

**Shuttle Bus Departure Timetable**

( Guangdong Hotel , Baolong Hotel, SSAW Boutique Hotel , Friend Hotel )

July 24th

<b>Hotel-Stadium</b>
9 : 30-9 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
10 : 30-10 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
11 : 30-11 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 30-15 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
16 : 30-16 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
17 : 30-17 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
18 : 30-18 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
11 : 50-12 : 10 ( No. 1, 3, 5, 7 Shuttle bus )
12 : 50-13 : 10 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 50-15 : 10 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 50-16 : 10 ( No. 1, 3, 5, 7 Shuttle bus )
16 : 50-17 : 10 ( No. 1, 3, 5, 7 Shuttle bus )
17 : 50-18 : 10 ( No. 1, 3, 5, 7 Shuttle bus )
18 : 50-19 : 10 ( No. 1, 3, 5, 7 Shuttle bus )
20 : 00-20 : 20 ( No. 1, 3, 5, 7 Shuttle bus )

July 25th

<b>Hotel-Stadium</b>
7 : 30-7 : 50 ( No. 1-7 Shuttle bus )
8 : 10-8 : 30 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 00-14 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 00-15 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
13 : 30-13 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
18 : 00-18 : 20 ( No. 1-7 Shuttle bus )
18 : 40-19 : 00 ( No. 1-7 Shuttle bus )

July 26th

<b>Hotel-Stadium</b>
7 : 30-7 : 50 ( No. 1-7 Shuttle bus )
8 : 10-8 : 30 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 00-14 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 00-15 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
13 : 30-13 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
18 : 00-18 : 20 ( No. 1-7 Shuttle bus )
18 : 40-19 : 00 ( No. 1-7 Shuttle bus )

July 27th

<b>Hotel-Stadium</b>
9 : 00-9 : 20 ( No. 1-7 Shuttle bus )
10 : 00-10 : 20 ( No. 1-7 Shuttle bus )
11 : 00-11 : 20 ( No. 1-7 Shuttle bus )
12 : 00-12 : 20 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1-7 Shuttle bus )
14 : 00-14 : 20 ( No. 1-7 Shuttle bus )
15 : 00-15 : 20 ( No. 1-7 Shuttle bus )
16 : 00-16 : 20 ( No. 1-7 Shuttle bus )
17 : 00-17 : 20 ( No. 1-7 Shuttle bus )
<b>Stadium-Hotel</b>
11 : 20-11 : 40 ( No. 1-7 Shuttle bus )
12 : 20-12 : 40 ( No. 1-7 Shuttle bus )
13 : 20-13 : 40 ( No. 1-7 Shuttle bus )
14 : 20-14 : 40 ( No. 1-7 Shuttle bus )
15 : 20-15 : 40 ( No. 1-7 Shuttle bus )
16 : 20-16 : 40 ( No. 1-7 Shuttle bus )
20 : 40-21 : 00 ( No. 1-7 Shuttle bus )
21 : 30-21 : 50 ( No. 1-7 Shuttle bus )

July 28th

<b>Hotel-Stadium</b>
7 : 30-7 : 50 ( No. 1-7 Shuttle bus )
8 : 10-8 : 30 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 00-14 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 00-15 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
13 : 30-13 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
20 : 00-20 : 20 ( No. 1-7 Shuttle bus )
20 : 40-21 : 00 ( No. 1-7 Shuttle bus )

July 29th

<b>Hotel-Stadium</b>
7 : 30-7 : 50 ( No. 1-7 Shuttle bus )
8 : 10-8 : 30 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 00-14 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 00-15 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
13 : 30-13 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
19 : 30-19 : 50 ( No. 1-7 Shuttle bus )
20 : 10-20 : 30 ( No. 1-7 Shuttle bus )

July 30th

<b>Hotel-Stadium</b>
7 : 30-7 : 50 ( No. 1-7 Shuttle bus )
8 : 10-8 : 30 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 00-14 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 00-15 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
13 : 30-13 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
21 : 00-21 : 20 ( No. 1-7 Shuttle bus )
21 : 40-22 : 00 ( No. 1-7 Shuttle bus )

July 31st

<b>Hotel-Stadium</b>
8 : 30-8 : 50 ( No. 1-7 Shuttle bus )
9 : 10-9 : 30 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 00-14 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 00-15 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
13 : 30-13 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
18 : 00-18 : 20 ( No. 1-7 Shuttle bus )
18 : 40-19 : 00 ( No. 1-7 Shuttle bus )

August 1st

<b>Hotel-Stadium</b>
8 : 30-8 : 50 ( No. 1-7 Shuttle bus )
9 : 10-9 : 30 ( No. 1-7 Shuttle bus )
13 : 00-13 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 00-14 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
15 : 00-15 : 20 ( No. 1, 3, 5, 7 Shuttle bus )
<b>Stadium-Hotel</b>
12 : 30-12 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
13 : 30-13 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
14 : 30-14 : 50 ( No. 1, 3, 5, 7 Shuttle bus )
18 : 00-18 : 20 ( No. 1-7 Shuttle bus )
18 : 40-19 : 00 ( No. 1-7 Shuttle bus )

No.1, 2 Shuttle bus : Friend Hotel Shanghai  
 No.3, 4 Shuttle bus : Guangdong Hotel Shanghai  
 No.5, 6 Shuttle bus : Baolong Hotel Shanghai  
 No.7 Shuttle bus : SSAW Boutique Hotel Shanghai Hongkou

**Shuttle Bus Departure Timetable ( Wisdom Hotel Shanghai )**

July 24th

Hotel-Stadium
10 : 00-10 : 30 ( No. 8 Shuttle bus )
11 : 30-12 : 00 ( No. 8 Shuttle bus )
14 : 00-14 : 30 ( No. 8 Shuttle bus )
15 : 00-15 : 30 ( No. 8 Shuttle bus )
16 : 00-16 : 30 ( No. 8 Shuttle bus )
17 : 00-17 : 30 ( No. 8 Shuttle bus )
18 : 00-18 : 30 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 00-12 : 30 ( No. 8 Shuttle bus )
14 : 30-15 : 00 ( No. 8 Shuttle bus )
15 : 30-16 : 00 ( No. 8 Shuttle bus )
16 : 30-17 : 00 ( No. 8 Shuttle bus )
17 : 30-18 : 00 ( No. 8 Shuttle bus )
18 : 30-19 : 00 ( No. 8 Shuttle bus )
19 : 30-20 : 00 ( No. 8 Shuttle bus )

July 25th

Hotel-Stadium
7 : 30-8 : 00 ( No. 8, 9 Shuttle bus )
7 : 50-8 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
18 : 00-18 : 30 ( No. 8, 9 Shuttle bus )
18 : 20-18 : 50 ( No. 10, 11 Shuttle bus )

July 26th

Hotel-Stadium
7 : 30-8 : 00 ( No. 8, 9 Shuttle bus )
7 : 50-8 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
18 : 00-18 : 30 ( No. 8, 9 Shuttle bus )
18 : 20-18 : 50 ( No. 10, 11 Shuttle bus )

July 27th

Hotel-Stadium
8 : 30-9 : 00 ( No. 8, 9 Shuttle bus )
8 : 50-9 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
20 : 40-21 : 10 ( No. 8, 9 Shuttle bus )
21 : 30-22 : 00 ( No. 10, 11 Shuttle bus )

July 28th

Hotel-Stadium
7 : 30-8 : 00 ( No. 8, 9 Shuttle bus )
7 : 50-8 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
20 : 00-20 : 30 ( No. 8, 9 Shuttle bus )
20 : 20-20 : 50 ( No. 10, 11 Shuttle bus )

July 29th

Hotel-Stadium
7 : 30-8 : 00 ( No. 8, 9 Shuttle bus )
7 : 50-8 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
19 : 30-20 : 00 ( No. 8, 9 Shuttle bus )
19 : 50-20 : 20 ( No. 10, 11 Shuttle bus )

July 30th

Hotel-Stadium
7 : 30-8 : 00 ( No. 8, 9 Shuttle bus )
7 : 50-8 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
21 : 00-21 : 30 ( No. 8, 9 Shuttle bus )
21 : 20-21 : 50 ( No. 10, 11 Shuttle bus )

July 31st

Hotel-Stadium
8 : 30-9 : 00 ( No. 8, 9 Shuttle bus )
8 : 50-9 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
18 : 00-18 : 20 ( No. 8, 9 Shuttle bus )
18 : 20-18 : 40 ( No. 10, 11 Shuttle bus )

August 1st

Hotel-Stadium
8 : 30-9 : 00 ( No. 8, 9 Shuttle bus )
8 : 50-9 : 20 ( No. 10, 11 Shuttle bus )
13 : 10-13 : 40 ( No. 8 Shuttle bus )
14 : 20-14 : 50 ( No. 8 Shuttle bus )
Stadium-Hotel
12 : 30-13 : 00 ( No. 8 Shuttle bus )
13 : 40-14 : 10 ( No. 8 Shuttle bus )
18 : 00-18 : 30 ( No. 8, 9 Shuttle bus )
18 : 20-18 : 50 ( No. 10, 11 Shuttle bus )

**Catering Arrangement**

Date	Meal	Time	Restaurant
July24th	dinner	17 : 30-19 : 30	Green Leaf Flavor restaurant
July25th	lunch	11 : 30-13 : 30	Green Leaf Flavor restaurant
July25th	dinner	17 : 00-18 : 30	Green Leaf Flavor restaurant
July26th	lunch	12 : 00-14 : 00	Green Leaf Flavor restaurant
July26th	dinner	17 : 00-18 : 30	Green Leaf Flavor restaurant
July27th	lunch	11 : 30-13 : 30	Green Leaf Flavor restaurant
July27th	dinner	17 : 00-18 : 30	Green Leaf Flavor restaurant
July28th	lunch	12 : 00-14 : 00	Green Leaf Flavor restaurant
July28th	dinner	18 : 00-19 : 30	Green Leaf Flavor restaurant
July29th	lunch	11 : 30-13 : 30	Green Leaf Flavor restaurant
July29th	dinner	17 : 30-19 : 30	Green Leaf Flavor restaurant
July30th	lunch	12 : 00-14 : 00	Green Leaf Flavor restaurant
July30th	dinner	19 : 00-21 : 00	Green Leaf Flavor restaurant
July31th	lunch	11 : 30-13 : 30	Green Leaf Flavor restaurant
July31th	dinner	19 : 00-21 : 00	Shanghai Bothland Hotel
August1st	lunch	11 : 30-13 : 30	Green Leaf Flavor restaurant
August1st	dinner	17 : 00-18 : 30	Green Leaf Flavor restaurant

Breakfast will be served at each hotel , from 6 : 30 to 9 : 00

## Training Area Schedule

The warm-up area under the competition area only for athletes who have competitions on that day, other athletes can go to the training area, according to the training area schedule .

July 24th

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	Australia Belgium Canada Austria Singapore Switzerland	Belgium Macao Hong Kong Austria Germany China Hungary	China Canada Australia Iran Japan Singapore Denmark Brazil Sweden
13:30   17:30	China Hong Kong Iran Brazil Belgium	China Canada Australia Iran Japan Singapore Denmark Germany Sweden	Belgium Austria Hong Kong Switzerland Germany Iran Hungary Singapore Macao
18:30   20:30	Germany Japan Denmark Sweden Hungary Macao	Belgium Austria Hong Kong Switzerland Germany Australia Hungary Macao	China Canada Australia Iran Japan Singapore Denmark Brazil Sweden

July 25th

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	Germany Japan Denmark Sweden Hungary Macao	China Canada Australia Iran Japan Singapore Denmark Brazil Sweden	Belgium Austria Hong Kong Switzerland Germany Australia Hungary Australia Macao
13:30   17:30	Australia Belgium Canada Austria Singapore Switzerland	Belgium Austria Hong Kong China Germany Hungary Macao	China Canada Australia Iran Japan Singapore Denmark Brazil Sweden
18:30   20:30	China Hong Kong Iran Brazil Germany	China Canada Australia Iran Japan Singapore Denmark Belgium Sweden	Belgium Austria Hong Kong Switzerland Germany Australia Hungary Australia Macao

July 30th

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	Australia Belgium Canada Austria China Switzerland	Belgium Macao Hong Kong Austria Germany South Korea Hungary Russia	China Canada Australia Iran Japan Singapore Denmark Brazil Sweden
13:30   17:30	China Hong Kong South Korea Iran Brazil Russia	China Canada Australia Iran Japan Belgium Denmark	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Australia Macao
18:30   20:30	Germany Japan Denmark Sweden Hungary Macao	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Russia Macao	China Canada Australia Iran Japan HongK Denmark Brazil Sweden

July 31st

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	Germany Japan	China Australia Sweden	Belgium Hong Kong
13:30   15:30	Belgium China	Hong Kong Germany	Australia Japan Sweden

July 26th

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	China Hong Kong Germany Iran Brazil Russia	Belgium Austria Hong Kong Switzerland Germany Australia Hungary Macao	China Canada Australia Iran Japan Singapore Denmark Belgium Sweden
13:30   17:30	Germany Japan Denmark Sweden Hungary Macao	China Canada Australia Iran Japan Singapore Denmark Brazil Sweden HongKong	Belgium Austria Hong Kong Switzerland Germany Russia Hungary Macao
18:30   20:30	Australia Belgium Canada Austria Singapore Switzerland	Belgium Austria Hong Kong China Germany Russia Hungary Macao	China Canada Australia Iran Japan Singapore Denmark Brazil Sweden

July 27th

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	Australia Belgium Canada Austria China Switzerland	China Canada Australia Iran Japan HongKong Denmark Brazil Sweden	Belgium Austria Hong Kong South Korea Germany Australia Hungary Russia Macao
13:30   17:30	China Hong Kong South Korea Iran Brazil Russia	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Macao	China Canada Australia Iran Japan Belgium Denmark Sweden
18:30   20:30	Germany Japan Denmark Sweden Hungary Macao	China Canada Australia Iran Japan Germany Denmark Brazil Sweden	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Russia Macao

July 28th

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	Germany Japan Denmark Sweden Hungary Macao	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Russia Macao China	China Canada Australia Iran Japan Brazil Denmark Sweden
13:30   17:30	Australia Belgium Canada Austria HongKong Switzerland	China Canada Australia Iran Japan Germany Denmark Brazil Sweden	Belgium Austria Hong Kong South Korea Germany Russia Hungary Australia Macao
18:30   20:30	China Hong Kong South Korea Iran Brazil Russia	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Australia Macao	China Canada Australia Iran Denmark Belgium Sweden

July 29th

Time	TRAINING AREA 03 Tennis hall	TRAINING AREA 01 Badminton Hall	TRAINING AREA 02 stormproof playground
9:00   12:00	China Hong Kong South Korea Iran Brazil Russia	China Canada Australia Iran Japan Belgium Denmark Sweden	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Australia Macao
13:30   17:30	Germany Japan Denmark Sweden Hungary Macao	Belgium Austria Hong Kong South Korea Germany Switzerland Hungary Russia Macao	China Canada Australia Iran Japan Germany Denmark Brazil Sweden
18:30   20:30	Australia Belgium Canada Austria HongKong Switzerland	China Canada Australia Iran Japan Brazil Denmark Sweden	Belgium Austria Hong Kong South Korea Germany China Hungary Russia Macao