

## **Water Polo – Training Schedule** **(as of 28JUN2019)**

### **List of available Pools:**

- Nambu University Football field:
  - Competition Pool: 35m x 25m
  - Warm up Pool: 50m x 25m (divided into two)
    - One half is for warm-up (two teams)
    - One half is for training (two teams)
- Yeomju Diving Pool: 25m x 25m
- Jeonnam PE School: 50m x 20m (1,9m depth) – 45 min from the village

### **Concept:**

- On Game Day
  - If a team has a game on the respective day, the team has a one hour training session in the morning or in the evening according to the game schedule in the Nambu University Warm up pool.
- On a Rest Day
  - If a team has a rest day (men or women day), the team has a one and a half hour training session at the Yeomju Diving pool.
  - If the team would like to have a second training session or would like to train alone, the OC offers a training possibility in the Jeonnam PE School, which is a 45min bus drive.
- Before the competition starts
  - Each team can train at the Nambu University before the competition starts.
  - The trainings schedule will be made according to the arrival dates of the teams
  - Each team has the chance to train in the competition pool
- Gym
  - There are two gyms available at the athletes village

13th July (Sat)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool(25M)	Nambu Training pool(25M)	Competition Pool (35M)
08:00~09:00	(Men) SRB / MNE	(Women) RSA / KOR	(Women) HUN / USA	{BEACH WP} Warm-up (8:00~8:30)
9:00~10:00	KOR / GRE	CAN / NZL	RUS / NED	BEACH Game W1 (9:00~9:45)
				Warm-up (09:45~10:15)
10:00~11:00	USA / KAZ	CUB / GRE	KAZ / ESP	BEACH Game M1 (10:30~11:15)
				Warm-up (11:15~11:45)
11:00~12:00	CRO / AUS	JPN / ITA	CHN / AUS	BEACH Game W2 (PM12~12:45)
				Warm-up (12:45~13:15)
13:00~14:00	ESP	(Men) ITA	(Men) JPN	BEACH Game M2 (13:30~14:15)
14:00~15:00				
15:00~16:00				(Women) RSA / USA
16:00~17:00	(Women) KOR	(Men) SRB	(Men) MNE	NZL / RUS
17:00~18:00	(Women) HUN	GRE	USA	CAN / NED
18:00~19:00		KOR	KAZ	CUB / ESP
19:00~20:00	(Men) BRA	CRO	RSA	GRE / KAZ
20:00~21:00	(Men) GER	AUS	NZL	JPN / AUS
21:00~22:00		HUN / JPN	ESP / ITA	ITA / CHN

14th July (Sun)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00		BEACH WP (Women's W-UP)	BEACH WP (Women's W-UP)	W1) RSA - NED (07:10~08:10)
9:00~10:00	(Men) SRB / MNE	W2) NZL - USA (08:30~09:30)	(Women) CUB / KAZ	WOMEN'S GAME ( 08:30 ~ 13:35 )
10:00~11:00	KOR / GRE	W3) CAN - RUS (09:50~10:50)	GRE / ESP	
11:00~12:00		W4) HUN - KOR (11:10~12:10)	JPN / CHN	
12:00~13:00	USA / KAZ		ITA / AUS	
13:00~14:00	CRO / AUS	BEACH WP (Women's WARM-UP)	(BEACH WP / TR) M) FRA / CHN	
14:00~15:00			(BEACH WP / TR) M) CAN / ARG	
15:00~16:00	RSA / ESP	W5) CUB - KAZ (15:10~16:10)		WOMEN'S GAME ( 16:30 ~ 21:35 )
16:00~17:00	NZL / HUN	W6) GRE - ESP (16:30~17:30)		
17:00~18:00		(Women) RSA / NED		
18:00~19:00	BRA / ITA	W7) JPN - CHN (17:50~18:50)	NZL / USA	
19:00~20:00	GER / JPN	W8) ITA - AUS (19:10~20:10)	CAN / RUS	
20:00~21:00		HUN / KOR		
21:00~22:00	NO BOOK	NO BOOK		

15th July (Mon)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00		BEACH WP (Men's W-UP)	BEACH WP (Men's W-UP)	M1) SRB - MNE (07:10~08:10)
9:00~10:00	(Women) KOR / RUS	M2) KOR - GRE (08:30~09:30)	(Men) RSA / ESP	MEN'S GAME ( 08:30 ~ 13:35 )
10:00~11:00		M3) USA - KAZ (09:50~10:50)	NZL / HUN	
11:00~12:00	CAN / HUN	M4) CRO - AUS (11:10~12:10)	BRA / ITA	
12:00~13:00	ESP / KAZ		GER / JPN	
13:00~14:00		BEACH WP (Men's WARM-UP)	(BEACH WP / TR) W) ESP / USA	
14:00~15:00	CUB / GRE		(BEACH WP / TR) W) CHN / AUS	
15:00~16:00	AUS / CHN	M5) RSA - ESP (15:10~16:10)		BEACH WATER-POLO GAME (Men) M3) FRA : CHN M4) CAN : ARG
16:00~17:00		M6) NZL - HUN (16:30~17:30)		MEN'S GAME ( 16:30 ~ 21:35 )
17:00~18:00	JPN / ITA		(Men) SRB / MNE	
18:00~19:00	USA / NED	M7) BRA - ITA (17:50~18:50)	KOR / GRE	
19:00~20:00		M8) ITA - AUS (19:10~20:10)	USA / KAZ	
20:00~21:00	RSA / NZL		CRO / AUS	
21:00~22:00	NO BOOK	NO BOOK		

16th July (Tue)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00		BEACH WP (Women's W-UP)	BEACH WP (Women's W-UP)	W9) KOR - RUS (07:10~08:10)
9:00~10:00	(Men) AUS / KAZ	W10) CAN - HUN (08:30~09:30)	(Women) AUS / CHN	WOMEN'S GAME ( 08:30 ~ 13:35 )
10:00~11:00		W11) ESP - KAZ (09:50~10:50)	JPN / ITA	
11:00~12:00	USA / CRO	W12) CUB - GRE (11:10~12:10)	USA / NED	
12:00~13:00	HUN / ESP		RSA / NZL	
13:00~14:00		BEACH WP (Women's WARM-UP)	(BEACH WP / TR) M) CAN / FRA	
14:00~15:00	RSA / NZL		(BEACH WP / TR) M) ARG / CHN	
15:00~16:00	JPN / ITA	W13) AUS - CHN (15:10~16:10)		
16:00~17:00		W14) JPN - ITA (16:30~17:30)		WOMEN'S GAME ( 16:30 ~ 21:35 )
17:00~18:00	BRA / GER		(Women) KOR / RUS	
18:00~19:00	GRE / MNE	W15) USA - NED (17:50~18:50)	CAN / HUN	
19:00~20:00		W16) RSA - NZL (19:10~20:10)	ESP / KAZ	
20:00~21:00	SRB / KOR		CUB / GRE	
21:00~22:00	NO BOOK	NO BOOK		

17th July (Wed)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00		BEACH WP (Men's W-UP)	BEACH WP (Men's W-UP)	M9) AUS - KAZ (07:10~08:10)
9:00~10:00	(Women) CUB / ESP	M10) USA - CRO (08:30~09:30)	(Men) JPN / ITA	MEN'S GAME ( 08:30 ~ 13:35 )
10:00~11:00	GRE / KAZ	M11) HUN - ESP (09:50~10:50)	BRA / GER	
11:00~12:00		M12) RSA - NZL (11:10~12:10)	GRE / MNE	
12:00~13:00	JPN / AUS		SRB / KOR	
13:00~14:00	ITA / CHN	BEACH WP (Men's WARM-UP)	(BEACH WP / TR) W) 3rd / 4th place	
14:00~15:00			(BEACH WP / TR) W) 1st / 2nd place	
15:00~16:00	RSA / USA	M13) JPN - ITA (15:10~16:10)		
16:00~17:00	NZL / NED	M14) BRA - GER (16:30~17:30)		MEN'S GAME ( 16:30 ~ 21:35 )
17:00~18:00		(Men) AUS / KAZ		
18:00~19:00	CAN / KOR	M15) GRE - MNE (17:50~18:50)	USA / CRO	
19:00~20:00		M16) SRB - KOR (19:10~20:10)	HUN / ESP	
20:00~21:00	HUN / RUS		RSA / NZL	
21:00~22:00	NO BOOK	NO BOOK		

18th July (Thu)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool(25M)	Nambu Training pool(25M)	Competition Pool (35M)
08:00~09:00		BEACH WP (Women's W-UP)	BEACH WP (Women's W-UP)	W17) CUB - ESP (07:10~08:10)
9:00~10:00	(Men) RSA / HUN	W18) GRE - KAZ (08:30~09:30)	(Women) RSA / USA	WOMEN'S GAME (08:30 ~ 13:35 )
10:00~11:00	NZL / ESP	W19) JPN - AUS (09:50~10:50)	NZL / NED	
11:00~12:00		W20) ITA - CHN (11:10~12:10)	CAN / KOR	
12:00~13:00	BRA / JPN		HUN / RUS	
13:00~14:00	GER / ITA	BEACH WP (Women's WARM-UP)	(BEACH WP / TR) M) 3rd / 4th Place	
14:00~15:00			(BEACH WP / TR) M) 1st / 2nd Place	
15:00~16:00	SRB / GRE	W21) RSA - USA (15:10~16:10)		BEACH WATER-POLO GAME (Women) W7) 3rd : 4th Place W8) 1st : 2nd Place
16:00~17:00	KOR / MNE	W22) NZL - NED (16:30~17:30)		WOMEN'S GAME ( 16:30 ~ 21:35 )
17:00~18:00		(Women) CUB / ESP		
18:00~19:00	USA / AUS	W23) CAN - KOR (17:50~18:50)	GRE / KAZ	
19:00~20:00	CRO / KAZ	W24) HUN - RUS (19:10~20:10)	JPN / AUS	
20:00~21:00		ITA / CHN		
21:00~22:00	NO BOOK	NO BOOK		

19th July (Fri)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool(25M)	Nambu Training pool(25M)	Competition Pool (35M)
08:00~09:00	To Mokpo (school) (1st of each group)	BEACH WP (Men's W-UP)	BEACH WP (Men's W-UP)	M17) RSA / HUN (07:10~08:10)
9:00~10:00	(Women) 4th A / 4th B	M18) NZL - ESP (08:30~09:30)	(Men) SRB / GRE	MEN'S GAME ( 08:30 ~ 13:35 ) NOTICE : To Mokpo(School) from village 45 minute away (Women) 1st A / 1st B (09:00~10:30) 1st C / 1st D (10:30~12:00)
10:00~11:00	4th C / 4th D	M19) BRA - JPN (09:50~10:50)	KOR / MNE	
11:00~12:00		M20) GER - ITA (11:10~12:10)	USA / AUS	
12:00~13:00	2nd A / 2nd B		CRO / KAZ	
13:00~14:00	3rd A / 3rd B			
14:00~15:00				
15:00~16:00	2nd C / 2nd D	M21) SRB - GRE (15:10~16:10)		
16:00~17:00	3rd C / 3rd D	M22) KOR - MNE (16:30~17:30)		
17:00~18:00			(Men) RSA / HUN	
18:00~19:00	1st A / 1st B	M23) USA - AUS (17:50~18:50)	NZL / ESP	MEN'S GAME ( 16:30 ~ 21:35 )
19:00~20:00	1st C / 1st D	M24) CRO - KAZ (19:10~20:10)	BRA / JPN	
20:00~21:00			GER / ITA	
21:00~22:00		NO BOOK		



20th July (Sat)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00	Men's 4teams (1st of each group) go to Mokpo school in the morning (two teams one and half hour)	(Women) 1st of C	(Women) 1st of A / 1st of B	Notice: To Mokpo(School) from village 45 Minute (Men) 1st A / 1st B (09:00~10:30) 1st C / 1st D (10:30~12:00)
9:00~10:00	(Men) 4th A / 4th B	(Women) 1st of D	(Women) 2nd C / 3rd D	W25) 4th A - 4th B (09:10~10:10)
10:00~11:00	4th C / 4th D	W26) 4th C - 4th D (10:40~11:40)	3rd C / 2nd D	WOMEN'S GAME ( 10:30 ~ 13:05 )
11:00~12:00				
12:00~13:00	2nd A / 2nd B			
13:00~14:00	3rd A / 3rd B	W27) 2nd A - 3rd B (12:40~13:40)		WOMEN'S GAME (CROSSOVER Matches) ( 14:00 ~ 19:35 )
14:00~15:00		W28) 3rd A - 2nd B (14:10~15:10)		
15:00~16:00	2nd C / 2nd D	W29) 2nd C - 3rd D (15:40~16:40)		
16:00~17:00				
17:00~18:00	3rd C / 3rd D	W30) 3rd C - 2nd D (17:10~18:10)	(Women) 4th A / 4th B	Notice: To Mokpo(School) from village 45 Minute (Women) 1st A / 1st B (17:00~18:30) 1st C / 1st D (18:30~20:00)
18:00~19:00	1st A / 1st B		4th C / 4th D	
19:00~20:00	1st C / 1st D		2nd A / 3rd B	
20:00~21:00			3rd A / 2nd B	
21:00~22:00		9		

21th July (Sun)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00	Men's 4teams (1st of each group) go to Mokpo school in the morining (two teams one and half hour)			Notice: To Mokpo(School) from village (Men) 1st A / 1st C (09:00~10:30) 1st B / 1st D (10:30~12:00)
8:00~09:00	(Women) LW 25 / LW 26			M25) 4th A - 4th B (09:10~10:10)
09:00~10:00			(Men) 2nd C / 3rd D	MEN'S GAME ( 10:30 ~ 13:05 )
10:00~11:00	WW 25 / WW 26	M26) 4th C - 4th D (10:40~11:40)	3rd C / 2nd D	
11:00~12:00	LW 27 / LW 29			
12:00~13:00				
13:00~14:00	LW 28 / LW 30	M27) 2nd A - 3rd B (12:40~13:40)		MEN'S GAME (CROSSOVER Matches) ( 14:00 ~ 19:35 )
14:00~15:00	1st A / WW 29	M28) 3rd A - 2nd B (14:10~15:10)		
15:00~16:00				
16:00~17:00	2st B / WW 30	M29) 2nd C - 3rd D (15:40~16:40)		
17:00~18:00	1st C / WW 27	M30) 3rd C - 2nd D (17:10~18:10)	(Men) 4th A / 4th B	
18:00~19:00			4th C / 4th D	
19:00~20:00	1st D / WW 28	(Men) 1st A - 1st C	2nd A / 3rd B	
20:00~21:00		1st B - 1st D <sup>10</sup>	3rd A / 2nd B	

22th July (Mon)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00	(Men) LM 25 / LM 26	W32) WW25 - WW 26 (08:10~09:10)	(Women) 1st A / WW 29	WOMEN'S GAME (13~16th Place) ( 08:00 ~ 10:35 )
9:00~10:00	WM 25 / WM 26	W33) LW27 -LW 29 (09:40~10:40)	1st B / WW 30	
10:00~11:00			1st C / WW 27	
11:00~12:00	LM 27 / LM 29	W34) LW28 - LW30 (11:10~12:10)	1st D / WW 28	WOMEN'S GAME (9~12th Classification) ( 11:00 ~ 13:35 )
12:00~13:00	LM 28 / LM 30	W35) 1st A - WW29 (12:40~13:40)		
13:00~14:00				
14:00~15:00	1st A / WM 29	W36) 1st B - WW30 (14:10~15:10)		WOMEN'S GAME ( Quarter-Final ) ( 14:00 ~ 19:35 )
15:00~16:00	1st B / WM 30	W37) 1st C - WW27 (15:40~16:40)		
16:00~17:00				
17:00~18:00	1st C / WM 27	W38) 1st D - WW28 (17:10~18:10)		
18:00~19:00	1st D / WM 28	NO BOOK		
19:00~20:00		NO BOOK	LW 27 / LW 29	
20:00~21:00			LW 28 / LW 30	
21:00~22:00				

23th July (Tue)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool(25M)	Nambu Training pool(25M)	Competition Pool (35M)
08:00~09:00		M32) WM25 - WM 26 (08:10~09:10)	(Men) 1st A / WM 29	MEN'S GAME (13~16th Place) ( 08:00 ~ 10:35 )
09:00~10:00	(Women) LW 33		1st B / WM 30	
10:00~11:00	LW 34	M33) LM27 -LM 29 (09:40~10:40)	1st C / WM 27	
11:00~12:00	WW 33	M34) LM28 - LM30 (11:10~12:10)	1st D / WM 28	MEN'S GAME (9~12th Classification) ( 11:00 ~ 13:35 )
12:00~13:00	WW 34			
13:00~14:00	LW 35	M35) 1st A - WM29 (12:40~13:40)		
14:00~15:00	LW 36	M36) 1st B - WM30 (14:10~15:10)		MEN'S GAME ( Quarter-Final ) ( 14:00 ~ 19:35 )
15:00~16:00	LW 37			
16:00~17:00	LW 38	M37) 1st C - WM27 (15:40~16:40)		
17:00~18:00	WW 35	M38) 1st D - WM28 (17:10~18:10)		
18:00~19:00	WW 36			
19:00~20:00	WW 37		LM 27 / LM 29	
20:00~21:00	WW 38		LM 28 / LM 30	
21:00~22:00				

24th July (Wed)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00				W39) LW 33 - LW 34 (08:10~09:10)
9:00~10:00	(Men) LM 33	W40) WW33 - WW34 (09:40~10:40)	(Women) WW 35 / WW 36	WOMEN'S GAME 9 - 12th Place ( 09:30 ~ 12:05 )
10:00~11:00	LM 34		WW 37 / WW 38	
11:00~12:00	WM 33			
12:00~13:00	WW 34			
13:00~14:00	LM 35	W41) LW35 - LW36 (12:40~13:40)		
14:00~15:00	LM 36	W42) LW37 - LW38 (14:10~15:10)		WOMEN'S GAME 5~8th Place ( 14:00 ~ 16:35 )
15:00~16:00	LM 37			
16:00~17:00	LM 38		W43) WW35 - WW36 (15:40~16:40)	
17:00~18:00	WM 35	W44) WW37 - WW38 (17:10~18:10)		WOMEN'S GAME Semi - Final ( 17:00 ~ 19:35 )
18:00~19:00	WM 36			
19:00~20:00	WM 37		(Women) LW 35 / LW 36	
20:00~21:00	WM 38		LW 37 / LW 38	
21:00~22:00				

25th July (Thu)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool (25M)	Nambu Training pool (25M)	Competition Pool (35M)
08:00~09:00				M39) LM 33 - LM 34 (08:10~09:10)
9:00~10:00		M40) WM33 - WM34 (09:40~10:40)	(Men) WM 35 / WM 36	MEN'S GAME 9 - 12th Place ( 09:30 ~ 12:05 )
10:00~11:00			WM 37 / WM 38	
11:00~12:00				
12:00~13:00	(Women) LW 41			
13:00~14:00	LW 42	M41) LM35 -LM36 (12:40~13:40)		
14:00~15:00	WW 41	M42) LM37 -LM38 (14:10~15:10)		MEN'S GAME 5~8th Place ( 14:00 ~ 16:35 )
15:00~16:00	WW 42	M43) WM35 - WM36 (15:40~16:40)		
16:00~17:00	LW 43			
17:00~18:00	LW 44	M44) WM37 - WM38 (17:10~18:10)		MEN'S GAME Semi - Final ( 17:00 ~ 19:35 )
18:00~19:00	WW 43			
19:00~20:00	WW 44		(Men) LM 35 / LM 36	
20:00~21:00			LM 37 / LM 38	
21:00~22:00				

26th July (Fri)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool(25M)	Nambu Training pool(25M)	Competition Pool (35M)
08:00~09:00			(Men) LM 41 / LM 42	(Women) LW 41-LW42 (08:00~09:00)
9:00~10:00	(Men) LM 43 / LM 44		WM 41 / WM 42	WW 41 - WW 42
10:00~11:00	WM 43 / WM 44			LW 43 - LW 44
11:00~12:00				WW 43 - WW 44
12:00~13:00				
13:00~14:00				W45) LW 41 -LW42 (12:40~13:40)
14:00~15:00	(Men) LM 41 / LM 42	W46) WW41 - WW42 (14:10~15:10)		WOMEN'S GAME 5 ~ 8th Place ( 14:00 ~ 16:35 )
15:00~16:00				
16:00~17:00	WM 41 / WM 42	W47) LW43 - LW44 (15:40~16:40)		
17:00~18:00		W48) WW 43 - WW44 (17:10~18:10)	(Men) LM 43 / LM 44	WOMEN'S GAME  Bronze Medal Match ( 17:00 ~ 18:05 ) GOLD MEDAL MATCH ( 18:30 ~ 19:35 )
18:00~19:00				
19:00~20:00			WM 43 / WM 44	
20:00~21:00				
21:00~22:00				

27th July (Sat)	YEOMJU Diving Pool (25M)	Nambu Warm-up pool(25M)	Nambu Training pool(25M)	Competition Pool (35M)
08:00~09:00				(Men) LM 41 - LM 42
9:00~10:00				WM 41 - WM 42
10:00~11:00				LM 43 - LM 44
11:00~12:00				WW 43 - WW 44
12:00~13:00				
13:00~14:00				M45) LM 41 - LM 42 (12:40~13:40)
14:00~15:00		M46) WM41 - WM42 (14:10~15:10)		MEN'S GAME 5 ~ 8th Place
15:00~16:00		M47) LM43 -LM44 (15:40~16:40)		
16:00~17:00				MEN'S GAME  Bronze Medal Match ( 17:00 ~ 18:05 ) Gold Medal Match ( 18:30 ~ 19:35 )
17:00~18:00		M48) WM43 - WM44 (17:10~18:10)		
18:00~19:00				
19:00~20:00				
20:00~21:00				Victory Ceremony
21:00~22:00				