

BAHRAIN 2022 WAPG Para Powerlifting Training Schedule

Training location: Bahrain Polytechnic

<https://www.polytechnic.bh/>

The training schedule is devised on a fair rotational daily basis and must not be altered. Teams should train at their scheduled group times on the bench number(s) identified below. Please arrive and leave on time to enable the LOC to do the cleaning before the next group.

Only athletes from same nation can share the bench.

3 benches only

TIME/DATE		18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
9:00	10:10	Group 1	Group 3	Group 5	Group 7	Group 2	Group 4	Open Session for Group 1-4
Cleaning								
10:20	11:30	Group 2	Group 4	Group 6	Group 1	Group 3	Group 5	
Cleaning								
11:40	12:50	Group 3	Group 5	Group 7	Group 2	Group 4	Group 6	
Cleaning								
13:00	14:10	Group 4	Group 6	Group 1	Group 3	Group 5	Group 7	Open Session for Group 5-7
Cleaning								
14:20	15:30	Group 5	Group 7	Group 2	Group 4	Group 6	Group 1	
Cleaning								
15:40	16:50	Group 6	Group 1	Group 3	Group 5	Group 7	Group 2	
Cleaning								
17:00	18:10	Group 7	Group 2	Group 4	Group 6	Group 1	Group 3	

TRAINING GROUPS	NPC	NO. OF ATHLETES	BENCH NUMBER
Group 1	BRN	5	1
			2
			3
			4
			5
	IRQ	2	6
			7
Group 2	BRN	5	1
			2
			3
			4
			5
	IRQ	2	6
			7
Group 3	JOR	3	1
			2
			3
	KSA	4	4
			5
			6
			7

No.	NPC	NO. OF ATHLETES
1	BRN	10
2	IRQ	4
3	JOR	3
4	KSA	12
5	KUW	1
6	SYR	6
7	UAE	11
8	YEM	1
TOTAL		48

Group 4	KSA	8	1
			2
			3
			4
			5
			6
			7
Group 5	SYR	6	1
			2
			3
			4
			5
			6
			7
Group 6	UAE	5	1
			2
			3
			4
			5
	KUW	1	6
			7
Group 7	UAE	6	1
			2
			3
			4
			5
			6
	YEM	1	7