

Bayit Vagan Long Throws Warm Up and Training Schedule

Saturday, Morning, 2 July		
08:15	JT	training
09:15	End	
09:15	HT	training
10:15	End - Circle Change	
10:20	DT	training
11:20	End	

Sunday, Morning, 3 July		
No training - Official Training in main Stadium		

DAY 1 - Monday, Morning, 4 July			
06:50	Start WU		
07:50	End WU		
09:05	Hammer Throw	W	QA
08:05	Start WU		
09:05	End WU		
10:20	Hammer Throw	W	QB
09:15	HT	training	
10:00	End - Circle Change		
10:05	DT	training	
10:50	End		
10:50	JT	training	
11:35	End		

DAY 2 - Tuesday, Morning, 5 July			
05:45	Start WU		
06:45	End WU		
08:00	Hammer Throw	M	QA
06:55	Start WU		
07:55	End WU		
09:10	Hammer Throw	M	QB
08:15	HT	training	
09:00	End - Circle Change		
09:05	DT	training	
09:50	End		
09:50	JT	training	
10:35	End		

DAY 3 - Wednesday, Morning, 6 July			
05:45	Start WU		
06:45	End WU		
08:00	Discus Throw	W	QA
06:55	Start WU		
07:55	End WU		
09:10	Discus Throw	W	QB
08:12	Start WU		
09:12	End WU		
10:27	Javelin Throw	W	QA
09:20	Start WU		
10:20	End WU		
11:35	Javelin Throw	W	QB

DAY 4 - Thursday, Morning, 7 July		
08:15	HT	training
09:15	End - Circle Change	
09:20	DT	training
10:20	End	
10:20	JT	training
11:20	End	

No Training

Saturday, Evening, 2 July		
17:00	HT	training
18:00	End - Circle Change	
18:05	DT	training
19:05	End	
19:05	JT	training
20:05	End	

Sunday, Evening, 3 July		
17:00	JT	training
18:00	End	
18:00	HT	training
19:00	End - Circle Change	
19:05	DT	training
20:05	End	

DAY 1 - Monday, Evening, 4 July			
14:45	Start WU		
15:45	End WU		
17:00	Javelin Throw	M	QA
15:53	Start WU		
16:53	End WU		
18:08	Javelin Throw	M	QB
17:13	Start WU		
18:13	End WU		
19:28	Discus Throw	M	QA
18:20	Start WU		
19:20	End WU		
20:35	Discus Throw	M	QB

DAY 2 - Tuesday, Evening, 5 July			
14:50	Start WU		
15:50	End WU		
17:05	Hammer Throw	W	Final
16:00	HT	training	
16:45	End		
16:50	Start WU		
17:50	End WU		
19:05	Discus Throw	M	Final
18:00	DT	training	
18:45	End		
18:45	JT	training	
19:30	End		

DAY 3 - Wednesday, Evening, 6 July			
15:50	Start		
16:50	End		
18:05	Hammer Throw	M	Final
17:40	Start WU		
18:40	End WU		
19:55	Javelin Throw	M	Final

DAY 4 - Thursday, Evening, 7 July			
15:55	Start WU		
16:55	End WU		
18:10	Javelin Throw	W	Final
17:37	Start WU		
18:37	End WU		
19:52	Discus Throw	W	Final

No Training

No Training

No Training