

2025 Stanford Taekwondo Spring Open Poomsae Schedule

| Time | Ring 1 | Ring 2 | Ring 3 | Ring 4 | Ring 5 | Ring 6 | | | | |
|-------------------------------------|--|---|----------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|-----------------------------------|------------------------------------|---------------------------------------|
| 9:45 AM | WCP-1: World Class Dragon/Tiger Male (1) | WCP-3: World Class Youth Male (4) | P-110: Green belt Tiger Male (6) | P-102: Green belt Dragon Male (1) | P-201: White belt Dragon Female (1) | P-109: White belt Tiger Male (4) | | | | |
| | WCP-2: World Class Dragon/Tiger F (1) | | | P-202: Green belt Dragon Female (3) | P-101: White belt Dragon Male (4) | P-209: White belt Tiger Female (7) | | | | |
| | WCP-6: World Class Cadet Female (10) | | | P-210: Green belt Tiger Female (9) | P-104: Red belt Dragon Male (1) | | P-203: Blue belt Dragon Female (3) | | | |
| | | | | | P-112: Red belt Tiger Male (2) | | | | | |
| P-212: Red belt Tiger Female (3) | | | | | | | | | | |
| 10:15 AM | WCP-5: World Class Cadet Male (6) | WCP-4: World Class Youth Female (8) | P-118: Green belt Youth Male (2) | P-113: 1st Dan Tiger Male | P-117: White belt Youth Male (3) | P-111: Blue belt Tiger Male (6) | | | | |
| | | | | P-213: 1st Dan Tiger Female | P-217: White belt Youth Female (2) | | | | | |
| | | | | P-218: Green belt Youth Female (11) | P-120: Red belt Youth Male (4) | | P-119: Blue belt Youth Male (5) | | | |
| | | | | 10:45 AM | WCP-7: World Class Junior Male (3) | WCP-8: World Class Junior Female (9) | P-220: Red belt Youth Female (4) | P-129: 1st Dan Cadet Male (3) | P-219: Blue belt Youth Female (13) | P-211: Blue belt Tiger Female (2) |
| P-229: 1st Dan Cadet Female (2) | P-221: 1st Dan Youth Female (1) | | | | | | | | | |
| P-133: White belt Junior Male (1) | P-225: White belt Cadet Female (2) | | | | | | | | | |
| P-233: White belt Junior Female (1) | P-126: Green belt Cadet Male (2) | | | | | | | | | |
| 11:15 AM | WCPMP-1: World Class Youth Mixed Pairs (4) | WCP-12: World Class Under 40 Female (1) | P-128: Red belt Cadet Male (5) | P-234: Green belt Junior Female (1) | P-236: Red belt Junior Female (2) | P-226: Green belt Cadet Female (3) | | | | |
| | | | | | | P-228: Red belt Cadet Female (7) | P-144: Red belt Under 30 Male (1) | P-147: 3rd Dan Under 30 Males (1) | P-151: Blue belt Under 40 Male (1) | |
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| | | | | | | | | | | P-136: Red belt Junior Male (3) |
| 11:45 AM | WCPT-1: World Class Youth Male Team (1) | WCP-10: World Class Under 30 Female (1) | | | P-253: 1st Dan Under 50 Female (1) | P-159: Blue belt Over 50 Male (1) | | | | |
| | WCPT-2: World Class Youth Female Team (2) | WCP-11: World Class Under 40 Male (1) | | | | | | | | |
| | WCPMP-2: World Class Cadet Mixed Pairs (3) | WCPMP-3: World Class Junior Mixed Pairs (3) | | | | | | | | |
| | WCPT-3: World Class Cadet Male Team (1) | WCPT-5: World Class Junior Male Team (1) | | | | | | | | |
| 12:15 PM | WCPT-4: World Class Cadet Female Team (2) | WCPT-6: World Class Junior Female Team (4) | | | | | | | | |
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