20th Asian Games
Aichi-Nagoya 2026

Training Venue - Port Messe Hall 2 - POM2

September 29th

GRY Training

GRY Individual			TRAINING VENUE													
	Individual Athletes	NOC	STRETCHING AREA 45 min		Carpet 1 135 min		Carpet 2 135 min		Carpet 3 135 min		Carpet 4 135 min		Carpet 5 135 min		Carpet 6 135 min	
			Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish
Group 1	1	UZB2	8:00	8:45	8:45	11:00										
	2	UZB1	8:00	8:45	8:45	11:00										
Group 2	3	CHN2	8:00	8:45			8:45	11:00								
	4	KAZ2	8:00	8:45			8:45	11:00								
Group 3	5	PHI2	8:00	8:45					8:45	11:00						
	6	KAZ1	8:00	8:45					8:45	11:00						
Group 4	7	KGZ2	8:00	8:45							8:45	11:00				
	8	THA1	8:00	8:45							8:45	11:00				
Group 5	9	SGP2	8:00	8:45									8:45	11:00		
	10	THA2	8:00	8:45									8:45	11:00		
Group 6	11	SGP1	8:00	8:45											8:45	11:00
	12	LBN	8:00	8:45											8:45	11:00
Group 7	13	PHI1	11:00	11:45	11:45	14:00										
	14	KOR1	11:00	11:45	11:45	14:00										
Group 8	15	SYR	11:00	11:45			11:45	14:00								
	16	HKG	11:00	11:45			11:45	14:00								
Group 9	17	JPN1	11:00	11:45					11:45	14:00						
	18	INA	11:00	11:45					11:45	14:00						
Group 10	19	KOR2	11:00	11:45							11:45	14:00				
	20	LAO	11:00	11:45							11:45	14:00				
Group 11	21	CHN1	11:00	11:45									11:45	14:20		
	22	KGZ1	11:00	11:45									11:45	14:20		
	23	JPN2	11:00	11:45									11:45	14:20		

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29 SEPTEMBER 2026 – TRAINING DAY IN TRAINING VENUE																		
GRY Group			TRAINING VENUE															
	Group athletes		STRETCHING AREA		Carpet 1		Carpet 2		Carpet 3		Carpet 4		Carpet 5		Carpet 6			
			45 min		135 min		135 min		135 min		135 min		135 min		135 min			
			Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish		
Group 1	1	UZB	14:00	14:45	14:45	17:00												
	2	TPE	14:00	14:45			14:45	17:00										
	3	JPN	14:00	14:45					14:45	17:00								
	4	KGZ	14:00	14:45							14:45	17:00						
	5	CHN	14:00	14:45									14:45	17:00				
Group 2	6	SGP	17:00	17:45	17:45	20:00												
	7	MAS	17:00	17:45			17:45	20:00										
	8	KOR	17:00	17:45					17:45	20:00								
	9	THA	17:00	17:45							17:45	20:00						
	10	KAZ	17:00	17:45									17:45	20:00				