

## 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 6 | 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 1 | Group 2 | Group 4 | Group 6 |                            |
| Cleaning  |       |         |         |         |         |         |         |                            |
| 13:00     | 14:10 | Group 4 | Group 6 | Group 2 | Group 3 | Group 5 | Group 1 | Open Session for Group 5-6 |
| Cleaning  |       |         |         |         |         |         |         |                            |
| 14:20     | 15:30 | Group 5 | Group 1 | Group 2 | Group 4 | Group 6 | Group 2 |                            |
| Cleaning  |       |         |         |         |         |         |         |                            |
| 15:40     | 16:50 | Group 6 | Group 2 | Group 3 | Group 5 | 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            |

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

|                |     |   |   |
|----------------|-----|---|---|
|                |     |   | 3 |
|                |     |   | 4 |
|                |     |   | 5 |
|                |     |   | 6 |
|                |     |   | 7 |
| <b>Group 3</b> | JOR | 3 | 1 |
|                |     |   | 2 |
|                |     |   | 3 |
|                | KSA | 4 | 4 |
|                |     |   | 5 |
|                |     |   | 6 |
|                |     |   | 7 |
| <b>Group 4</b> | KSA | 4 | 1 |
|                |     |   | 2 |
|                |     |   | 3 |
|                |     |   | 4 |
|                | SYR | 2 | 5 |
|                |     |   | 6 |
| <b>Group 5</b> | UAE | 6 | 7 |
|                |     |   | 1 |
|                |     |   | 2 |
|                |     |   | 3 |
|                |     |   | 4 |
|                |     |   | 5 |
|                | 6   |   |   |
|                | YEM | 1 | 7 |
| <b>Group 6</b> | UAE | 5 | 1 |
|                |     |   | 2 |
|                |     |   | 3 |
|                |     |   | 4 |
|                |     |   | 5 |
|                |     |   | 6 |
|                | KUW | 1 | 7 |