

session 1 Nov. 30, 2024, 9:30 a.m.

#	event
1	Changquan - 18 years and above men - Optional Routines (no nandu required), Changquan 1 Set - 18-39 years women - Compulsory Routines
2	42 Movements Taijiquan - 15-17 years girls - Taijiquan Routines, 42 Movements Taijiquan - 40-59 years men - Taijiquan Routines
3	Yang Style Taijiquan New Standardized Routine - 18-39 years women - Taijiquan Routines
4	Yang Style Taijiquan (traditional) - 60 years and above men - Taijiquan Routines
5	Chen Style Taijiquan (traditional) - 18-39 years women - Taijiquan Routines, Chen Style Taijiquan (traditional) - 40-59 years men - Taijiquan Routines
6	Simplified 24 Movements Taijiquan - 40-59 years men - Taijiquan Routines, Simplified 24 Movements Taijiquan - 60 years and above men - Taijiquan Routines
7	Taijiquan Various Styles (traditional) - 40-59 years men - Taijiquan Routines
8	Daoshu - 18 years and above men - Optional Routines (no nandu required), Jianshu - 18 years and above men - Optional Routines (no nandu required), Daoshu 1 Set - 18-39 years women - Compulsory Routines
9	42 Movements Taijijian - 15-17 years girls - Taijiquan Routines, 42 Movements Taijijian - 40-59 years men - Taijiquan Routines
10	Yang Style Taijijian New Standardized Routine - 18-39 years women - Taijiquan Routines
11	Chen Style Taijijian New Standardized Routine - 18-39 years women - Taijiquan Routines, Chen Style Taijijian (traditional) - 40-59 years men - Taijiquan Routines
12	Chen Style Taiji Dao (traditional) - 60 years and above men - Taijiquan Routines
13	Taijiquan Long Weapons (traditional) - 40-59 years men - Taijiquan Routines
14	Gunshu - 18 years and above men - Optional Routines (no nandu required)

session 2 Nov. 30, 2024, 2:30 p.m.

#	event
1	Other Short and Soft Apparatus R - 9-11 years boys - Traditional Routines
2	Other Short and Soft Apparatus R - 9-11 years girls - Traditional Routines, Other Short and Soft Apparatus R - 12-14 years girls - Traditional Routines
3	Other Short and Soft Apparatus R - 12-14 years boys - Traditional Routines
4	Other Short and Soft Apparatus R - 15-17 years boys - Traditional Routines
5	Other Short and Soft Apparatus R - 15-17 years girls - Traditional Routines
6	Spear Routines - 9-11 years boys - Traditional Routines, Spear Routines - 12-14 years boys - Traditional Routines
7	Spear Routines - 15-17 years boys - Traditional Routines
8	Other Long Apparatus Routines - 12-14 years boys - Traditional Routines, Other Long Apparatus Routines - 15-17 years boys - Traditional Routines
9	Other Long Apparatus Routines - 15-17 years girls - Traditional Routines
10	Male Duilian (Choreographed Sparring) - 12-14 years boys - Traditional Routines
11	Male Duilian (Choreographed Sparring) - 15-17 years boys - Traditional Routines
12	Female Duilian (Choreographed Sparring) - 12-14 years girls - Traditional Routines
13	Mixed Duilian (Mixed Pairs Choreographed Sparring) - 15-17 years - Traditional Routines

session 3 Dec. 1, 2024, 9:30 a.m.

#	event
1	Northern Styles - 18-39 years men - Traditional Routines
2	Northern Styles - 18-39 years women - Traditional Routines, Northern Styles - 40-59 years women - Traditional Routines
3	Northern Styles - 40-59 years men - Traditional Routines
4	Spear Routines - 18-39 years men - Traditional Routines, Spear Routines - 40-59 years men - Traditional Routines
5	Spear Routines - 18-39 years women - Traditional Routines
6	Cudgel Routines - 40-59 years men - Traditional Routines
7	Cudgel Routines - 18-39 years men - Traditional Routines
8	Cudgel Routines - 18-39 years women - Traditional Routines
9	Other Long Apparatus Routines - 18-39 years men - Traditional Routines, Other Long Apparatus Routines - 40-59 years men - Traditional Routines
10	Other Long Apparatus Routines - 18-39 years women - Traditional Routines
11	Male Duilian (Choreographed Sparring) - 18-39 years men - Traditional Routines, Male Duilian (Choreographed Sparring) - 40-59 years men - Traditional Routines
12	Female Duilian (Choreographed Sparring) - 40-59 years women - Traditional Routines
13	Mixed Duilian (Mixed Pairs Choreographed Sparring) - 18-39 years - Traditional Routines

session 4 Dec. 1, 2024, 2:30 p.m.