



2016 USA Taekwondo National Championships

Richmond, VA • July 3-10, 2016

Sunday, July 3, 2016

9:00am – 5:00pm	Sparring Referee Seminar	Greater Richmond Convention Center
9:00am – 5:00pm	Poomsae Referee Seminar	Greater Richmond Convention Center
9:00am – 12:00pm	Credential Pick Up Weigh-in for Monday Sparring Competitors	Greater Richmond Convention Center
9:00am – 4:30pm	Level 1 Coach Seminar	Greater Richmond Convention Center
1:00pm – 3:00pm	State President's Meeting	Greater Richmond Convention Center
2:00pm – 7:00pm	Credential Pick UP Weigh-In for Monday Sparring Competitors	Greater Richmond Convention Center
4:00pm – 5:00pm	Coaches Edge Seminar	Greater Richmond Convention Center
7:00pm	Appointed Referee Meeting	Greater Richmond Convention Center

ALL MONDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 7:00PM

Monday, July 4, 2016

6-7 Dragon Board Breaking (All Belts) 6-7 Dragon Poomsae (All Belts) 6-7 Dragon Sparring (All Belts) 8-9 Tiger Board Breaking (All Belts)		8-9 Tiger Sparring (All Belts) Para Poomsae (Black Belts) Para Sparring (Black Belts) 18+ World Class Team Freestyle (Black Belts) 33+ Ultra Sparring (All Belts)
7:30am	Doors Open for Monday Competitors & Coaches ONLY	Greater Richmond Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Greater Richmond Convention Center
8:30am	Competition Begins	Greater Richmond Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Tuesday Sparring Competitors	Greater Richmond Convention Center
TBD	Lunch	Greater Richmond Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Tuesday Sparring Competitors	Greater Richmond Convention Center

ALL TUESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM

Tuesday, July 5, 2016

8-9 Tiger Poomsae (All Belts) 10-11 Youth Board Breaking (Black Belts) 10-11 Youth Sparring (All Belts)		18+ World Class Pairs Freestyle (Black Belts) 61-65 World Class Individual Poomsae (Black Belts) 66+ World Class Individual Poomsae (Black Belts)
7:30am	Doors Open for Tuesday Competitors & Coaches ONLY	Greater Richmond Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Greater Richmond Convention Center
8:30am	Competition Begins	Greater Richmond Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Wednesday Sparring Competitors	Greater Richmond Convention Center
TBD	Lunch	Greater Richmond Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Wednesday Sparring Competitors	Greater Richmond Convention Center

ALL WEDNESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM

2016 USA Taekwondo National Championships

Richmond, VA • July 3-10, 2016

Wednesday, July 6, 2016

10-11 Youth Board Breaking (Color Belts)
 10-11 Youth Poomsae (All Belts)
 15-17 Junior Poomsae (Color Belts)
 15-17 Junior Sparring (Color Belts)
 18+ World Class Individual Freestyle Poomsae (Black Belts)

41-50 World Class Individual Poomsae (Black Belts)
 51-60 World Class Individual Poomsae (Black Belts)
 17-32 Senior World Class Sparring (Black Belts) – Divisions Below ONLY
Male: *Fin, Fly, Bantam & Feather Weights*
Female: *Light, Welter, Middle & Heavy Weights*

7:30am	Doors Open for Wednesday Competitors & Coaches ONLY	Greater Richmond Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Greater Richmond Convention Center
8:30am	Competition Begins	Greater Richmond Convention Center
9:00am – 4:30pm	Level 1 Coach Seminar	Greater Richmond Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Thursday Sparring Competitors	Greater Richmond Convention Center
TBD	Lunch	Greater Richmond Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Thursday Sparring Competitors	Greater Richmond Convention Center

ALL THURSDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM

Thursday, July 7, 2016

12-14 Cadet World Class Individual Poomsae (Black Belts)
 12-14 Cadet World Class Pairs Poomsae (Black Belts)
 12-14 Cadet World Class Team Poomsae (Black Belts)
 18-32 Senior Sparring (Color Belts)
 18+ Board Breaking (All Belts)
 18-30 World Class Pairs Poomsae (Black Belts)

18-30 World Class Team Poomsae (Black Belts)
 31+ World Class Pairs Poomsae (Black Belts)
 31+ World Class Team Poomsae (Black Belts)
 17-32 Senior World Class Sparring (Black Belts) – Divisions Below ONLY
Male: *Light, Welter, Middle & Heavy Weights*
Female: *Fin, Fly, Bantam & Feather Weights*

7:30am	Doors Open for Thursday Competitors & Coaches ONLY	Greater Richmond Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Greater Richmond Convention Center
8:30am	Competition Begins	Greater Richmond Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Friday Sparring Competitors	Greater Richmond Convention Center
TBD	Lunch	Greater Richmond Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Friday Sparring Competitors	Greater Richmond Convention Center

ALL FRIDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM

2016 USA Taekwondo National Championships

Richmond, VA • July 3-10, 2016

Friday, July 8, 2016

12-14 Cadet World Class Sparring (Black Belts) – Divisions below ONLY
Male: Fin, Fly Bantam & Feather
Female: Light, Welter, Light Middle, Middle, Light Heavy & Heavy
 12-14 Cadet Grassroots Sparring (Black Belts) – ALL DIVISIONS
 12-17 World Class Individual Freestyle Poomsae (Black Belts)
 12-17 World Class Pairs Freestyle Poomsae (Black Belts)

12-14 Cadet Board Breaking (All Belts)
 12-14 Cadet Individual Poomsae (Color Belts)
 18+ Individual Poomsae (Color Belts)
 18-30 World Class Individual Poomsae (Black Belts)
 31-40 World Class Individual Poomsae (Black Belts)
 6-99 Demonstration Team (All Belts)

7:30am	Doors Open for Friday Competitors & Coaches ONLY	Greater Richmond Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Greater Richmond Convention Center
8:30am	Competition Begins	Greater Richmond Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Saturday Sparring Competitors	Greater Richmond Convention Center
TBD	Lunch	Greater Richmond Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Saturday Sparring Competitors	Greater Richmond Convention Center
30 Minutes After Competition Ends	Town Hall Meeting	Greater Richmond Convention Center

ALL SATURDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM

Saturday, July 9, 2016

12-14 Cadet World Class Sparring (Black Belts) – Divisions Below ONLY
Male: Light, Welter, Light Middle, Middle, Light Heavy & Heavy
Female: Fin, Fly Bantam & Feather
 12-14 Cadet Sparring (Color Belts)

12-17 World Class Team Freestyle Poomsae (Black Belts)
 15-17 Junior Board Breaking (All Belts)
 15-17 Junior World Class Individual Poomsae (Black Belts)
 15-17 World Class Pairs Poomsae (Black Belts)
 15-17 World Class Team Poomsae (Black Belts)

7:30am	Doors Open for Saturday Competitors & Coaches ONLY	Greater Richmond Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Greater Richmond Convention Center
8:30am	Competition Begins	Greater Richmond Convention Center
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Sunday Sparring Competitors	Greater Richmond Convention Center
TBD	Lunch	Greater Richmond Convention Center
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Sunday Sparring Competitors	Greater Richmond Convention Center

ALL SUNDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM

Sunday, July 10, 2016

15-17 Junior World Class Sparring (Black Belts)

7:30am	Doors Open for Sunday Competitors & Coaches ONLY	Greater Richmond Convention Center
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Greater Richmond Convention Center
8:30am	Competition Begins	Greater Richmond Convention Center
TBD	Lunch	Greater Richmond Convention Center

Please Note: The detailed schedule of report times will be posted after the final registration deadline.

Sparring Brackets, Poomsae & Breaking Order Sheets will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo website (www.usa-taekwondo.us)