



Alberta Open Taekwondo Tournament May 4, 2024 - Strathmore Alberta

Poomsae Draws	Category	Finals First Poomsae	Finals Second Poomsae
Individual	Female Youth/Cadet	Keumgang	Koryo
	Male Youth/Cadet	Taegeuk Pal Jang (8)	Taegeuk Sa Jang (4)
	Female Junior	Koryo	Taegeuk Chil Jang (7)
	Male Junior	Keumgang	Koryo
	Female U30	Shipjin	Taebaek
	Male U30	Taegeuk Yuk Jang (6)	Taegeuk Pal Jang (8)
	Female U40	Taegeuk Pal Jang (8)	Taegeuk Chil Jang (7)
	Male U40	Pyongwon	Taegeuk Pal Jang (8)
	Female U50	Jitae	Chonkwon
	Male U50	Shipjin	Pyongwon
	Female U60/U65/O65	Jitae	Taebaek
	Male U60/U65/O65	Koryo	Shipjin
	*Pairs/Teams	Youth/Cadet	Keumgang
Junior		Taegeuk Sa Jang (4)	Koryo
U30		Shipjin	Koryo
O30		Pyongwon	Taegeuk Pal Jang (8)

***Pairs consist of 1 male & 1 female. Teams consist of 3 same sex members.**

2024 Age Chart	Age divisions are based on the birth year of the contestant.		
Youth: born in 2013 and later	U30: born in 1994-2006	U60: born in 1964-1973	
Cadet: born in 2010-2012	U40: born in 1984-1993	U65: born in 1959-1963	
Junior: born in 2007-2009	U50: born in 1974-1983	O65: born 1958 and earlier	