



2021 Deaflympics - Athletics Training Schedule



Athletics Stadium (SESI Centro Esportivo)

Date	Time	Competition Arena
Monday 02 May 2022	10:00 - 11:00	Running A High Jump, Pole Vault, 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 Hammer Throw, Long Jump, Shot Put
	17:00 - 18:00	Running B Discus Throw, Pole Vault Triple Jump, Shot Put

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

17:00 - 18:00
Running A
Triple Jump, Shot Put

Date	Time	Competition Arena
Wednesday 04 May 2022	10:00 - 11:00	Running A High Jump, Long Jump, Hammer Throw, Shot Put
	11:00 - 12:00	Running B High Jump, Triple Jump, Discus Throw, Shot Put
	12:00 - 15:00	No Training
	15:00 - 16:00	Running A High Jump, Pole Vault, Tripe Jump, Shot Put
	16:00 - 17:00	Running B High Jump, Javelin Throw, Pole Vault
	17:00 - 18:00	Running A Triple Jump, Shot Put, Javelin Throw

Date	Time	Competition Arena
Thursday 5 May 2022	10:00 - 11:00	Running B High Jump, Long Jump, Discus Throw, Shot Put Starting Lights (100m + 100m/110m Hurdles)
	11:00 - 12:00	Running A High Jump, Triple Jump, Pole Vault, Shot Put, Long Jump, Javelin Throw Starting Lights (200m + 400m + 400m Hurdles)
	12:00 - 15:00	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 High Jump, Triple Jump, Hammer Throw, Shot Put Starting Lights (1500m+)

17:00 - 18:00 Running B
Triple Jump, Discus Throw,
Pole Vault

Date	Time	Competition Arena
Friday 6 May 2022	10:00 - 11:00	Running A High Jump, Long Jump, Pole Vault, Shot Put, Triple Jump, Javelin Throw
	Starting Lights (800m)	
	11:00 - 12:00	Running B High Jump, Triple Jump, Javelin Throw, Shot Put
	Starting Lights (1500m+)	
	12:00 - 15:00	No Training
	15:00 - 16:00	Running A High Jump, Long Jump, Hammer Throw, Shot Put
	Starting Lights (100m + 100m/110m Hurdles)	
16:00 - 17:00	Running B High Jump, Pole Vault, Discus Throw, Shot Put	
Starting Lights (200m + 400m + 400m Hurdles)		
17:00 - 18:00	Running A High Jump, Triple Jump, Discus Throw, Shot Put	

Date	Time	Competition Arena
Saturday 07 May 2022	13:00 - 14:00	Running A High Jump, Triple Jump, Hammer Throw, Shot Put
	14:00 - 15:00	Running B High Jump, Long Jump, Javelin Throw, Shot Put

Date	Time	Competition Arena
Sunday 08 May 2022	13:00 - 14:00	Running B High Jump, Long Jump, Discus Throw, Shot Put, Pole Vault

14:00 - 15:00

Running A
High Jump, Triple Jump,
Pole Vault, Shot Put,
Long Jump, Javelin Throw

Date	Time	Competition Arena
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Monday 09 May 2022

13:00 - 14:00

Running A
High Jump, Long Jump,
Hammer Throw, Shot Put

14:00 - 15:00

Running B
High Jump, Triple Jump,
Discus Throw, Shot Put

Date	Time	Competition Arena
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Tuesday 10 May 2022

13:00 - 14:00

Running B
High Jump, Long Jump,
Discus Throw, Shot Put,
Pole Vault

14:00 - 15:00

Running A
High Jump, Triple Jump,
Pole Vault, Shot Put,
Long Jump, Javelin Throw

Date	Time	Competition Arena
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Wednesday 11 May

10:00 - 11:00

Running A
High Jump, Long Jump,
Pole Vault, Shot Put,
Triple Jump, Javelin Throw

11:00 - 12:00

Running B
High Jump, Triple Jump,
Javelin Throw, Shot Put,
Pole Vault

12:00 - 15:00

No Training

16:00 - 17:00

Running A
High Jump, Long Jump,
Hammer Throw, Shot Put

17:00 - 18:00

Running B
High Jump, Triple Jump,
Discus Throw, Shot Put

Date	Time	Competition Arena
Thursday 12 May 2022	13:00 - 14:00	Running B High Jump, Long Jump, Javelin Throw, Shot Put, Pole Vault
	14:00 - 15:00	Running A High Jump, Triple Jump, Hammer Throw, Shot Put, Pole Vault

Date	Time	Competition Arena
Friday 13 May 2022	13:00 - 14:00	Running A High Jump, Triple Jump, Pole Vault, Shot Put, Long Jump, Javelin Throw
	14:00 - 15:00	Running B High Jump, Long Jump, Discus Throw, Shot Put, Pole Vault

Date	Time	Competition Arena
Saturday 14 May 2022	10:00 - 11:00	Running B High Jump, Triple Jump, Discus Throw, Shot Put
	11:00 - 12:00	Running A High Jump, Triple Jump, Discus Throw, Shot Put
	12:00 - 15:00	No Training