

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-04		
Time	Area	
10:00 - 10:39	1	A1FC13 Pattern Female 14 - 17 Yrs Black 2nd (9)
10:40 - 11:26	1	A1MS13 Pattern Male 18 & Over Yrs Black 2nd (11)
11:26 - 11:31	1	5 minute break
11:31 - 11:59	1	A1M/FS14 Pattern M/F 18 Yrs & Over Black 3rd (6)
12:00 - 12:06	1	A1FS15 Pattern Female 18 & Over Yrs Black 4th - 6th (2)
12:07 - 12:25	1	A1MS15 Pattern Male 18 & Over Yrs Black 4th - 6th (4)
12:25 - 12:30	1	Changeover to Sparring
12:30 - 13:30	1	A2MS24 Sparring Senior Male 76 - 81 kg Black Belt (7)
13:30 - 14:00	1	Lunch Break
14:00 - 14:26	1	A2MS26 Sparring Senior Male Over 87 kg Black Belt (4)
14:27 - 15:22	1	A2MS21 Sparring Senior Male 58 - 63 kg Black Belt (6)
15:23 - 15:49	1	A2FS21 Sparring Senior Female 51 - 55 kg Black Belt (4)
15:49 - 15:54	1	5 minute break
15:54 - 16:03	1	A2FS22 Sparring Senior Female 56 - 60 kg Black Belt (2)
16:04 - 17:23	1	A2MC21 Sparring Male 14 - 17 Yrs 51 - 55 kg Black / Belt (9)
17:23 - 17:28	1	5 minute break
17:28 - 18:37	1	A2MC23 Sparring Male 14 - 17 Yrs 61 - 65 kg Black / Belt (8)
18:38 - 18:47	1	A2MU16 Sparring Male 15 yrs & Under Over 65 kg Black Belt (2)

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Time	Area	
10:00 - 10:47	2	A1FS13 Pattern Female 18 & Over Yrs Black 2nd (11)
10:48 - 11:42	2	A1MS12 Pattern Male 18 & Over Yrs Black 1st (15)
11:42 - 11:47	2	5 minute break
11:47 - 12:18	2	A1MC13 Pattern Male 14 - 17 Yrs Black 2nd (7)
12:18 - 12:23	2	Changeover to Sparring
12:23 - 13:15	2	A2MS20 Sparring Senior Male Under 57 kg Black Belt (5)
13:15 - 13:45	2	Lunch Break
13:45 - 14:39	2	A2MS22 Sparring Senior Male 64 - 69 kg Black Belt (6)
14:40 - 15:31	2	A2FS23 Sparring Senior Female 61 - 65 kg Black Belt (5)
15:31 - 15:36	2	5 minute break
15:36 - 16:02	2	A2FS26A Sparring Senior Female Over 75 kg Red-Black Belt (4)
16:03 - 17:33	2	A2FC24 Sparring Female 14 - 17 Yrs 58 - 61 kg Black / Belt (10)
17:33 - 17:38	2	5 minute break
17:38 - 18:38	2	A2FC23 Sparring Female 14 - 17 Yrs 54 - 57 kg Black / Belt (7)
18:39 - 18:48	2	A2FC20 Sparring Female 14 - 17 Yrs Under 45 kg Black / Belt (2)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-04		
Time	Area	
10:00 - 10:10	3	A1FV12 Pattern Female Veteran Black (3)
10:11 - 10:29	3	A1MV12 Pattern Male Veteran Black (5)
10:30 - 11:13	3	A1FS12 Pattern Female 18 & Over Yrs Black 1st (10)
11:13 - 11:18	3	5 minute break
11:18 - 12:42	3	A1MC12 Pattern Male 14 - 17 Yrs Black 1st (29)
12:42 - 12:47	3	Changeover to Sparring
12:47 - 12:56	3	A2MS25 Sparring Senior Male 82 - 87 kg Black Belt (2)
12:56 - 13:26	3	Lunch Break
13:26 - 14:53	3	A2MS23 Sparring Senior Male 70 - 75 kg Black Belt (10)
14:54 - 15:20	3	A2FS20 Sparring Senior Female Under 50 kg Black Belt (4)
15:20 - 15:25	3	5 minute break
15:25 - 15:47	3	A2FS24 Sparring Senior Female 66 - 70 kg Black Belt (3)
15:48 - 16:10	3	A2FS25 Sparring Senior Female 71 - 75 kg Black Belt (3)
16:11 - 17:30	3	A2MC24 Sparring Male 14 - 17 Yrs 66 - 70 kg Black / Belt (9)
17:30 - 17:35	3	5 minute break
17:35 - 18:35	3	A2FC22 Sparring Female 14 - 17 Yrs 50 - 53 kg Black / Belt (7)
18:36 - 18:56	3	A2MC26 Sparring Male 14 - 17 Yrs Over 75 kg Black / Belt (3)

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Time	Area	
10:00 - 11:13	4	A1FC12 Pattern Female 14 - 17 Yrs Black 1st (26)
11:13 - 11:18	4	5 minute break
11:18 - 12:02	4	A1MU10 Pattern Male 15 Yrs & Under Black Belt (12)
12:03 - 12:19	4	A1MS11 Pattern Male 18 & Over Yrs Blue / Red (7)
12:20 - 12:38	4	A1MV11 Pattern Male Veteran Blue/Red (8)
12:39 - 12:49	4	A1FS11 Pattern Female 18 & Over Yrs Blue / Red (4)
12:49 - 13:19	4	Lunch Break
13:19 - 13:24	4	A2MV14 Sparring Male Veteran -80kg Black Belt (2)
13:25 - 13:34	4	A2MV15 Sparring Male Veteran +80kg Black Belt (3)
13:35 - 14:01	4	A2FU15 Sparring Female 15 yrs & Under 57-60Kg Black Belt (4)
14:02 - 14:11	4	A2FU11 Sparring Female 15 yrs & Under 41-44Kg Black Belt (2)
14:12 - 15:09	4	A2MC17 Sparring Male 59 - 63 kg Blue / Red (16)
15:09 - 15:14	4	5 minute break
15:14 - 16:08	4	A2FC21 Sparring Female 14 - 17 Yrs 46 - 49 kg Black / Belt (6)
16:08 - 17:08	4	A2MC22 Sparring Male 14 - 17 Yrs 56 - 60 kg Black / Belt (7)
17:08 - 17:13	4	5 minute break
17:13 - 18:04	4	A2FC25 Sparring Female 14 - 17 Yrs 62 - 65 kg Black / Belt (5)
18:05 - 18:56	4	A2MC25 Sparring Male 14 - 17 Yrs 71 - 75 kg Black / Belt (5)

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Time	Area	
10:00 - 10:43	5	A1FU10 Pattern Female 15 Yrs & Under Black Belt (15)
10:44 - 11:44	5	A1FC11B Pattern Female 14 - 17 Yrs Blue / Red Split B (25)
11:44 - 11:49	5	5 minute break
11:49 - 12:51	5	A1MC11A Pattern Male 14 - 17 Yrs Blue / Red Split A (26)
12:52 - 13:06	5	A1FS10 Pattern Female 18 & Over Yrs Yellow / Green (6)
13:06 - 13:36	5	Lunch Break
13:36 - 13:45	5	A2FU13 Sparring Female 15 yrs & Under 49-52Kg Black Belt (2)
13:45 - 13:54	5	A2FU10 Sparring Female 15 yrs & Under Under 40Kg Black Belt (2)
13:55 - 14:17	5	A2FU16 Sparring Female 15 yrs & Under Over 60 kg Black Belt (3)
14:18 - 14:25	5	A2MC15A Sparring Male Under 45 kg Blue / Red (2)
14:26 - 15:23	5	A2MC18 Sparring Male 64 - 70 kg Blue / Red (16)
15:24 - 15:33	5	A2FC11 Sparring Female 46 - 50 kg Yellow / Green (3)
15:33 - 15:38	5	5 minute break
15:38 - 16:24	5	A2FC14 Sparring Female Over 60 kg Yellow / Green (13)
16:25 - 16:52	5	A2FC15 Sparring Female Under 45 kg Blue / Red (8)
16:53 - 17:13	5	A2FC16 Sparring Female 46 - 50 kg Blue / Red (6)
17:14 - 17:34	5	A2MC10 Sparring Male Under 52 kg Yellow / Green (6)
17:34 - 17:39	5	5 minute break
17:39 - 17:48	5	A2MU10 Sparring Male 15 yrs & Under Under 40Kg Black Belt (2)
17:49 - 18:43	5	A2MU13 Sparring Male 15 yrs & Under 51-55Kg Black Belt (6)
18:44 - 18:53	5	A2MU14 Sparring Male 15 yrs & Under 56-60Kg Black Belt (2)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-04		
Time	Area	
10:00 - 11:02	6	A1FC11A Pattern Female 14 - 17 Yrs Blue / Red Split A (26)
11:03 - 11:43	6	A1MC10A Pattern Male 14 - 17 Yrs Yellow / Green Split A (17)
11:43 - 11:48	6	5 minute break
11:48 - 12:50	6	A1MC11B Pattern Male 14 - 17 Yrs Blue / Red Split B (26)
12:51 - 13:05	6	A1MS10 Pattern Male 18 & Over Yrs Yellow / Green (6)
13:05 - 13:35	6	Lunch Break
13:35 - 14:01	6	A2FU14 Sparring Female 15 yrs & Under 53-56Kg Black Belt (4)
14:02 - 14:48	6	A2MC19 Sparring Male Over 70 kg Blue / Red (13)
14:49 - 15:31	6	A2MC16 Sparring Male 53 - 58 kg Blue / Red (12)
15:31 - 15:36	6	5 minute break
15:36 - 15:49	6	A2FC12 Sparring Female 51 - 55 kg Yellow / Green (4)
15:50 - 16:43	6	A2FC19 Sparring Female Over 60 kg Blue / Red (15)
16:44 - 17:11	6	A2MC12 Sparring Male 59 - 63 kg Yellow / Green (8)
17:12 - 17:28	6	A2MC11 Sparring Male 53 - 58 kg Yellow / Green (5)
17:28 - 17:33	6	5 minute break
17:33 - 17:42	6	A2MS13 Sparring Senior Male Under 65 kg Blue / Red (3)
17:43 - 17:48	6	A2MS14 Sparring Senior Male 66 - 78 kg Blue / Red (2)
17:49 - 18:09	6	A2MV10 Sparring Male Veteran -80kg Yellow/Green (6)
18:10 - 18:48	6	A2MV11 Sparring Male Veteran +80Kg Yellow/Green (11)
18:49 - 18:54	6	A2MS15 Sparring Senior Male Over 78 kg Blue / Red (2)

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Time	Area	
10:00 - 11:02	7	A1FC10 Pattern Female 14 - 17 Yrs Yellow / Green (26)
11:03 - 11:43	7	A1MC10B Pattern Male 14 - 17 Yrs Yellow / Green Split B (17)
11:43 - 11:48	7	5 minute break
11:48 - 12:50	7	A1MC11C Pattern Male 14 - 17 Yrs Blue / Red Split C (26)
12:51 - 13:36	7	A1MV10 Pattern Male Veteran Yellow/Green (19)
13:36 - 14:06	7	Lunch Break
14:06 - 15:33	7	A2MC15B Sparring Male 46-52 kg Blue / Red (18)
15:33 - 15:38	7	5 minute break
15:38 - 15:51	7	A2FC13 Sparring Female 56 - 60 kg Yellow / Green (4)
15:52 - 16:30	7	A2FC17 Sparring Female 51 - 55 kg Blue / Red (11)
16:31 - 16:55	7	A2FC18 Sparring Female 56 - 60 kg Blue / Red (7)
16:56 - 17:20	7	A2MC14 Sparring Male Over 70 kg Yellow / Green (7)
17:21 - 17:34	7	A2MC13 Sparring Male 64 - 70 kg Yellow / Green (4)
17:34 - 17:39	7	5 minute break
17:39 - 17:51	7	A2FS Sparring Senior Female Under 70 kg Green-Red (3)
17:52 - 17:57	7	A2MV12 Sparring Male Veteran -80kg Blue/Red (2)
17:58 - 18:14	7	A2MV13 Sparring Male Veteran +80Kg Blue/Red (5)
18:15 - 18:24	7	A2FV10A Sparring Female Veteran -70kg Yellow/Green (3)
18:25 - 18:30	7	A2FV10B Sparring Female Veteran -70kg Black Belt (2)
18:31 - 18:36	7	A2FV11 Sparring Female Veteran +70kg (2)
18:37 - 18:53	7	A2MS12 Sparring Senior Male Over 78 kg Yellow / Green (5)
18:56 - 19:25	7	A4MC10 Power Test Male 14 - 17 Yrs Black Belt (7)

IRISH NATIONAL CHAMPIONSHIPS 2023 ITA IRISH CUP - 2023-11-04		
Time	Area	
10:00 - 10:50	8	A3MC11 Special Technique Male 14 - 17 Yrs Black Belt (18)
10:51 - 11:15	8	A3MS10 Special Technique Male Senior Blue / Red (8)
11:15 - 11:20	8	5 minute break
11:20 - 12:20	8	A3FC11 Special Technique Female 14 - 17 Yrs Black Belt (18)
12:21 - 12:24	8	A3FS10 Special Technique Female Senior Blue / Red (1)
12:25 - 13:05	8	A3FU10 Special Technique Female 15 Yrs & Under Black Belt (12)
13:05 - 13:35	8	Lunch Break
13:35 - 14:19	8	A3FS11 Special Technique Female Senior Black Belt (11)
14:20 - 14:45	8	A3MU10 Special Technique Male 15 Yrs & Under Black Belt (7)
14:46 - 15:41	8	A3FC10 Special Technique Female 14 - 17 Yrs Blue / Red (36)
15:41 - 15:46	8	5 minute break
15:47 - 16:41	8	A3MC10A Special Technique Male 14 - 17 Yrs Blue / Red Split A (31)
16:42 - 17:36	8	A3MC10B Special Technique Male 14 - 17 Yrs Blue / Red Split B (31)
17:37 - 18:25	8	A3MS11 Special Technique Male Senior Black Belt (16)
18:26 - 18:50	8	A4FS10 Power Test Female Senior Black Belt (6)
18:51 - 19:25	8	A4MS10 Power Test Male Senior Black Belt (12)

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Time	Area	
11:00 - 13:00	9	Inclusion Categories
18:51 - 19:21	9	A4FC10 Power Test Female 14 - 17 Yrs Black Belt (9)