

**Alberta Open Taekwondo Tournament
March 25, 2023**

Poomsae Draws	Category	Finals First Poomsae	Finals Second Poomsae
INDIVIDUAL	Youth/Cadet	Keumgang	Taegeuk 7
	Junior	Taegeuk 6	Taegeuk 5
	U30	Taegeuk 7	Taegeuk 6
	U40	Pyongwon	Taegeuk 8
	U50	Keumgang	Koryo
	U60/U65/065	Chonkwon	Pyongwon
TEAMS & PAIRS	Youth/Cadet	Taegeuk 8	Taegeuk 5
	Junior	Taebaek	Taegeuk 8
	U30	Shipjin	Pyongwon
	O30	Keumgang	Taegeuk 8

Youth	born in 2012 and later
Cadet	born in 2009-2011
Junior	born in 2006-2008
U30	born in 1993-2005
U40	born in 1983-1992
U50	born in 1973-1982
U60	born in 1963-1972
U65	born in 1958-1962
O65	born 1957 and earlier

Categories are based on the year in which the contestant was born, rather than their current age.