

# **Newfoundland and Labrador Tae Kwon Do Provincials 2007**

## **Itinerary**

**9:00 a.m. - Poomse Competition**

**11:30 a.m. - Opening Ceremonies**

**12:00 p.m. - Black Belt weigh in's**

**12:30 p.m. - Kyorugi Competition**