

ARCHERY TRAINING SCHEDULE



AUGUST

SPORT	VENUE	TRAINING SESSION	August																
			Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur
			10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
			PRE-COMPETITION PERIOD				OPENING CEREMONY	PRE-COMPETITION PERIOD				COMPETITION				POST COMPETITION TRAINING			
ARCHERY	KALLANG FIELD (warm up training area)	OPEN TRAINING	09:00 - 17:00				09:00-12:00	09:00 - 17:00	OFFICIAL PRACTICE (09:00-17:00)	1 Hour before the start of Competition				09:00 - 12:00					
Open Training - Athletes can train anytime during the indicated training hours			PRE-COMPETITION PERIOD				OPENING CEREMONY	PRE-COMPETITION PERIOD				COMPETITION				POST COMPETITION TRAINING			
			10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
			Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur

LEGEND:

	No Training
	Official Training
	Opening Ceremony

AUGUST

SPORT	VENUE	TRAINING SESSION	AUGUST																		
			Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu		
			10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26		
			PRE-COMPETITION PERIOD				OPENING CEREMONY	PRE-COMPETITION PERIOD		COMPETITION								Post Compt Training			
ATHLETICS	Bishan Stadium							Orientation 09:00													
								Starting Practice (10:00 - 12:00)													
	NTU Track & Field (Running & Jumps)	Session 1 0800 - 12:00	Open Training				08:00 - 12:00	Open Training								08:00 - 18:00	08:00 - 18:00				
		Session 2 15:00 - 20:00	Open Training					Open Training													
	NTU Open Field (Throws)	Session 1 0800 - 12:00	Open Training				08:00 - 12:00	Open Training								08:00 - 18:00	08:00 - 18:00				
		Session 2 15:00 - 20:00	Open Training					Open Training													
	Open Training - Athletes can train anytime during the indicated training hours			PRE-COMPETITION PERIOD				OPENING CEREMONY	PRE-COMPETITION PERIOD		COMPETITION								Post Compt Training		
				10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
Tue				Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu		

LEGEND:

	No Training
	Orientation & Starting Practice @ Competition Venue
	Opening Ceremony



CYCLING TRAINING SCHEDULE

FRIDAY 13 AUG 2010			
Time start	Time end		Venue:
0930	1200	Pre-Competition training, ROAD (Tampines area)	TBP
1400	1600	Pre-Competition training, Mountain Bike	
SUNDAY 15 AUG 2010			
Time start	Time end		Venue:
0800	1200	Confirmation of starters, all categories	TBP
1000	1100	Official training, ROAD (Tampines area)	
1000	1200	Official training Mountain Bike	
1000	1200	Official training BMX	
MONDAY 16 AUG 2010			
Time start	Time end		Venue:
1000	1200	Official training Mountain Bike	TBP
1000	1100	Official training, ROAD (Tampines area)	
1400	1700	Official training BMX	
1400	1600	Official training Mountain Bike	
TUESDAY 17 AUG 2010			
Time start	Time end		Venue:
1500	1600	Familiarisation ride for Time trial – Junior Men	TBP
WEDNESDAY 18 AUG 2010			
Time start	Time end		Venue:
1400	1700	Official training BMX	TBP
SATURAY 21 AUG 2010			
Time start	Time end		Venue:
0800	0900	Familiarisation ride for Time trial – Junior Women	FMB
1000	1100	Familiarisation ride for Road race – Junior Men	
MONDAY 23 AUG 2010			
Time start	Time end		Venue:
0900	1100	Post Competition Training, Moutain Bike	TBP
0900	1100	Post Competition Training, BMX	

Legend:

Tampines Bike Park (TBP)

Float at Marina Bay (FMB)

	Familiarisation/Official Training
	Pre-Competition/Post-Competition Training

SAILING
TRAINING SCHEDULE



AUGUST																							
SPORT	VENUE	SESSION	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu				
			10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26				
			PRE-COMPETITION PERIOD				OPENING CEREMONY	PRE-COMPETITION PERIOD		COMPETITION													
SAILING	NATIONAL SAILING CENTRE	OPEN TRAINING	Equipment Distribution & Training 10:00 - 17:00	Equipment Distribution & Training 10:00 - 17:00	Equipment Distribution & Training 12:00 - 18:00	Equipment Distribution & Training 12:00 - 18:00	OPENING CEREMONY	Equipment Distribution & Training 12:00 - 18:00	Practice Race 15:00 - 18:00	RACE 11:00 - 18:00	RACE 11:00 - 18:00	LAY DAY	RACE 11:00 - 18:00	RACE 11:00 - 18:00	LAY DAY	RACE 11:00 - 18:00	RACE 11:00 - 18:00	MEDAL RACE 12:00 - 18:00	Reserve Medal Race				
			PRE-COMPETITION PERIOD					PRE-COMPETITION PERIOD	COMPETITION														
Allocation of equipment required before training commence			PRE-COMPETITION PERIOD				OPENING CEREMONY	PRE-COMPETITION PERIOD		COMPETITION													
			10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26				
			Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu				

LEGEND:

	No Training
	Practice Race
	Opening Ceremony - No Training

TRIATHLON TRAINING SCHEDULE



AUGUST

SPORT	VENUE	FOP	TRAINING SESSION	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
				10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
				PRE-COMPETITION PERIOD				OPENING CEREMONY	COMPETITION					POST COMPETITION TRAINING						
TRIATHLON	Swimming Jurong West Swimming Complex	LANE 1-8	Session 1 09:00 - 10:00																	
			Session 2 10:00 - 11:00																	
			Session 3 15:00 - 16:00																	
			Session 4 16:00 - 17:00																	
	Cycling East Coast Park	Competition Course	09:00 - 11:00		Actual Cycle Loop			Actual Cycle Loop			3km Cycle Loop	3km Cycle Loop			3km Cycle Loop	3km Cycle Loop	3km Cycle Loop	3km Cycle Loop		
	Running East Coast Park	Competition Course	09:00 - 11:00																	
	Open Training - Athletes can train anytime during the indicated training hours			PRE-COMPETITION PERIOD				OPENING CEREMONY	COMPETITION					POST COMPETITION TRAINING						
				10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
				Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu

LEGEND:

	No Training
	Familiarisation
	Opening Ceremony

ROWING TRAINING SCHEDULE



				August									
SPORT	VENUE	TRAINING SESSION		Tue 10	Wed 11	Thu 12	Fri 13	Sat 14	Sun 15	Mon 16	Tue 17	Wed 18	Thu 19
				PRE-COMPETITION PERIOD				OPENING CEREMONY	COMPETITION				
ROWING	COMPETITION COURSE	OPEN TRAINING	Session 1	BOAT ALLOCATION & RIGGING	08:00 - 12:00	08:00 - 12:00	08:00 - 12:00	08:00 - 12:00	07:30 - 09:30	07:30 - 09:30	07:30 - 09:30	07:30 - 09:30	
			Session 2	09:00 - 12:00 14:30 - 17:30	14:00 - 17:30	14:00 - 17:30	14:00 - 17:30		14:00 - 17:30	14:00 - 17:30	14:00 - 17:30	14:00 - 17:30	
			PRE-COMPETITION PERIOD				COMPETITION						
			Open Training - Athletes can train anytime during the indicated training hours										

August										
SPORT	VENUE	TRAINING SESSION	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
			20	21	21	22	23	24	25	26
			POST COMPETITION TRAINING							
ROWING	NTU ROWING ZONE	OPEN TRAINING	07:00 - 17:00	07:00 - 17:00	07:00 - 17:00	07:00 - 17:00	07:00 - 17:00	07:00 - 17:00	07:00 - 17:00	
			POST COMPETITION TRAINING							
			Open Training - Athletes can train anytime during the indicated training hours							
			20	21	21	22	23	24	25	26
			Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri

LEGEND:

- No Training
- Boat Allocation & Rigging
- Opening Ceremony