

2021 Deaflympics - Athletics Training Schedule



Athletics Stadium

Date	Time	Competition Arena SESI
Monday 02 May 2022	10:00 - 11:00	Running A Discus Throw, Triple Jump
	11:00 - 12:00	Running A Long Jump, Shot Put, Javelin Throw
	12:00 - 15:00	No Training
	15:00 - 16:00	Running B High Jump, Javelin Throw Triple Jump, Shot Put
	16:00 - 17:00	Running A High Jump, Hammer Throw, Long Jump, Shot Put
	17:00 - 18:00	Running B Discus Throw, Pole Vault Triple Jump, Shot Put
Date	Time	Competition Arena SESI
Date Tuesday 03 May 2022	Time 10:00 - 11:00	Competition Arena SESI Running B Long Jump, Shot Put, Hammer Throw
		Running B Long Jump, Shot Put,
	10:00 - 11:00	Running B Long Jump, Shot Put, Hammer Throw Running A Long Jump, Shot Put
	10:00 - 11:00 11:00 - 12:00	Running B Long Jump, Shot Put, Hammer Throw Running A Long Jump, Shot Put Discus Throw

17:00 - 18:00	Running A

Triple Jump, Shot Put

Date	Time	Competition Arena SESI		
Wednesday 04 May 2022	10:00 - 11:00	Running B		
		Long Jump, Shot Put		
		Discus Throw		
	Starting Lights (100m + 100m/110m Hurdles)			
	11:00 - 12:00	Running A		
	11.00 12.00	Triple Jump, Pole Vault		
		Long Jump, Shot Put,		
		Javelin Throw		
	Starting Lights (200m + 400m + 400m Hurdles)			
	12:00 - 15:00	No Training		
	12.00 - 13.00	No Training		
	15:00 - 16:00	Running B		
		High Jump, Long Jump,		
		Javelin Throw, Shot Put		
	Starting Lights (800m)			
	16:00 - 17:00	Running A		
	10.00 17.00	High Jump, Triple Jump,		
		Hammer Throw, Shot Put		
	Starting Lights (1500	Starting Lights (1500m+)		
	17:00 - 18:00	Running B		
	17.00 - 10.00	Triple Jump, Discus Throw,		
		Pole Vault		
Date Thursday 5 May 2022	Time 10:00 - 11:00	Competition Arena SESI		
Thursday 5 May 2022	10.00 - 11.00	Running A Long Jump, Javelin Throw		
		Pole Vault, Shot Put,		
		Triple Jump		
	Starting Lights (800m	·		
	11:00 - 12:00	Running B		
		Triple Jump, Shot Put		
	Otantia a Liabta (4500	Javelin Throw		
	Starting Lights (1500m+)			
	12:00 - 14:00	No Training		
	14:00 - 15:00	Running A		
		High Jump, Long Jump,		
		Hammer Throw, Shot Put		
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	15:00 - 16:00	Running B High Jump, Pole Vault, Discus Throw, Shot Put
	Starting Lights (200m + 400m + 400m Hurdles)	
	16:00 - 17:00	Running A High Jump, Triple Jump, Discus Throw, Shot Put
Date	Time	Competition Arena SESI
Friday 6 May 2022	10:00 - 11:00	Running A Triple Jump, Shot Put, Hammer Throw
	11:00 - 12:00	Running B Long Jump, Shot Put, Javelin Throw
Date	Time	City Stadium
Saturday 07 May 2022	10:00 - 11:00	Running A Long Jump, Shot Put Javelin Throw
	11:00 - 12:00	Running B Long Jump, Shot Put, Javelin Throw
Date	Time	City Stadium
Sunday 08 May 2022	14:45 - 15:45	Running B Long Jump, Shot Put, Javelin Throw
	15:45 - 16:45	Running A Long Jump, Shot Put, Javelin Throw
Date	Time	City Stadium
Monday 09 May 2022	10:00-11:00	Running A Long Jump, Shot Put, Javelin Throw
	11:00-12:00	Running B Long Jump, Shot Put, Javelin Throw

Date	Time	City Stadium
Tuesday 10 May 2022	10:00-11:00	Running B
		Long Jump, Shot Put,
		Javelin Throw
	11:00-12:00	Running A
		Long Jump, Shot Put,
		Javelin Throw
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Date Walk and a Mark	Time	Competition Arena SESI
Wednesday 11 May	10:00 - 11:00	Running A
		High Jump, Pole Vault,
		Long Jump, Triple Jump,
		Shot Put, Discus Throw
		Javelin Throw
	11:00 - 12:00	Running B
	11.00 12.00	High Jump, Pole Vault,
		Long Jump, Triple Jump,
		Shot Put, Discus Throw
		Javelin Throw
		Javeill Illiow
Date	Time	City Stadium
Thursday 12 May 2022	14:00 - 15:00	Running B
		Long Jump, Shot Put
		Javelin Throw
	15:00 - 16:00	Running A
		Long Jump, Shot Put
		Javelin Throw
Date	Time	City Stadium
Friday 13 May 2022	10:00 - 11:00	Running A
Triday 10 May 2022	10.00 11.00	Long Jump, Shot Put
		Javelin Throw
		Javelli IIIIOW
	11:00 - 12:00	Running B
		Long Jump, Shot Put
		Javelin Throw
Date	Time	City Stadium
Saturday 14 May 2022	10:00 - 11:00	Running B
		Long Jump, Shot Put
		Javelin Throw
	44.00 45.55	5
	11:00 - 12:00	Running A
		Long Jump, Shot Put
		Javelin Throw