

Athletics Training

Training Schedule Details
Version: 3,2

Day	Date	Start	End	Activity	Location
Day -4	02 Oct	14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Hammer throw & Shot put Javelin throw
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field
Day -3	03 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
		14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Javelin throw Disco throw
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field
Day -2	04 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
		14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Disco throw Hammer throw & Shot put
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field
Day -1	05 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
		14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Hammer throw & Shot put Javelin throw
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field
Day 0	06 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
Day 1	07 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
		14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Javelin throw Disco throw
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field
Day 2	08 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
		14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Disco throw Hammer throw & Shot put
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field
Day 3	09 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
		14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Hammer throw & Shot put Javelin throw
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field
Day 4	10 Oct	08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		08:00	11:30	03:30 Athletics Open Training Opportunity	Athletics Field
		09:30	12:00	02:30 Athletics Open Training Opportunity	Pentathlon & cross country
		14:00	17:00	03:00 Athletics Open Training Opportunity	Athletics Field
		17:30	20:30	03:00 Athletics Open Training Opportunity	Hammer throw & Shot put Javelin throw
		15:00	20:30	05:30 Athletics Open Training Opportunity	Athletics Field

Day 5	11 Oct							
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity				
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity		Hammer throw & Shot put		
			Start 09:30			End 12:00		Pentathlon & cross country
	09:30	12:00	02:30	Athletics Open Training Opportunity		Pentathlon & cross country		
			Start 13:00			End 20:30		Athletics Field
	13:00	20:30	07:30	Athletics Open Training Opportunity				
			Start 17:30			End 20:30		Athletics Field
	17:30	20:30	03:00	Athletics Open Training Opportunity		Javelin throw		
Day 6	12 Oct							
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity				
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity		Javelin throw		
			Start 09:30			End 12:00		Pentathlon & cross country
	09:30	12:00	02:30	Athletics Open Training Opportunity		Pentathlon & cross country		
			Start 17:30			End 20:30		Athletics Field
	17:30	20:30	03:00	Athletics Open Training Opportunity		Disco throw		
Day 7	13 Oct							
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity				
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity		Disco throw		
			Start 09:30			End 12:00		Pentathlon & cross country
	09:30	12:00	02:30	Athletics Open Training Opportunity		Pentathlon & cross country		
			Start 13:00			End 20:30		Athletics Field
	13:00	20:30	07:30	Athletics Open Training Opportunity				
			Start 17:30			End 20:30		Athletics Field
	17:30	20:30	03:00	Athletics Open Training Opportunity		Hammer throw & Shot put		
Day 8	14 Oct							
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity				
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity		Hammer throw & Shot put		
			Start 09:30			End 12:00		Pentathlon & cross country
	09:30	12:00	02:30	Athletics Open Training Opportunity		Pentathlon & cross country		
			Start 13:00			End 20:30		Athletics Field
	13:00	20:30	07:30	Athletics Open Training Opportunity				
			Start 17:30			End 20:30		Athletics Field
	17:30	20:30	03:00	Athletics Open Training Opportunity		Javelin throw		
Day 9	15 Oct							
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity				
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity		Javelin throw		
			Start 13:00			End 20:30		Athletics Field
	13:00	20:30	07:30	Athletics Open Training Opportunity				
			Start 17:30			End 20:30		Athletics Field
	17:30	20:30	03:00	Athletics Open Training Opportunity		Disco throw		
Day 10	16 Oct							
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity				
			Start 08:00			End 11:30		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity		Disco throw		
			Start 13:00			End 20:30		Athletics Field
	13:00	20:30	07:30	Athletics Open Training Opportunity				
			Start 17:30			End 20:30		Athletics Field
	17:30	20:30	03:00	Athletics Open Training Opportunity		Hammer throw & Shot put		
Day 11	17 Oct							
			Start 08:30			End 11:00		Athletics Field
	08:00	11:30	03:30	Athletics Open Training Opportunity				