



## Competition Pool Training Schedule (50M pool) (Morning Training)

Date	29-Nov	TIMING		30-Nov	TIMING		1-Dec	TIMING		2-Dec	TIMING	
		FROM	TO		FROM	TO		FROM	TO		FROM	TO
Group	Group A	8:00	9:15	Group C	8:00	9:15	Group B	8:00	9:15	Group A	8:00	9:15
	Group B	9:20	10:35	Group A	9:20	10:35	Group C	9:20	10:35	Group B	9:20	10:35
	Group C	10:40	11:55	Group B	10:40	11:55	Group A	10:40	11:55	Group C	10:40	11:55

## (Evening Training)

Date	29-Nov	TIMING		30-Nov	TIMING		1-Dec	TIMING		2-Dec	TIMING	
		FROM	TO		FROM	TO		FROM	TO		FROM	TO
Group	Group A	15:00	16:15	Group C	15:00	16:15	Group B	15:00	16:15	Group A	15:00	16:15
	Group B	16:20	17:35	Group A	16:20	17:35	Group C	16:20	17:35	Group B	16:20	17:35
	Group C	17:40	19:00	Group B	17:40	19:00	Group A	17:40	19:00	Group C	17:40	19:00

Note: No Swimming Tools Allowed in Competition Pool

## Competition Pool Training Schedule (50M pool)

	Country	Athletes	CODE
1	BRN - Bahrain	4	BRN
2	HKG - Hong Kong, China	8	HKG
3	INA - Indonesia	9	INA
4	IND - India	13	IND
5	IRI - Islamic Republic of Iran	20	IRI
6	IRQ - Iraq	5	IRQ
7	JPN - Japan	28	JPN
8	KOR - Republic of Korea	7	KOR
9	KSA - Saudi Arabia	6	KSA
10	MAL - Malaysia	4	MAL
11	PHI - Philippines	3	PHI
12	SGP - Singapore	6	SGP
13	SRI - Sri Lanka	2	SRI
14	THA - Thailand	20	THA
15	TPE - Chinese Taipei	2	TPE
16	UZB - Uzbekistan	3	UZB
	Total Athletes	140	

Group A		Lane	Group B		Lane	Group C		Lane
BRN	4	2	HKG	8	2	IND	13	2
JPN	28	3 & 4 & 5	INA	9	3	IRQ	5	3
KSA	6	6	IRI	20	4 & 5	KOR	7	4
TPE	2	7	MAL	4	6	SGP	6	5
UZB	3	7	PHI	3	7	THA	20	6 & 7
			SRI	2	7			
	43			46			51	

**Lanes 1 & 8 Classification Only**



## Warm-Up Pool Training Schedule (25M pool) (Morning Training)

Date	29-Nov	TIMING		30-Nov	TIMING		1-Dec	TIMING		2-Dec	TIMING	
		FROM	TO		FROM	TO		FROM	TO		FROM	TO
	All Groups	8:00	12:00	All Groups	8:00	9:15	All Groups	8:00	12:00	All Groups	8:00	12:00

## (Evening Training)

Date	29-Nov	TIMING		30-Nov	TIMING		1-Dec	TIMING		2-Dec	TIMING	
		FROM	TO		FROM	TO		FROM	TO		FROM	TO
	All Groups	15:00	17:00	Group C	15:00	17:00	All Groups	15:00	17:00	All Groups	15:00	17:00

Note: No Swimming Tools Allowed in Warm-up and training Pools