



# 2022 WA State Governor's Cup Taekwondo Championship

**St. Martin's Marcus Pavilion  
October 22nd, Saturday**



*Schedule liable to change*

**Arrive 15 minutes before for staging times.**

**9:00 am Poomsae: 41 Years & Up, 33 - 40 Years, 18 - 32 Years, 15 - 17 Years**

**9:30 am Poomsae: 12 - 14 Years**

**10:00 am: Poomsae: 10 - 11 Years**

**10:30 am: Poomsae 8 - 9 Years, 6 - 7 Years**

**11:30 am Sparring: 41 Years & Up, 33 - 40 Years, 18 - 32 Years**

**1:00 pm Welcome Ceremony**

**1:30 pm Sparring: 15 - 17 Years**

**2:30 pm Sparring: 6 - 7 Years, 8 - 9 Years**

**3:45 pm Sparring: 10 - 11 Years**

**4:45 pm Sparring: 12 - 14 Years**

**5:00 pm Exhibition Matches - All Belts\***

*\*All exhibition matches will be held after all official matches have been contested.  
Exhibition matches are not guaranteed. See staging for exhibition policies.*

**Early Credential Pick-Up: Oct. 21st Friday 3:00 - 8:00pm @U.S. Martial Arts Center Olympia, WA**