



TEAM MAT & TIME BOARD

TRAINING SCHEDULE

U15 & U20 ASIAN WRESTLING CHAMPIONSHIPS

PATTAYA (THA) · 24 JUNE – 04 JULY 2026



SCAN – INFO GROUP
WhatsApp - #WrestlePattaya

Eastern National Sports Training Center · 4 training mats (A B C D)

DATE	08:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	LUNCH	14:00-15:00	15:00-16:00	16:00-17:00
24 Jun WED	—	KOR A B THA C D	KOR A B THA C D	—	—	—	KOR A B THA C D	KOR A B THA C D
25 Jun THU	—	—	—	—	—	IND A KAZ B TKM C	JPN A B THA C D	TPE A B KOR C D
26 Jun FRI	—	KAZ A B KOR C D	TPE A B THA C D	TKM A B JPN C D	—	MGL A B KGZ C D	UZB A B TJK C D	SRI A B IND C PHI D
27 Jun SAT	UZB A B MGL C D	KGZ A B THA C D	KOR A B TKM C D	TPE A B TJK C D	—	SRI A PHI,SGP B KAZ C SYR D	THA A B IND C D	JOR A B JPN C D
28 Jun SUN	JPN A B TPE C D	TKM A B THA C D	KAZ A B MGL C D	IND A B SRI C D	—	UZB A B TJK C D	KGZ A B SYR C JOR D	KOR A B PHI,THA C HKG,SGP D
29 Jun MON	—	UZB A B TJK C IND D	MGL A B SRI C JPN D	KGZ A B THA C JOR D	—	KOR A B IRI C KSA,HKG D	TPE A B CHN C THA D	TKM A B KAZ C SGP,PHI D
30 Jun TUE	—	TKM A B IRI C THA D	UZB A B CHN C SGP,PHI D	MGL A B KAZ C KSA,HKG D	—	KGZ A B TJK C IND D	KOR A B SRI C JPN D	TPE A B THA C JOR D
01 Jul WED	—	TPE A B THA C JPN D	IRI A B SRI C JOR D	TKM A B TJK C IND D	—	UZB A B KAZ C SGP,PHI D	MGL A B CHN C KSA,HKG D	KGZ A B KOR C THA D
02 Jul THU	—	CHN A B MGL C TJK D	IRI A B KGZ C THA D	UZB A B TPE C KSA,HKG D	—	JPN A B TKM C SRI D	KAZ A B KOR C JOR D	THA A B IND C SGP,PHI D
03 Jul FRI	—	KOR A B THA C SGP,PHI D	IND A B JPN C JOR D	CHN A B MGL C KSA,HKG D	—	UZB A B IRI C TJK D	KGZ A B TKM C THA D	TPE A B KAZ C SRI D
04 Jul SAT	—	KAZ A B UZB C THA D	MGL A B TKM C SGP,PHI D	TPE A B TJK C JOR D	—	JPN A B SRI C KSA,HKG D	IRI A B IND C KOR D	CHN A B KGZ C THA D

HOW TO READ THIS BOARD

Find your country, then read across to your time slot. The maroon chip is your mat: **A B C D**

Morning 08:00-12:00

Afternoon 14:00-17:00

"A B" = team uses both mats

— no training

[#WrestlePattaya](https://www.instagram.com/WrestlePattaya)





FIND YOUR TEAM

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TEAM	24 WED	25 THU	26 FRI	27 SAT	28 SUN	29 MON	30 TUE	01 WED	02 THU	03 FRI	04 SAT
CHN China						15-16 C	10-11 C	15-16 C	09-10 AB	11-12 AB	16-17 AB
HKG Hong Kong, China					16-17 D	14-15 D	11-12 D	15-16 D	11-12 D	11-12 D	14-15 D
IND India		14-15 A	16-17 C	15-16 CD	11-12 AB	09-10 D	14-15 D	11-12 D	16-17 C	10-11 AB	15-16 C
IRI Iran						14-15 C	09-10 C	10-11 AB	10-11 AB	14-15 C	15-16 AB
JOR Jordan				16-17 AB	15-16 D	11-12 D	16-17 D	10-11 D	15-16 D	10-11 D	11-12 D
JPN Japan		15-16 AB	11-12 CD	16-17 CD	08-09 AB	10-11 D	15-16 D	09-10 D	14-15 AB	10-11 C	14-15 AB
KAZ Kazakhstan		14-15 B	09-10 AB	14-15 C	10-11 AB	16-17 C	11-12 C	14-15 C	15-16 AB	16-17 C	09-10 AB
KGZ Kyrgyzstan			14-15 CD	09-10 AB	15-16 AB	11-12 AB	14-15 AB	16-17 AB	10-11 C	15-16 AB	16-17 C
KOR Korea	09-11 AB 15-17 AB	16-17 CD	09-10 CD	10-11 AB	16-17 AB	14-15 AB	15-16 AB	16-17 C	15-16 C	09-10 AB	15-16 D
KSA Saudi Arabia						14-15 D	11-12 D	15-16 D	11-12 D	11-12 D	14-15 D
MGL Mongolia			14-15 AB	08-09 CD	10-11 CD	10-11 AB	11-12 AB	15-16 AB	09-10 C	11-12 C	10-11 AB
PHI Philippines			16-17 D	14-15 B	16-17 C	16-17 D	10-11 D	14-15 D	16-17 D	09-10 D	10-11 D
SGP Singapore				14-15 B	16-17 D	16-17 D	10-11 D	14-15 D	16-17 D	09-10 D	10-11 D
SRI Sri Lanka			16-17 AB	14-15 A	11-12 CD	10-11 C	15-16 C	10-11 C	14-15 D	16-17 D	14-15 C
SYR Syria				14-15 D	15-16 C						
THA Thailand	09-11 CD 15-17 CD	15-16 CD	10-11 CD	09-10 CD 15-16 AB	09-10 CD 16-17 C	11-12 C 15-16 D	09-10 D 16-17 C	09-10 C 16-17 D	10-11 D 16-17 AB	09-10 C 15-16 D	09-10 D 16-17 D
TJK Tajikistan			15-16 CD	11-12 CD	14-15 CD	09-10 C	14-15 C	11-12 C	09-10 D	14-15 D	11-12 C
TKM Turkmenistan		14-15 C	11-12 AB	10-11 CD	09-10 AB	16-17 AB	09-10 AB	11-12 AB	14-15 C	15-16 C	10-11 C
TPE Chinese Taipei		16-17 AB	10-11 AB	11-12 AB	08-09 CD	15-16 AB	16-17 AB	09-10 AB	11-12 C	16-17 AB	11-12 AB
UZB Uzbekistan			15-16 AB	08-09 AB	14-15 AB	09-10 AB	10-11 AB	14-15 AB	11-12 AB	14-15 AB	09-10 C

Each cell shows that day's training – the hours (24h) and your mat(s) A B C D. Back-to-back hours merge into one range; "*" = no session. Teams sharing a slot (e.g. PHI + SGP) train together on that mat.

#WrestlePattaya

