



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
Tuesday 03 May 2022	10:00 - 11:00	Running B Long Jump, Shot Put, Hammer Throw
	11:00 - 12:00	Running A Long Jump, Shot Put Discus Throw
	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 SESI
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Wednesday 04 May 2022	10:00 - 11:00	Running B Long Jump, Shot Put Discus Throw
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Starting Lights (100m + 100m/110m Hurdles)

11:00 - 12:00	Running A Triple Jump, Pole Vault Long Jump, Shot Put, Javelin Throw
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Starting Lights (200m + 400m + 400m Hurdles)

12:00 - 15:00	No Training
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15:00 - 16:00	Running B High Jump, Long Jump, Javelin Throw, Shot Put
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Starting Lights (800m)

16:00 - 17:00	Running A High Jump, Triple Jump, Hammer Throw, Shot Put
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Starting Lights (1500m+)

17:00 - 18:00	Running B Triple Jump, Discus Throw, Pole Vault
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Date	Time	Competition Arena SESI
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Thursday 5 May 2022	10:00 - 11:00	Running A Long Jump, Javelin Throw Pole Vault, Shot Put, Triple Jump
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Starting Lights (800m)

11:00 - 12:00	Running B Triple Jump, Shot Put Javelin Throw
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Starting Lights (1500m+)

12:00 - 14:00	No Training
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14:00 - 15:00	Running A High Jump, Long Jump, Hammer Throw, Shot Put
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Starting Lights (100m + 100m/110m Hurdles)

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

Date	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 High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put, Discus Throw Javelin Throw

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 Long Jump, Shot Put Javelin Throw
	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
	11:00 - 12:00	Running A Long Jump, Shot Put Javelin Throw