

SCHEDULE

Vers. 0.8 (18 Jul 2026 10:05 UTC) Md Rafiq (Result Manager)

30 Jul 2026, Thursday

Joint Training Programme - Day -1 Breakfast is served from 6:15 AM to 8:00 AM & Transfer to the Training Field (ATA)

08:30-09:00	00:30	Sports Injury - Theory Class KIMS Hospital (ATA Class Room)
09:00-09:15	00:15	Warm-Up (ATA Field)
09:15-10:30	01:15	Shooting Practice and Technical Training (ATA Field)
10:30-10:45	00:15	Tea Break

Opening Ceremony

11:15-12:15	01:00	Shooting Practice and Technical Training (ATA Field)
12:15-12:30	00:15	Cool-Down & Stretching (ATA Field)
12:30-13:15	00:45	Anti doping - Prof. Dr. Mohammed Shafiqur Rahman (ATA Class Room)

Lunch

14:45-15:00	00:15	Warm-Up (ATA Field)
15:00-16:30	01:30	Shooting Practice and Technical Training (ATA Field)

Tea Break

16:45-18:00	01:15	Shooting Practice and Technical Training (ATA Field)
18:00-18:15	00:15	Cool-Down & Stretching (ATA Field)

Transfer to the Hotel & Dinner service is available from 7:30 PM to 10:00 PM.

31 Jul 2026, Friday

Joint Training Programme - Day -2 Breakfast is served from 6:15 AM to 8:00 AM & Transfer to the Training Field (ATA)

08:30-09:00	00:30	Sports Injury - Theory Class KIMS Hospital (ATA Class Room)
09:00-09:15	00:15	Warm-Up & Exercise with Rubber Band - Prevention of Injuries
09:15-10:30	01:15	Shooting Practice - Shooting Skills/ Equipment (ATA Field)
Tea Break		
10:45-12:15	01:30	Shooting Practice - Shooting Skills/ Equipment (ATA Class Room)
12:15-12:30	00:15	Cool-Down & Stretching (ATA Field)
12:30-13:15	00:45	Psychology - Dr. Murad Mehedi of Birdem Psychologist (ATA Class Room)

Lunch

14:45-15:00	00:15	Warm-Up (ATA Field)
15:00-16:30	01:30	Shooting Practice - Shooting Skills/ Equipment (ATA Field)

Tea Break

16:45-18:00	01:15	Shooting Practice - Competition Training (ATA Field)
18:00-18:15	00:15	Cool-Down & Stretching (ATA Field)

Transfer to the Hotel & Dinner service is available from 7:30 PM to 10:00 PM.

1 Aug 2026, Saturday

WAA President's Challenge Cup & Joint Training Programme - Day -3 Breakfast is served from 6:15 AM to 8:00 AM & Transfer to the Training Field (ATA)

08:30-09:00	00:30	Centre for the Rehabilitation of the Paralysed - Tamzid Hossain (ATA Class Room)
09:00-09:15	00:15	Warm-Up (ATA Field)
09:15-10:30	01:15	Shooting Practice - Competition Preparation (ATA Field)

Tea Break

10:45-12:15	01:30	Shooting Practice - Competition Preparation (ATA Field)
12:15-12:30	00:15	Cool-Down & Stretching (ATA Field)
12:30-13:15	00:45	Nutritionist - Anowara Haider (Retd) from ICDDR (ATA Class Room)

SCHEDULE

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1 Aug 2026, Saturday (Continue)

Lunch

14:30-14:45 00:15 Warm-Up (ATA Field)

14:45-15:15 00:30 **Official Practice + Equipment Inspection**

Qualification Rounds

Qualification

15:15-18:15 03:00 RM+RW+RU18M+RU18W

Qualification

Evening Program & Official Banquet 7:30 PM To 10:30 PM

2 Aug 2026, Sunday

WAA President's Challenge Cup & Joint Training Programme - Day -4 Breakfast is served from 6:15 AM to 8:00 AM & Transfer to the Training Field (ATA)

09:00-09:15 00:15 3 ends warmup immediately followed by competition

09:15-09:45 00:30 1/8: RX, RU18X

09:45-10:15 00:30 1/4: RX, RU18X

10:15-10:45 00:30 1/2: RX, RU18X

10:45-11:15 00:30 Bronze: RX, RU18X

11:15-11:35 00:20 Gold: Recurve Mixed Team

11:35-11:55 00:20 Gold: Recurve Under 18 Mixed Team

Award Ceremony Mix Team Event

12:15-12:30 00:15 3 ends warmup immediately followed by competition

12:30-13:00 00:30 1/8: RM, RW, RU18M, RU18W

13:00-13:30 00:30 1/4: RM, RW, RU18M, RU18W

Lunch

14:30-14:45 00:15 3 ends warmup immediately followed by competition

14:45-15:15 00:30 1/2: RM, RW, RU18M, RU18W

15:15-15:45 00:30 Bronze: RM, RW, RU18M, RU18W

16:00-16:20 00:20 Gold: Recurve Under 18 Men

16:20-16:40 00:20 Gold: Recurve Under 18 Women

16:40-17:00 00:20 Gold: Recurve Women

17:00-17:20 00:20 Gold: Recurve Men

Award Ceremony and Closing Speech