

SWIMMING – Training Schedule

Date	Hours	Location	Pool
07/16 (D-5)	07:00-09:00, 13:00-15:00, 17:00-20:00	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:00-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 15:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 15:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/17 (D-4)	07:00-09:00, 13:00-15:00, 17:00-20:00	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:00-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 15:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 15:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/18 (D-3)	07:00-09:00, 13:00-15:00, 17:00-20:00	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:00-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 15:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 15:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/19 (D-2)	07:00-09:00, 13:00-15:00, 17:00-20:00	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:00-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 15:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 15:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/20 (D-1) (Final day of DV)	07:00-12:00, 13:00-15:00, 17:00-20:00	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:00-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 15:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 15:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/21 (D1)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/22 (D2)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/23 (D3)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/24 (D4)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/25 (D5)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/26 (D6)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/27 (D7)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool
07/28 (D8)	07:30-09:45, 14:00-19:45	Nambu Univ. Municipal Aquatics Center	Competition pool
	07:30-20:00	Nambu Univ. Municipal Aquatics Center	Warm-up pool
	08:00-12:00, 14:00-20:00	Yeomju Indoor Aquatics Center	Indoor 50m pool
	08:00-12:00, 14:00-20:00	Gwangju Phys. Ed. High School	Indoor 50m pool