



Singapore Open Taekwondo Championships 2026
Day 1 Saturday Poomsae Schedule

Court 1 (A)			Estimated Call Time
Cat No	Category	Pax	
1	Poomsae Individual Male Cadet	32	0830
2	Poomsae Individual Male Under 30	15	1030
3	Poomsae Individual Female Under 40	1	1130
4	Poomsae Individual Female Under 50	1	1130
5	Poomsae Mixed Pair Cadet	10	1200
6	Poomsae Female Team Cadet	3	1320
7	Poomsae Male Team Cadet	5	1335
8	Poomsae Male Team Over 30	1	1400

Court 2 (B)			Estimated Call Time
Cat No	Category	Pax	
1	Individual Cadet Female	23	0830
2	Individual Junior Male	20	1000
3	Individual Under 40 Male	4	1115
4	Individual Under 50 Male	3	1125
5	Individual Over 50 Male	2	1125
6	Poomsae Mixed Pair Under 30	12	1200
7	Poomsae Male Team Junior	1	1335
8	Poomsae Female Team Junior	4	1340
9	Freestyle Individual Male Under 17	1	1450
10	Freestyle Individual Female Under 17	1	1450
11	Freestyle Individual Male Over 17	3	1450
12	Freestyle Individual Female Over 17	6	1500

Court 3 (C)			Estimated Call Time
Cat No	Category	Pax	
1	Individual Junior Female	23	0830
2	Individual U30 Female	25	1000
3	Poomsae Mixed Pair Junior	7	1200
4	Poomsae Mixed Pair Over 30	1	1250
5	Poomsae Male Team Under 30	1	1255
6	Poomsae Mixed Team Cadet	2	1255
7	Poomsae Female Team Under 30	4	1310
8	Poomsae Mixed Team Under 30	5	1330

*Schedule might change dependent on flow on competition day,
 players to be on standby 90 minutes before calltime from second category onwards