

## TRAINING SCHEDULE WEIGHTLIFTING

As of 21 JULY 2021 (Modified – ISR is added in Group 3)

Date	Start Time	Finish Time	NOC Group	Location	Media Access
MON 19 JUL	10:00	12:00	Group 1	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 2	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 3	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 4	Tokyo International Forum - Hall E	Open
TUE 20 JUL	10:00	12:00	Group 2	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 3	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 4	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 1	Tokyo International Forum - Hall E	Open
WED 21 JUL	10:00	12:00	Group 3	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 4	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 1	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 2	Tokyo International Forum - Hall E	Open
THU 22 JUL	10:00	12:00	Group 4	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 1	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 2	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 3	Tokyo International Forum - Hall E	Open
FRI 23 JUL	10:00	10:45	Group 1	Tokyo International Forum - Hall E	Open
	11:00	11:45	Group 2	Tokyo International Forum - Hall E	Open
	12:00	12:45	Group 3	Tokyo International Forum - Hall E	Open
	13:00	13:45	Group 4	Tokyo International Forum - Hall E	Open
SAT 24 JUL	10:00	12:00	Group 2	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 3	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 4	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 1	Tokyo International Forum - Hall E	Open
SUN 25 JUL	10:00	12:00	Group 3	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 4	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 1	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 2	Tokyo International Forum - Hall E	Open
MON 26 JUL	10:00	12:00	Group 4	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 1	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 2	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 3	Tokyo International Forum - Hall E	Open
TUE 27 JUL	10:00	12:00	Group 1	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 2	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 3	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 4	Tokyo International Forum - Hall E	Open
WED 28 JUL	10:00	12:00	Group 2	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 3	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 4	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 1	Tokyo International Forum - Hall E	Open

THU 29 JUL	10:00	12:00	Group 3	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 4	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 1	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 2	Tokyo International Forum - Hall E	Open
FRI 30 JUL	10:00	12:00	Group 4	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 1	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 2	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 3	Tokyo International Forum - Hall E	Open
SAT 31 JUL	10:00	12:00	Group 1	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 2	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 3	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 4	Tokyo International Forum - Hall E	Open
SUN 1 AUG	10:00	12:00	Group 2	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 3	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 4	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 1	Tokyo International Forum - Hall E	Open
MON 2 AUG	10:00	12:00	Group 3	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 4	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 1	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 2	Tokyo International Forum - Hall E	Open
TUE 3 AUG	10:00	12:00	Group 4	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 1	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 2	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 3	Tokyo International Forum - Hall E	Open
WED 4 AUG	10:00	12:00	Group 1	Tokyo International Forum - Hall E	Open
	12:30	14:30	Group 2	Tokyo International Forum - Hall E	Open
	15:00	17:00	Group 3	Tokyo International Forum - Hall E	Open
	17:30	19:30	Group 4	Tokyo International Forum - Hall E	Open

### General

Training will take place at the Tokyo International Forum - Hall E, 3 Chome-5-1 Marunouchi, Chiyoda, every day from Tue 19 Jul until Wed 4 Aug. On-hour is 10:00-19:30 except Fri 23 Jul (10:00-13:45).

### NOC Training Times

The daily training schedule (time slot allocation per NOC) will be posted at the Venue Media Centre and will be available in INFO. Note that this schedule is subject to daily changes. Please consult INFO for updates. Please note that time slots allocated to a particular NOC just indicate the time during which the NOC can use the training facility.

### Groups

Group 1	BEL, BRA, CZE, EOR, FRA, GBR, GEO, GER, INA, IND, ITA, KGZ, KOR, MGL, PAK, ROC, TUR, VIE
Group 2	ALG, AUT, BOT, CHN, CMR, GHA, GRE, IRI, KSA, LBN, MAD, MAR, MLT, MRI, NZL, OMA, PLE, QAT, SYR, TUN, USA
Group 3	ALB, ARM, BLR, BUL, CAN, HUN, <b>ISR</b> , JPN, KAZ, LAT, LTU, MDA, NED, POL, SWE, TKM, TPE, UKR, UZB
Group 4	ASA, AUS, CHI, COL, CUB, DOM, ECU, ESP, GUA, KIR, MEX, NCA, NRU, PER, PHI, PNG, SOL, TGA, VEN