



# 2009 Rocky Mountain Open & Youth Olympic Games Team Trials

## Tentative Schedule



### Tuesday November 3, 2009

9:00am- 2:00pm Practice Sessions available Sports Center I- Gym 6  
\*For International Teams by appointment contact [james.lenz@usa-taekwondo.us](mailto:james.lenz@usa-taekwondo.us)

9:00am- 7:00pm Practice Sessions available Sports Center I- Gym 5

### Wednesday November 4, 2009

9:00am- 2:00pm Practice Sessions available Sports Center I- Gym 6  
\*For International Teams by appointment contact [james.lenz@usa-taekwondo.us](mailto:james.lenz@usa-taekwondo.us)

9:00am- 7:00pm Practice Sessions available Sports Center I- Gym 5

### Thursday November 5, 2009

9:00am- 2:00pm Practice Sessions available Sports Center I- Gym 6  
\*For International Teams by appointment contact [james.lenz@usa-taekwondo.us](mailto:james.lenz@usa-taekwondo.us)

9:00am- 7:00pm Practice Sessions available Sports Center I- Gym 5

2:00pm-6:00pm Youth Olympic Games TT Bob Mathias Conference Room  
Check-In & Weigh-Ins

6:00pm Referee Meeting Ray B Essick Room/Sports Center I

7:00pm Technical Meeting & Drawing of Lots Sports Center I

### Friday November 6, 2009

9:00am- 8:00pm Practice Sessions available Sports Center I- Gym 6  
\*For International Teams by appointment contact [james.lenz@usa-taekwondo.us](mailto:james.lenz@usa-taekwondo.us)

9:00am-12:00pm Morning Competition Session Sports Center I-Gyms 1, 2, & 3  
Youth Olympic Games TT

10:00am-12:00pm Rocky Mountain Open Bob Mathias Conference Room  
Check-In & Weigh-In for Saturday's Competitors  
**All Forms, All Board Breaking, All 6-13 Sparring,  
14-17 Colored Belt Sparring, 18-32 Colored Belt Sparring,  
and All Ultra Sparring**

12:00pm – 1:00pm Lunch Break

2:00pm-6:00pm Rocky Mountain Open Bob Mathias Conference Room  
Check-In & Weigh-In for Saturday's Competitors  
**All Forms, All Board Breaking, All 6-13 Sparring,  
14-17 Colored Belt Sparring, 18-32 Colored Belt Sparring,  
and All Ultra Sparring**

1:00pm-5:30pm Afternoon Competition Session Sports Center I-Gyms 1, 2, & 3  
Youth Olympic Games TT

5:30pm-7pm Dinner Break

7pm Evening Competition Session (if needed) Sports Center I-Gyms 1, 2, & 3  
Youth Olympic Games TT

### Saturday November 7, 2009

9:00am- 8:00pm Practice Sessions available Sports Center I- Gym 6  
\*For International Teams by appointment contact [james.lenz@usa-taekwondo.us](mailto:james.lenz@usa-taekwondo.us)

9:00am-12:00pm Morning Competition Session Sports Center I-Gyms 1, 2, & 3  
All Forms, All Board Breaking, All 6-13 Sparring,  
14-17 Colored Belt Sparring, 18-32 Colored Belt Sparring,  
and All Ultra Sparring

10:00am-12:00pm Rocky Mountain Open Bob Mathias Conference Room  
Check-In & Weigh-In for Sunday's Competitors  
**14-17 Black Belt Sparring and 18-32 Black Belt Sparring**

12:00pm – 1:00pm Lunch Break

2:00pm-6:00pm Rocky Mountain Open Bob Mathias Conference Room  
Check-In & Weigh-In for Sunday's Competitors  
**14-17 Black Belt Sparring and 18-32 Black Belt Sparring**

1:00pm-5:30pm Afternoon Competition Session Sports Center I-Gyms 1, 2, & 3  
All Forms, All Board Breaking, All 6-13 Sparring,  
14-17 Colored Belt Sparring, 18-32 Colored Belt Sparring,  
and All Ultra Sparring

5:30pm-7pm Dinner Break

7:00pm Evening Competition Session (if needed) Sports Center I-Gyms 1, 2, & 3  
All Forms, All Board Breaking, All 6-13 Sparring,  
14-17 Colored Belt Sparring, 18-32 Colored Belt Sparring,  
and All Ultra Sparring

8:15pm Technical Meeting & Drawing of Lots Sports Center I

### Sunday November 8, 2009

9:00am- 8:00pm Practice Sessions available Sports Center I- Gym 6  
\*For International Teams by appointment contact [james.lenz@usa-taekwondo.us](mailto:james.lenz@usa-taekwondo.us)

9:00am-12:00pm Morning Competition Session Sports Center I-Gyms 1, 2, & 3  
14-17 Black Belt Sparring and 18-32 Black Belt Sparring

12:00pm – 1:00pm Lunch Break

1:00pm-5:30pm Afternoon Competition Session Sports Center I-Gyms 1, 2, & 3  
14-17 Black Belt Sparring and 18-32 Black Belt Sparring

5:30pm-7pm Dinner Break

7:00pm Evening Competition Session (if needed) Sports Center I-Gyms 1, 2, & 3  
14-17 Black Belt Sparring and 18-32 Black Belt Sparring