



DEAFLYMPICS - ATHLETICS - TOKYO 2025



TRAINING SCHEDULE

Komazawa Olympic Park General Sports Ground Athletic Field

1st day 13 Nov 2025			2nd day 14 Nov 2025			3rd day 15 Nov 2025			4th day 16 Nov 2025			5th day 20 Nov 2025		
START	FINISH	GROUP	START	FINISH	GROUP	START	FINISH	GROUP	START	FINISH	GROUP	START	FINISH	GROUP
10:00	11:30	A	10:00	11:30	A	10:00	11:00	Pole Vault	10:00	11:30	A	10:00	11:30	A
11:30	13:00	B	11:30	13:00	B	10:00	11:00	Javellin Throw	11:30	13:00	B	11:30	13:00	B
13:00	16:00	C	13:00	16:00	D	11:00	12:00	Shot Put	13:00	14:30	C	13:00	14:30	C
						11:00	12:00	Discus Throw	14:30	16:00	D	14:30	16:00	D

Group	Events	Group	Events	Group	Events	Group	Events
A	Track & Field Middle/Long Distance: Lanes 1 & 2 Sprint (200m): Sprint Drills: Lanes 6-8 Relay Practice High Jump, Pole Vault, Long Jump and Triple Jump Starting lights practice	B	Track & Field Middle/Long Distance: Lanes 1 & 2 Sprint (100m): Warm-up Runs/Sprints Lanes 3-6, (400m) Lanes 5-6 Hurdles: 100mH (7 lane) 110mH (8 lane) W400mH (7 lane) M400mH (8 lane) High Jump, Pole Vault, Long Jump and Triple Jump Starting lights practice	C	Track (Main Side) Discus Throw Sprint (100m) Warm-up/Sprint Drills 1-4 lanes Hurdles : 100mH (5-6 lanes)、110mH (7-8 lanes) Starting lights practice	D	Track (Back Side) Javelin Throw • Shot Put Track Back Only Dash • Running Drills B Zone Shot Put • Javelin Throw Starting lights practice