

Ambassador' Cup 2023 Poomsae schedule

Court 1

Category	Start time	Duration	Competitors
Over 50 male	09:00	00:20	4
Cadet male	09:20	00:20	4
Under 30 female	09:40	01:30	10
Under 30 male	11:10	00:25	5
Pairs under 30	11:35	00:05	1
Cadet female	11:40	00:40	8
Lunch	12:20	00:40	
Opening ceremony	13:00	00:20	
Freestyle beginners	13:20	00:15	3
Freestyle male	13:35	00:05	1
Freestyle female	13:40	00:05	1
Pairs under 17	13:45	00:30	6
Over 50 female	14:15	00:10	2
Teams under 17	14:25	00:30	6
Under 50 male	14:55	00:15	3
Under 50 female	15:10	00:30	6
Green belts male	15:40	00:30	6
Under 40 female	16:10	00:30	6
Under 40 male	16:40	00:15	3
Junior female	16:55	00:35	7
Teams over 30	17:30	00:25	5
Juniors male	17:55	00:20	4
Teams under 30	18:15	00:15	3
Pairs over 30	18:30	00:30	6
Green belts female	19:00	01:15	15
End	20:15		

Court 2

Category	Start time	Duration	Competitors
Kids red-black belts	09:00	00:20	4
Kids blue belts	09:20	00:35	9
Kids green belts	09:55	00:30	7
Kids yellow belts	10:25	00:25	6
Pairs kids	10:50	00:25	6
Teams beginners	11:15	00:40	8
Pairs lower belts	11:55	00:30	6
Lunch	12:25	00:35	
Opening ceremony	13:00	00:20	
Break	13:20	00:25	
Pairs higher belts	13:45	00:55	11
Blue belts, combined	14:40	00:50	10
Diesel male	15:30	01:00	12
Diesel female	16:30	00:50	10
Yellow belts male	17:20	00:15	3
Red-black belts female	17:35	01:30	18
Yellow belts female	19:05	00:35	7
Red-black belts male	19:40	00:30	6
End	20:10		