

## **Court division Poomsae**RIG & Nordic Championships 2024 Poomsae

1 Start	Tournament type	Date Category	28-01-2024 Group Competito
09:00	Team	Team Team Under 17 Male-A	2
09:10	Team	Team Team Under 17 Female-A	4
09:30	Team	Team Team Over 30 Male-A	1
09:35	Pair	Pair Pair Under 17-A	12
10:55	Individual	Ind Cadets Female-A	9
12:00		Medal ceremony and lunch	
13:00	Individual	Ind Juniors Female-A	24
16:00	Individual	Ind Under 60 Male-A	6
16:30	Individual	Ind Under 60 Female-A	7
17:30	Freestyle ind.	Free Ind Freestyle Under 17 Male-A	3
17:40	Freestyle ind.	Free Ind Freestyle Over 17 Male-A	3
17:50	Freestyle pair	Free Pair Free Pair Under 17-A	1
18:10		Medal ceremony	

All start times are subject to the flow of the tournament. They are only an indication and may change at any time.

If requested by the organization: Participants must be present one hour before the start of the category to register.



23-01-2024 / 13:50

Icelandic Taekwondo Federation

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## **Court division Poomsae**RIG & Nordic Championships 2024 Poomsae

2		Date	28-01-2024
Start	Tournament type	Category	Group Competitor
09:00	Pair	Pair Pair Under 30-A	12
10:20	Pair	Pair Pair Over 30-A	7
10:50	Team	Team Team Under 30 Male-A	2
11:00	Team	Team Team Under 30 Female-A	7
11:30	Individual	Ind Under 50 Male-A	2
12:00		Medal ceremony and lunch	
13:00	Individual	Ind Under 30 Female-A	30
17:00	Individual	Ind Under 40 Male-A	4
17:30	Freestyle ind.	Free Ind Freestyle Under 17 Female-A	4
17:45	Freestyle ind.	Free Ind Freestyle Over 17 Female-A	1
17:55	Freestyle pair	Free Pair Free Pair Over 17-A	1
18:05	Freestyle team	Free Mixed Free Team Mixed-A	1
18:10		Medal ceremony	

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## Court division Poomsae RIG & Nordic Championships 2024 Poomsae

Tournament type	Date Category	28-01-2024 Group Competitor
Team	Team Team Over 30 Female-A	5
Pair	Pair Pair Under 14-A	5
Individual	Ind Cadets Male-A	14
Individual	Ind Under 65 Male-A	3
Individual	Ind Under 50 Female-A	6
	Medal ceremony and lunch	
Individual	Ind Under 40 Female-A	9
Individual	Ind Juniors Male-A	18
Individual	Ind Under 30 Male-A	14
	Medal ceremony	
	Team Team Pair Individual Individual Individual Individual	Team Team Under 14 Male-A Team Team Over 30 Female-A Pair Pair Under 14-A Individual Ind Cadets Male-A Individual Ind Under 65 Male-A Individual Ind Under 50 Female-A  Medal ceremony and lunch  Individual Ind Under 40 Female-A Individual Ind Under 30 Male-A Individual Ind Under 30 Male-A

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