

2022 Utah AAU States

8:00 AM
Official's meeting
9:00 AM
Opening Ceremony
9:30 AM
OBSTACLE COURSE
Pair Poomsae
Sport Poomsae
10:30 AM
All Forms
12:30 PM
Lunch
1:00 PM
BB Sparring 14 & younger
All Breaking
2:00 PM
BB Sparring 15 + Female
3:00 PM
BB Sparring 15 + Male
Weapons
Point Sparring
OLYMPIC SPARRING

Please arrive 15 minutes before call time to venue. Call times are not competing times. Schedule subject to change