	Court 1				Court 2		
Category	Start time	Duration	Competitors	Category	Start time	Duration	Competitors
Over 40 male	09:00	00:20	5	Kids blue-black belts	09:00	00:25	6
Diesel	09:20	00:25	6	Kids green belts	09:25	00:35	8
Over 40 female	09:45	00:10	2	Kids yellow belts	10:00	00:10	2
Pairs under 17	09:55	00:10	2	Pairs kids	10:10	00:10	2
Pairs under 30	10:05	00:10	2	Pairs lower belts	10:20	00:15	3
Pairs over 30	10:15	00:10	1	Pairs higher belts	10:35	00:20	5
Teams under 17	10:25	00:05	1	Teams beginners	10:55	00:10	2
Teams over 30	10:30	00:10	2	Green belts male	11:05	00:10	2
Cadet male	10:40	00:15	3	Green belts female	11:15	00:30	7
Cadet female	10:55	00:20	4	Lunch	11:45	01:00	
Juniors male	11:15	00:10	2	Opening ceremony	12:45	00:20	
Junior female	11:25	00:20	5	Freestyle beginners	13:05	00:10	2
Lunch	11:45	01:00		Freestlyle female	13:15	00:10	1
Opening ceremony	12:45	00:20		Blue belts male	13:25	00:20	4
Freestyle male	13:05	00:20	3	Blue belts female	13:45	00:20	5
Under 30 male	13:25	00:20	4	Red-black belts female	14:05	00:20	4
Under 30 female	13:45	00:25	6	Red-black belts male	14:25	00:10	2
Under 40 male	14:10	00:20	4	Yellow belts male	14:35	00:10	2
Under 40 female	14:30	00:15	3	Yellow belts female	14:45	00:10	2
Finished	14:45			Finished	14:55		