

## Training arenas and schedules

### Smedsby-Sepänkylä training venue

Track, long jump, triple jump, high jump, javelin, shot and discus

#### **Wednesday 21.6.2017**

18.00-20.00 Track, LJ, TJ, HJ, SP

18.00-19.00 Discus

19.00-20.00 Javelin

#### **Thursday 22.6.2017**

10.00-13.00 Track, LJ, TJ, HJ, SP

10.00-11.30 Discus

11.30-13.00 Javelin

15.00-18.00 Track, LJ, TJ, HJ, SP

15.00-16.30 Discus

16.30-18.00 Javelin

#### **Friday 23.6.2017**

10.00-13.00 Track, LJ, TJ, HJ, SP

10.00-11.30 Discus

11.30-13.00 Javelin

15.00-18.00 Track, LJ, TJ, HJ, SP

15.00-16.30 Discus

16.30-18.00 Javelin

#### **Saturday 24.6.2017**

10.00-12.00 Track, LJ, TJ, HJ, SP

10.00-11.00 Discus

11.00-12.00 Javelin

15.00-18.00 Track, LJ, TJ, HJ, SP

15.00-16.30 Discus

16.30-18.00 Javelin

#### **Sunday 25.6.2017**

10.00-12.00 Track, LJ, TJ, HJ, SP

10.00-11.00 Discus

11.00-12.00 Javelin

15.00-18.00 Track, LJ, TJ, HJ, SP

15.00-16.30 Discus

16.30-18.00 Javelin



### Karls' Stadium (competition venue)

#### **Training Pole Vault**

##### **Wednesday 21.6.2017**

18.00-19.30

##### **Thursday 22.6.2017**

11.00-13.00

15.00-17.00

Starter training for sprint events

15.00-17.00

##### **Friday 23.6.2017**

11.00-13.00

16.30-18.00

##### **Saturday 24.6.2017 and Sunday 25.6.2017**

11.00-13.00

Race Track (just outside Karls' Stadium Hammer Throw)

##### **Wednesday 21.6.2017**

18.00-19.30

##### **Thursday 22.6.2017**

11.00-13.00

15.00-17.00

##### **Friday 23.6.2017**

11.00-13.00

16.30-18.00

##### **Saturday 24.6.2017 and Sunday 25.6.2017**

11.00-13.00