



DEAFLYMPICS - ATHLETICS - TOKYO 2025



TRAINING SCHEDULE

Oi Central Seaside Park Track and Field Facilities

1st day 15 Nov 2025			2nd day 16 Nov 2025			3th day 17 Nov 2025			4th day 18 Nov 2025			5th day 19 Nov 2025			6th day 21 Nov 2025		
START	FINISH	GROUP	START	FINISH	GROUP	START	FINISH	GROUP	START	FINISH	GROUP	START	FINISH	GROUP	START	FINISH	GROUP
10:00	12:00	E	10:00	12:00	A	10:00	11:30	A	10:00	11:30	A	10:00	11:30	A	10:00	11:30	A
			12:00	14:00	B	11:30	13:00	B	11:30	13:00	B	11:30	13:00	B	11:30	13:00	B
			14:00	16:00	E	13:00	14:30	C	13:00	14:30	D	13:00	14:30	C	13:00	14:30	D
						14:30	16:00	D	14:30	16:00	E	14:30	16:00	E	14:30	16:00	E

7th day 22 Nov 2025			8th day 23 Nov 2025		
START	FINISH	GROUP	START	FINISH	GROUP
10:00	11:30	A	10:00	11:30	A
11:30	13:00	B	11:30	13:00	B
13:00	14:30	C	13:00	14:30	C
14:30	16:00	E	14:30	16:00	E

Group	Events	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	E	Track (Main Side) Hammer Throw Sprint (100m) Warm-up. Sprint 1-4 Lanes Hurdles: 100mH (5-6 lanes), 110mH (7-8 lanes) A Zone Hammer Throw Starting lights Practice