

ARCHERY TRAINING SCHEDULE



AUGUST

			AUGUSI																
SPORT	SPORT VENUE		Tue 10	Wed 11	Thu 12	Fri 13	Sat 14	Sun 15	Mon 16	Tue	Wed	Thur	Fri 20	Sat	Sun 22	Mon 23	Tue 24	Wed 25	Thur 26
SPORT	VENOL	SESSION	PRE-COMPETITION PERIOD				OPENING CEREMONY		PRE-COMPETITION PERIOD			COMPETITION			POST COMPETITION TRAINING				
ARCHERY	KALLANG FIELD (warm up training area)	OPEN TRAINING	C	09:00 - 17:00				09:00	- 17:00	OFFICIAL PRACTICE (09:00-17:00)		our b		the tition	O	9:00 -	- 12:0	0	
A41 - 4	Open Training - Athletes can train anytime during the indicated training hours		PR	RE-COMPET	TITION PERIO	D	OPENING CEREMONY	PRE	COMPETITIO	ON PERIOD		COMP	ETITION		Р	OST COM	PETITION	N TRAININ	IG
- Atnietes can			10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Į.			Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur





ATHLETICS TRAINING SCHEDULE

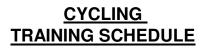


		•	AUGUST	,		1									1	1			
		TRATMING	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
SPORT	VENUE	TRAINING SESSION	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
				PRE-COMPE	TITION PERIO	D	OPENING CEREMONY	PRE-COMPET	PRE-COMPETITION COMPETITION							Post Compt Training			
(0	Bishan Stadium							Orientation 09:00 Starting Practice (10:00 - 12:00)											
ETICS	NTU Track & Field	Session 1 0800 - 12:00	Open Training				08:00 - 12:00		Open Training								18:00	18:00	
ATHL	(Running & Jumps)	Session 2 15:00 - 20:00	Open Training						Open Training								08:00	08:00	
•	NTU Open Field	Session 1 0800 - 12:00	Open Training				08:00 - 12:00		Open Training								- 18:00	- 18:00	
	(Throws) Session 2 15:00 - 20:00			Open '	Fraining						Oį	oen Trainin	g				- 00:80	08:00	
	Open Training - Athletes can train anytime during the indicated training hours			PRE-COMPE	TITION PERIO	D	OPENING CEREMONY	PRE-COMPET	ITION PERIOD			C	OMPETITIO	N			Pos	t Compt Tra	ining
- Athletes can train any			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:





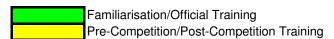




		FRIDAY 13 AUG 2010	
Time start	Time end		Venue:
0930	1200	Pre-Competition training, ROAD (Tampines area)	TBP
1400	1600	Pre-Competition training, Mountain Bike	IBF
		SUNDAY 15 AUG 2010	
Time start	Time end		Venue:
0800	1200	Confirmation of starters, all categories	
1000	1100	Official training, ROAD (Tampines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

		MONDAY 23 AUG 2010	
Time start	Time end		Venue:
0900	1100	Post Competition Training, Moutain Bike	TBP
0900	1100	Post Competition Training, BMX	101

<u>Legend:</u> Tampines Bike Park (TBP) Float at Marina Bay (FMB)





<u>SAILING</u> TRAINING SCHEDULE



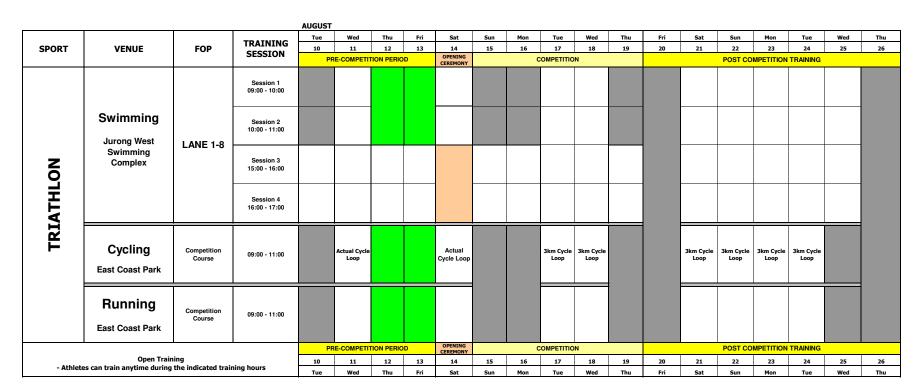
			AUGUST																
			Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
SPORT	VENUE	SESSION	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
SPORT	VENOE		PRE-COMPETITION PERIOD				OPENING CEREMONY		COMPETITION COMPETITION										
SAILING	NATIONAL SAILING CENTRE	OPEN TRAINING	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		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
Allocation of equipment required before training			F	RE-COMPET	TION PERIOD		OPENING CEREMONY	PRE-COM PEF						COMP	ETITION				
	commence		10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
				Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu





TRIATHLON TRAINING SCHEDULE









ROWING TRAINING SCHEDULE



				August									
				Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
SPORT	VENUE	TRAINING SESSION		10	11	12	13	14	15	16	17	18	19
					PRE-COMPETI	TION PERIOD		OPENING CEREMONY	COMPETITION				
ROWING COMPETITION COURSE	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		
	COMPE	OPEN TE	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	
Open Training				OPENING CEREMONY	COMPETITION								
- Athletes can to	- Athletes can train anytime during the indicated training hours			10	11	12	13	14	15	16	17	18	19
					Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu

		August								
			Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri
SPORT	VENUE	TRAINING SESSION	20	21	21	22	23	24	25	26
						POST COMPET	ITION 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	
	Open Training					POST COMPET	ITION TRAINING			
- Athle	- Athletes can train anytime during the indicated training hours			21	21	22	23	24	25	26
		Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	

