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/I	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 6	Group 2	Group 4	
Cleaning								
10:20	11:30	Group 2	Group 4	Group 6	Group 1	Group 3	Group 5	On an Cassian
Cleaning						Open Session for Group 1-4		
11:40	12:50	Group 3	Group 5	Group 1	Group 2	Group 4	Group 6	101 01000 1-4
Cleaning								
13:00	14:10	Group 4	Group 6	Group 2	Group 3	Group 5	Group 1	
Cleaning								
14:20	15:30	Group 5	Group 1	Group 2	Group 4	Group 6	Group 2	Open Session
Cleaning						for Group 5-6		
15:40	16:50	Group 6	Group 2	Group 3	Group 5	Group 1	Group 3	

TRAINING GROUPS	NPC	NO. OF ATHLETES	BENCH NUMBER
		5	1
	BRN		2
			3
Group 1			4
			5
	IRQ	2	6
			7
Group 2	BRN	5	1
Group Z	2.00		2

No.	NPC	NO. OF ATHLETES	
1	BRN	10	
2	IRQ	4	
3	JOR	3	
4	KSA	8	
5	кuw	1	
6	SYR	2	
7	UAE	11	
8	YEM	1	
	TOTAL	40	

3451RQ21RQ232JOR3JOR34567KSA467KSA14567KSA467KSA671KSA467KSA67167171717171717171717171712311712334333333333433343334343534353636373737373737373737373737373737		1	1	
IRQ5IRQ26IRQ27JOR32JOR32A43KSA46KSA46KSA17KSA46Group 417Group 5SYR5SYR26UAE67UAE67Group 5YEM1YEM17YEM17STOUL 566YEM17STA23YEM17STA23STA23STA33				3
IRQ26IRQ27JOR32JOR32KSA45676767KSA46712KSA43Group 456VIAE56Group 5SYR2Group 6UAE6YEM17YEM17YEM17YEM17126345617123YEM17266171236317333				4
IRQ27JOR32JOR32Group 345KSA46777KSA43Group 443Group 5SYR2Group 5UAE6YEM17Group 6UAE6173117236317333333				5
Image: state index i			2	6
JOR32Group 343KSA45KSA46771KSA43Group 443Group 5SYR2Group 5UAE6YEM17YEM17IUAE63Group 6UAE5333		IKQ	2	7
Group 3				1
Group 34KSA4677KSA42KSA426435SYR2679011261111711111121123123123312333		JOR	3	2
KSA 4 5 6 7 7 7 KSA 4 2 KSA 4 3 Group 4 5 3 SYR 2 6 VAE 6 7 UAE 6 7 UAE 6 7 YEM 1 2 YEM 1 7 1 7 1 2 6 3 1 7 1 2 1 7 3 1 7 1 7 1 2 3 6 1 7 1 2 3 6 1 7 1 2 3 3 3 1 2 3 3 3				3
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Group 4 6 KSA 1 KSA 4 3 4 3 4 SYR 4 SYR 6 VAE 6 YEM 1 YEM 1 YEM 1 YEM 1 S 1 S 3 Group 5 YEM YEM 1 J 1 J 2 3 3 S 3 S 1 J 3 J 3 J 3 J 3 J 3 J 3 J 3 J 3 J 3 J 3 J 3 J 3		KCA		5
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Group 4 KSA 4 3 Group 4 4 4 SYR 2 6 SYR 2 6 VAE 6 7 UAE 6 4 YEM 1 7 YEM 1 7 1 7 6 1 7 6 1 7 6 1 7 6 1 7 6 1 7 6 1 7 6 1 7 6 3 3 6				7
KSA 4 3 Group 4 4 4 SYR 2 6 SYR 2 6 Group 5 UAE 1 UAE 6 4 Group 5 YEM 1 YEM 1 7 1 7 2 3 6 1 YEM 1 7 3 1 2 3 3 3 3 3 3 3 3 3 3 3 3				1
Group 4 3 Group 4 4 SYR 5 SYR 2 0 7 UAE 6 4 3 0 1 2 3 0 4 1 2 3 6 1 7 6 1 7 1 7 1 1 7 1 7 1 7 1 7 1 3 2 3 3 3		KC A		2
SYR 5 SYR 2 6 7 7 7 UAE 6 3 Group 5 YEM 1 7 YEM 1 7 6 YEM 1 7 6 3 1 7 6 YEM 1 7 6 YEM 1 7 2 Group 6 UAE 5 6		KSA	4	3
SYR 2 6 7 7 J 2 UAE 6 3 Group 5 4 5 YEM 1 7 YEM 1 7 2 3 6 3 1 1 2 3 6 YEM 1 7 3 3 1 3 3 3	Group 4			4
Group 6 LIAE 5				5
Group 6 LIAE 5		SYR	2	6
Group 6				7
Group 6				1
Group 5 UAE 6 4 5 7 YEM 1 7 2 Group 6 UAE 5 3				2
Group 5 4 5 6 YEM 1 1 7 2 3				3
S 5 YEM 1 7 YEM 1 7 Image: Complex state s	Group 5	UAE	6	4
YEM 1 7 Image: Comparison of the second se				5
Group 6 LIAE 5				6
Group 6 LIAE 5		YEM	1	7
Group 6 LIAE 5 3				1
				2
	•			3
	Group 6	UAE	5	4
5				5
6				
KUW 1 7		KUW	1	