

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	1	Under 10 Arrival and Height Check
10:00 - 10:28	1	B1MU10A Pattern Male 7 Yrs Yellow Belt Split A (14)
10:29 - 11:01	1	B1MU12D Patterns Male 9 Yrs Yellow Belt Split D (16)
11:02 - 11:20	1	B1FU16 Pattern Female 10 Yrs & Under Blue Belt (9)
11:20 - 11:25	1	5 min break/Changeover to sparring
11:25 - 12:01	1	B2MU10A Sparring Male Under 10 -125 Cm Yellow Belt Split A (12)
12:02 - 12:51	1	B2MU172 Sparring Male Under 10 126-135 Cm Green / Blue (16)
12:52 - 13:44	1	B2MU15C Sparring Male 9 - 10 Yrs 136-145 Cm Yellow Belt Split C (17)
14:15 - 14:45	1	11-13 Arrival & Height Check
14:45 - 15:25	1	B1FJ10 Pattern Female 11 Yrs Yellow Belt (20)
15:26 - 16:06	1	B1MJ13A Pattern Male 12 - 13 Yrs Green Belt Split A (20)
16:06 - 16:11	1	5 min break/Changeover to sparring
16:11 - 16:27	1	B2FJ14 Sparring Female 11 -13 yrs + 165 Cm Yellow / Green (5)
16:28 - 17:21	1	B2MJ12B Sparring Male 11 yrs 146-155 Cm Yellow / Green Split B (15)
17:22 - 17:53	1	B2FJ16A Sparring Female 11 -13 yrs 146-155 Cm Blue / Red Split A (9)
17:54 - 18:07	1	B2MJ18C Sparring Male 11-13 yrs 156-165 Cm Blue / Red Split C (4)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	2	Under 10 Arrival and Height Check
10:00 - 10:36	2	B1MU12B Pattern Male 9 Yrs Yellow Belt Split B (18)
10:37 - 11:17	2	B1MU15A Pattern Male 10 Yrs Green Belt Split A (20)
11:17 - 11:22	2	5 min break/Changeover to sparring
11:22 - 12:17	2	B2MU12B Sparring Male 8 Yrs 126-135 Cm Yellow Belt Split B (18)
12:18 - 13:01	2	B2FU11B Sparring Female Under 10 126-135 Cm Yellow Belt Split B (14)
13:02 - 13:48	2	B2FU12A Sparring Female Under 10 136-145 Cm Yellow Belt Split A (15)
14:15 - 14:45	2	11-13 Arrival & Height Check
14:45 - 15:31	2	B1FJ12 Pattern Female 11 Yrs Green Belt (23)
15:31 - 15:36	2	5 min break/Changeover to sparring
15:36 - 16:58	2	B2FJ13 Sparring Female 11 -13 yrs 156-165 Cm Yellow / Green (23)
16:59 - 17:45	2	B2MJ15 Sparring Male 11 -13 yrs + 165 Cm Yellow / Green (13)
17:46 - 18:02	2	B2MJ17C Sparring Male 11 -13 yrs 146-155 Cm Blue / Red Split C (5)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	3	Under 10 Arrival and Height Check
10:00 - 10:28	3	B1MU10B Pattern Male 7 Yrs Yellow Belt Split B (14)
10:29 - 11:05	3	B1MU11D Pattern Male 8 Yrs Yellow Belt Split D (18)
11:06 - 11:26	3	B1MU16 Pattern Male 10 Yrs & Under Blue Belt (10)
11:26 - 11:31	3	5 min break/Changeover to sparring
11:31 - 12:14	3	B2MU11 Sparring Male 7 Yrs and Under 126-135 Cm Yellow Belt (14)
12:15 - 12:58	3	B2FU10 Sparring Female Under 10 -125 Cm Yellow Belt (14)
12:59 - 13:48	3	B2FU11A Sparring Female Under 10 126-135 Cm Yellow Belt Split A (16)
14:15 - 14:45	3	11-13 Arrival & Height Check
14:45 - 15:15	3	B1FJ11 Pattern Female 12 - 13 Yrs Yellow Belt (15)
15:16 - 16:00	3	B1MJ11 Pattern Male 12 - 13 Yrs Yellow Belt (22)
16:00 - 16:05	3	5 min break/Changeover to sparring
16:05 - 16:58	3	B2FJ12B Sparring Female 11 -13 yrs 146-155 Cm Yellow / Green Split B (15)
16:59 - 17:41	3	B2MJ14B Sparring Male 11 -13 yrs 156-165 Cm Yellow / Green Split B (12)
17:42 - 17:58	3	B2FJ15 Sparring Female 11 -13 yrs -145 Cm Blue / Red (5)
17:59 - 18:15	3	B2MJ19B Sparring Male 11 -13 yrs +165 Cm Blue / Red Split B (5)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	4	Under 10 Arrival and Height Check
10:00 - 10:40	4	B1MU11C Pattern Male 8 Yrs Yellow Belt Split C (20)
10:41 - 11:01	4	B1FU10 Pattern Female 7 Yrs Yellow Belt (10)
11:02 - 11:40	4	B1MU15B Pattern Male 10 Yrs Green Belt Split B (19)
11:40 - 11:45	4	5 min break/Changeover to sparring
11:45 - 12:28	4	B2MU13A Sparring Male 9 - 10 Yrs 126-135 Cm Yellow Belt Split A (14)
12:29 - 13:24	4	B2FU16 Sparring Female Under 10 + 145 Cm Green / Blue (18)
13:25 - 13:36	4	B2MU171 Sparring Male Under 10 -125 Cm Green / Blue (4)
13:37 - 13:42	4	B2FU141 Sparring Female Under 10 -125 Cm Green / Blue (2)
14:15 - 14:45	4	11-13 Arrival & Height Check
14:45 - 15:33	4	B1MJ14 Pattern Male 11 Yrs Blue Belt (24)
15:33 - 15:38	4	5 min break/Changeover to sparring
15:38 - 16:35	4	B2FJ12A Sparring Female 11 -13 yrs 146-155 Cm Yellow / Green Split A (16)
16:36 - 17:22	4	B2MJ14A Sparring Male 11 -13 yrs 156-165 Cm Yellow / Green Split A (13)
17:23 - 18:16	4	B2MJ18A Sparring Male 11 -13 yrs 156-165 Cm Blue / Red Split A (15)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	5	Under 10 Arrival and Height Check
10:00 - 10:42	5	B1MU13A Pattern Male 10 Yrs Yellow Belt Split A (21)
10:43 - 11:19	5	B1MU13B Pattern Male 10 Yrs Yellow Belt Split B (18)
11:20 - 11:50	5	B1FU15A Pattern Female 10 Yrs Green Belt Split A (15)
11:50 - 11:55	5	5 min break/Changeover to sparring
11:55 - 12:28	5	B2MU10B Sparring Male Under 10 -125 Cm Yellow Belt Split B (11)
12:29 - 13:37	5	B2FU15 Sparring Female Under 10 136-145 Cm Green / Blue (22)
14:15 - 14:45	5	11-13 Arrival & Height Check
14:45 - 15:31	5	B1MJ15 Pattern Male 12 Yrs Blue Belt (23)
15:32 - 16:00	5	B1MJ10A Pattern Male 11 Yrs Yellow Belt Split A (14)
16:00 - 16:05	5	5 min break/Changeover to sparring
16:05 - 16:36	5	B2FJ11 Sparring Female 11 -13 yrs 136-145 Cm Yellow / Green (9)
16:37 - 17:23	5	B2MJ11B Sparring Male 11 -13 yrs 136-145 Cm Yellow / Green Split B (13)
17:24 - 17:59	5	B2FJ17A Sparring Female 11 -13 yrs 156-165 Cm Blue / Red Split A (10)
18:00 - 18:13	5	B2MJ19A Sparring Male 11 -13 yrs +165 Cm Blue / Red Split A (4)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	6	Under 10 Arrival and Height Check
10:00 - 10:40	6	B1MU11A Pattern Male 8 Yrs Yellow Belt Split A (20)
10:41 - 11:17	6	B1MU12A Pattern Male 9 Yrs Yellow Belt Split A (18)
11:18 - 11:46	6	B1MU14B Pattern Male 9 Yrs & Under Green Belt Split B (14)
11:46 - 11:51	6	5 min break/Changeover to sparring
11:51 - 12:34	6	B2MU13B Sparring Male 9 - 10 Yrs 126-135 Cm Yellow Belt Split B (14)
12:35 - 13:43	6	B2MU19 Sparring Male Under 10 + 145 Cm Green / Blue (22)
14:15 - 14:45	6	11-13 Arrival & Height Check
14:45 - 15:23	6	B1MJ16 Pattern Male 13 Yrs Blue Belt (19)
15:24 - 16:04	6	B1MJ13B Pattern Male 12 - 13 Yrs Green Belt Split B (20)
16:04 - 16:09	6	5 min break/Changeover to sparring
16:09 - 17:06	6	B2MJ11A Sparring Male 11 -13 yrs 136-145 Cm Yellow / Green Split A (16)
17:07 - 17:45	6	B2MJ16 Sparring Male 11 -13 yrs -145 Cm Blue / Red (11)
17:46 - 18:02	6	B2FJ16B Sparring Female 11 -13 yrs 146-155 Cm Blue / Red Split B (5)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	7	Under 10 Arrival and Height Check
10:00 - 10:40	7	B1MU11B Pattern Male 8 Yrs Yellow Belt Split B (20)
10:41 - 11:27	7	B1FU11 Pattern Female 8 Yrs Yellow Belt (23)
11:27 - 11:32	7	5 min break/Changeover to sparring
11:32 - 12:40	7	B2MU14 Sparring Male 7 - 8 Yrs 136-145 Cm Yellow Belt (22)
12:41 - 13:40	7	B2MU16 Sparring Male Under 10 +145 Cm Yellow Belt (19)
14:15 - 14:45	7	11-13 Arrival & Height Check
14:45 - 15:03	7	B1MJ17 Pattern Male 11 - 12 Yrs Red Belt (9)
15:04 - 15:48	7	B1MJ12A Pattern Male 11 Yrs Green Belt Split A (22)
15:49 - 16:33	7	B1FJ15 Pattern Female 12 - 13 Yrs Blue Belt (22)
16:33 - 16:38	7	5 min break/Changeover to sparring
16:38 - 16:43	7	B2FJ10 Sparring Female 11 -13 yrs -135 Cm Yellow / Green (2)
16:44 - 17:26	7	B2MJ13B Sparring Male 12 -13 yrs 146-155 Cm Yellow / Green Split B (12)
17:27 - 18:02	7	B2MJ17B Sparring Male 11 -13 yrs 146-155 Cm Blue / Red Split B (10)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	8	Under 10 Arrival and Height Check
10:00 - 10:36	8	B1FU12A Pattern Female 9 Yrs Yellow Belt Split A (18)
10:37 - 11:19	8	B1FU14 Pattern Female 9 Yrs & Under Green Belt (21)
11:19 - 11:24	8	5 min break/Changeover to sparring
11:24 - 12:23	8	B2MU12A Sparring Male 8 Yrs 126-135 Cm Yellow Belt Split A (19)
12:24 - 13:10	8	B2FU12B Sparring Female Under 10 136-145 Cm Yellow Belt Split B (15)
13:11 - 13:44	8	B2FU142 Sparring Female Under 10 126-135 Cm Green / Blue (11)
14:15 - 14:45	8	11-13 Arrival & Height Check
14:45 - 15:15	8	B1MJ18 Pattern Male 13 Yrs Red Belt (15)
15:16 - 15:58	8	B1MJ12B Pattern Male 11 Yrs Green Belt Split B (21)
15:59 - 16:09	8	B1FJ14 Pattern Female 11 Yrs Blue Belt (5)
16:09 - 16:14	8	5 min break/Changeover to sparring
16:14 - 17:07	8	B2MJ12A Sparring Male 11 yrs 146-155 Cm Yellow / Green Split A (15)
17:08 - 17:43	8	B2FJ17B Sparring Female 11 -13 yrs 156-165 Cm Blue / Red Split B (10)
17:44 - 18:00	8	B2FJ18 Sparring Female 11 -13 yrs + 165 Cm Blue / Red (5)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	9	Under 10 Arrival and Height Check
10:00 - 10:36	9	B1MU12C Patterns Male 9 Yrs Yellow Belt Split C (18)
10:37 - 11:11	9	B1FU12B Pattern Female 9 Yrs Yellow Belt Split B (17)
11:12 - 11:42	9	B1FU15B Pattern Female 10 Yrs Green Belt Split B (15)
11:42 - 11:47	9	5 min break/Changeover to sparring
11:47 - 12:42	9	B2MU15A Sparring Male 9 - 10 Yrs 136-145 Cm Yellow Belt Split A (18)
12:43 - 13:38	9	B2MU18A Sparring Male Under 10 136-145 Cm Green / Blue Split A (18)
14:15 - 14:45	9	11-13 Arrival & Height Check
14:45 - 15:29	9	B1FJ13 Pattern Female 12 - 13 Yrs Green Belt (22)
15:30 - 15:56	9	B1MJ10B Pattern Male 11 Yrs Yellow Belt Split B (13)
15:57 - 16:35	9	B1FJ16 Pattern Female 11 - 13 Yrs Red Belt (19)
16:35 - 16:40	9	5 min break/Changeover to sparring
16:40 - 17:26	9	B2MJ13A Sparring Male 12 -13 yrs 146-155 Cm Yellow / Green Split A (13)
17:27 - 18:09	9	B2MJ18B Sparring Male 11 -13 yrs 156-165 Cm Blue / Red Split B (12)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-05		
Time	Area	
09:00 - 09:30	10	Under 10 Arrival and Height Check
10:00 - 10:26	10	B1FU13A Pattern Female 10 Yrs Yellow Belt Split A (13)
10:27 - 10:53	10	B1FU13B Pattern Female 10 Yrs Yellow Belt Split B (13)
10:54 - 11:24	10	B1MU14A Pattern Male 9 Yrs & Under Green Belt Split A (15)
11:24 - 11:29	10	5 min break/Changeover to sparring
11:29 - 12:28	10	B2MU15B Sparring Male 9 - 10 Yrs 136-145 Cm Yellow Belt Split B (19)
12:29 - 12:59	10	B2FU13 Sparring Female Under 10 + 145 Cm Yellow Belt (10)
13:00 - 13:49	10	B2MU18B Sparring Male Under 10 136-145 Cm Green / Blue Split B (16)
14:15 - 14:45	10	11-13 Arrival & Height Check
14:45 - 15:09	10	B3FJ10 Special Technique Female 11-13 Yrs Blue / Red -155cm (12)
15:10 - 15:39	10	B3FJ11 Special Technique Female 11-13 Yrs Blue / Red +155cm (23)
15:40 - 16:20	10	B3MJ10 Special Technique Male 11-13 Yrs Blue / Red -155cm (34)
16:21 - 17:00	10	B3MJ11 Special Technique Male 11-13 Yrs Blue / Red +155cm (37)
17:00 - 17:05	10	5 min break/Changeover to sparring
17:05 - 18:16	10	B2MJ17A Sparring Male 11 -13 yrs 146-155 Cm Blue / Red Split A (20)