

Planning Agora

Hoogtesprong (Agora)

- 10:00 Hoogtesprong M junior II 10 - 12
- 10:30 Hoogtesprong F junior III 13 - 15
- 11:05 Hoogtesprong F junior I 0 - 9
- 11:20 Hoogtesprong F junior II 10 - 12
- 11:35 Hoogtesprong F junior IV 16 - 18
- 11:50 Hoogtesprong M junior I 0 - 9
- 12:20 Hoogtesprong M junior III 13 - 15
- 12:45 Hoogtesprong M junior-senior II IV

Krachtbreektesten (Agora)

- 13:30 Powerbreaking voet M kupgraden
- 13:40 Powerbreaking voet M dangraden
- 14:15 Powerbreaking meshand M kupgraden
- 14:25 Powerbreaking meshand F dangraden
- 14:35 Powerbreaking meshand M dangraden
- 14:55 Powerbreaking vuist F dangraden
- 15:05 Powerbreaking vuist M dangraden

Vertesprong (Agora)

- 10:00 Vertesprong F junior I 0 - 9
- 10:10 Vertesprong F junior II 10 - 12
- 10:20 Vertesprong F junior III 13 - 15
- 10:40 Vertesprong F junior IV 16 - 18
- 11:00 Vertesprong M junior I 0 - 9
- 11:15 Vertesprong M junior II 10 - 12
- 11:40 Vertesprong M junior III 13 - 15
- 12:05 Vertesprong M junior IV & senior 16 - 39

Planning Sporthal

Poomsae veld A (Sporthal)

10:00 Poomse_ind F A junior III 13 - 15
10:15 Poomse_ind M B junior II 10 - 12
10:30 Poomse_ind M B junior III 13 - 15
10:55 Poomse_ind M A junior III 13 - 15
11:05 Poomse_ind M A senior I 19 - 29
11:25 Poomse_ind M A senior III 40 - 49
11:35 Poomse_ind M A master II 60 - 99
11:45 Poomse_ind F A junior IV 16 - 18
12:00 Poomse_ind F A senior I 19 - 29

Lunch break 12:15 - 12:30

12:45 Poomse_ind F A senior I 19 - 29 Para
12:55 Poomse_ind F B junior III 12 - 16
13:35 Poomse_ind F B senior I 19 - 29
13:55 Poomse_ind F B master I 50 - 59 Para
14:05 Poomse_ind M C junior II 10 - 12 Para
14:15 Poomse_ind M C junior IV 16 - 18 Para
14:25 Familiepoomsae
14:50 Poomse_team junior I C-klasse 0 - 9
15:00 Zelfverdediging junior - senior
15:10 Allround breaking
15:20 Creative poomsae paar

Poomsae veld B (Sporthal)

10:00 Poomse_ind F C junior I 0 - 9
10:20 Poomse_ind F C junior II 10 - 12
10:55 Poomse_ind M D junior I 0 - 9
11:10 Poomse_ind M C junior III 13 - 15
11:30 Poomse_ind M C junior - senior II 18 - 39
11:50 Poomse_ind M D junior III 13 - 15
12:05 Poomse_ind M D senior II 30 - 39
12:15 Poomse_ind F C junior III 13 - 16
12:30 Poomse_ind F C senior I 19 - 39

Lunch break 12:50 - 13:20

13:20 Poomse_ind F D junior II 10 - 12
13:30 Poomse_ind F D junior III 13 - 15
13:40 Poomse_ind M C junior I 0 - 10
14:05 Poomsae paar 13-15
14:20 Poomsae paar 9-12
14:35 Poomsae paar volwassenen
14:45 Poomse_team junior III+IV B&A klasse 13 - 18