



NRG Open Taekwondo Championships
Fort Worth, TX
January 17-18, 2020

SCHEDULE OF EVENTS

Friday, January 17, 2020

LOCATION: Adrenaline Taekwondo, 3828 Cockrell Ave, Fort Worth, TX 76110

5:00 – 8:00pm	<p>Weigh-in and Credential Pickup</p> <p>ALL 10+ BLACKBELT SPARRING ATHLETES <u>MUST</u> WEIGH-IN DURING THIS TIME. PER USAT POLICY THERE WILL BE ABSOLUTELY NO WEIGH-INS ON DAY OF EVENT.</p> <p><u>UNSANCTIONED ATHLETES NEED NOT WEIGH-IN. CREDENTIALS CAN BE PICKED UP AT 8:00AM ON JANUARY 18th.</u></p>
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SCHEDULE OF EVENTS

Saturday, January 18, 2020

LOCATION: Game On Sports, 2600 Alameda Street, Fort Worth, TX 76116

<p>REPORT TIME</p> <p><i>*Athletes should report to holding at this time. All times are approximate & subject to change*</i></p>	<p align="center">EVENT</p>
8:00am	<p>Credential pick up for NON-SANCTIONED athletes only. Sanctioned athletes must weigh-in Friday evening (see above). NO EXCEPTIONS.</p> <p align="center">Competition begins at 8:30am</p>
8:00am	<ul style="list-style-type: none"> • All Board Breaking competitors
8:30am	<ul style="list-style-type: none"> • All Poomsae competitors
9:30am	<ul style="list-style-type: none"> • 6-7, 8-9 year old Female Sparring – All belts • 10-11 Male and Female Black Belts • 12-14 Female Black Belts – Fin, Fly, Bantam
10:00am	<ul style="list-style-type: none"> • 12-14 Female Black Belts – Feather, Light • 12-14 Female Black Belts – Welter, Light Middle, Middle
10:30am	<ul style="list-style-type: none"> • 12-14 Female Black Belts – Light Heavy, Heavy • 12-14 Male Black Belts – Fin, Fly

11:00am	<ul style="list-style-type: none"> • 6-7 year old Male Sparring – All belts • 12-14 Male Black Belts – Light, Feather
11:30am	<ul style="list-style-type: none"> • 8-9 year old Male Sparring – All belts • 12-14 Male Black Belts – Bantam
12:00pm	<ul style="list-style-type: none"> • 12-14 Male Black Belts – Light Middle • 12-14 Male Black Belts – Welter
12:30pm	<ul style="list-style-type: none"> • 15-17 Female Black Belts – Fin, Fly, Feather, Light, Welter
1:00pm	<ul style="list-style-type: none"> • 10-11 Female Color Belt Sparring • 15-17 Female Black Belts – Light Middle, Middle, Light Heavy, Heavy • 15-17 Male Black Belts – Fin, Fly, Bantam
1:30pm	<ul style="list-style-type: none"> • 10-11 Male Color Belt Sparring • 15-17 Male Black Belts – Feather, Light, Welter
2:00pm	<ul style="list-style-type: none"> • 15-17 Male Black Belts – Light Middle
2:30pm	<ul style="list-style-type: none"> • 15-17 Male Black Belts – Middle, Light Heavy, Heavy • 18-32 Female Black Belts – Fin, Fly, Middle
3:00pm	<ul style="list-style-type: none"> • 18-32 Female Black Belts – Feather, Welter • 18-32 Male Black Belts – Fin, Fly
3:30pm	<ul style="list-style-type: none"> • 12-14 Female Color Belt Sparring • 18-32 Male Black Belts – Bantam, Feather, Light, Welter, Middle, Lt Mid
4:00pm	<ul style="list-style-type: none"> • 12-14 Male Color Belt Sparring • 15-17 Female Color Belt Sparring • 15-17 Male Color Belt Sparring