belt Female	P50 Over 30 Male
13:45		
13:50		
13:55		
14:00	BREAK	BREAK
14:05		
14:10		
14:15		
14:20		
14:25	Beach Poomsae Kids Under 11 Individual Black Belt Female	P50 Under 30 Female
14:30		P60 Over 30 Female
14:35		
14:40		P60 Over 30 Male
14:45		
14:50	Beach Poomsae Kids Under 11 Individual Black Belt Male	P60 Under 30 Male
14:55		
15:00		P70 Junior Female
15:05		
15:10	BREAK	BREAK
15:15		
15:20		
15:25		Beach Poomsae Under 17 PAIR BEACH Black Belt
15:30	Beach Poomsae Cadet Individual Black Belt Female	
15:35		
15:40		
15:45		
15:50		
15:55		BREAK



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16:00	Beach Poomsae Cadet Individual Black Belt Male	BREAK
16:05	BREAK	
16:10		Beach Poomsae Over 17 PAIR BEACH Black Belt
16:15		
16:20	Beach Poomsae Junior Individual Black Belt Female	Beach Poomsae Under 17 Individual Color Belt Female
16:25		
16:30		
16:35		
16:40		
16:45		BREAK
16:50		
16:55	Beach Poomsae Junior Individual Black Belt Male	Beach Poomsae Under 17 Individual Color Belt Male
17:00		
17:05		
17:10		
17:15		
17:20		
17:25		