

Competition Schedule and Venue Opening Times List (as of 7 November 2025)

* For details such as the scheduled end time of the competition, please click [here](#).

* Some events are subject to change based on future adjustments.

* Athletics schedule is current as of July and will be updated once finalised.

[Legend] ○ : Preliminary round/match, etc.

🏆 : Medal event day

Upper: Venue opening time

Lower: Competition start time

№	Sports/Venues	14	15	16	17	18	19	20	21	22	23	24	25
		Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.
1	Athletics (Komazawa Olympic Park General Sports Ground Athletic Field)				🏆 9:00 9:50	🏆 9:00 9:40	🏆 9:00 10:00	🏆 9:00 10:00 ※ 1	🏆 9:00 9:40	🏆 9:00 9:40	🏆 9:00 10:00	🏆 9:00 9:20	🏆 9:00 10:00 ※ 2
2	Badminton (KEIO ARENA TOKYO)			○ 9:00 9:30	○ 9:00 9:30	○ 9:00 9:30	○ 9:00 9:30	○ 9:00 9:30	🏆 9:00 9:30		○ 10:00 10:30	○ 10:00 10:30	🏆 10:00 10:30
3	Basketball (Ota-City General Gymnasium)			○ 10:00 10:30	○ 10:00 10:30	○ 10:00 10:30	○ 10:00 10:30	○ 10:00 10:30	○ 10:00 10:30	○ 10:00 10:30	○ 10:00 10:30	○ 10:00 10:30	🏆 9:30 10:00
4	Beach Volleyball (Omori Furusato no Hamabe Park)			○ 8:30 9:00	○ 8:30 9:00	○ 8:30 9:00	○ 8:30 9:00	○ 8:30 9:00	○ 8:30 9:00	○ 8:30 9:00	🏆 9:30 10:00		
5	Bowling (Higashiyamato Grandbowl)				○ 9:30 10:00	○ 9:30 10:00	🏆 10:30 11:00	🏆 10:30 11:00	🏆 9:30 10:00	🏆 9:30 10:00	🏆 9:30 10:00	🏆 9:30 10:00	🏆 9:30 10:00
6	Cycling Road (Japan Cycle Sports Center)				🏆 8:30 9:00	🏆 10:00 13:00		🏆 8:30 9:00		🏆 8:30 9:00			

※ 1 Hammer Throw (Oi Central Seaside Park Track and Field Facilities)

※ 2 Marathon (Tokyo Express Way and a part of Yaesu Route, Metropolitan Expressway)

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		Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.
7	Football (J-VILLAGE)	○ 10:00 12:00	○ 10:00 12:00	○ 11:00 12:00	○ 11:00 12:00	○ 11:00 12:00	○ 11:00 12:00	○ 11:00 12:00	○ 11:00 12:00	○ 11:00 12:00	○ 11:00 12:00	🏆 11:00 12:00	🏆 9:00 10:00
8	Golf (Wakasu Golf Links)					○ 8:00 8:30	○ 8:00 8:30	🏆 8:00 8:30	🏆 8:00 8:30				
9	Handball (Komazawa Olympic Park General Sports Ground Indoor Stadium)			○ 9:00 10:00	○ 9:00 10:00		○ 9:00 10:00		○ 9:00 10:00		○ 9:00 10:00		🏆 9:00 10:00
10	Judo (Tokyo Budokan)			🏆 9:00 9:30	🏆 9:00 9:30	🏆 9:00 9:30							
11	Karate (Tokyo Budokan)										🏆 9:00 9:30	🏆 9:00 9:30	🏆 9:00 9:30
12	Mountain Bike (Japan Cycle Sports Center)											🏆 9:30 13:00	🏆 8:30 9:00
13	Orienteering (Hibiya Park・Hibiya Area /Izu Oshima Island (Ura- Sabaku Desert)		🏆 7:00 8:00 ※ 3	🏆 7:00 8:00 ※ 3				🏆 9:00 10:00 ※ 4	🏆 8:00 9:00 ※ 4		🏆 9:00 10:00 ※ 4		

※ 3 Hibiya Park・Hibiya Area

※ 4 Izu Oshima Island (Ura-Sabaku Desert) . Spectators are allowed, but there are no designated seating areas available.

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14	Shooting※ 5 (AJINOMOTO NATIONAL TRAINING CENTER East)			🏅 - 10:00	🏅 - 10:00	🏅 - 9:30	🏅 - 11:00	🏅 - 10:45	🏅 - 11:15	🏅 - 11:15	🏅 - 9:00	🏅 - 9:00	🏅 - 10:45
15	Swimming (Tokyo Aquatics Centre)							🏅 (Preliminary) 9:00 10:00 (Final) 16:00 17:00	🏅 (Preliminary) 9:00 10:00 (Final) 16:00 17:00	🏅 (Preliminary) 9:00 10:00 (Final) 16:00 17:00	🏅 (Preliminary) 9:00 10:00 (Final) 16:00 17:00	🏅 (Preliminary) 9:00 10:00 (Final) 16:00 17:00	🏅 (Preliminary) 9:00 10:00 (Final) 16:00 17:00
16	Table Tennis (Tokyo Metropolitan Gymnasium)					🏅 8:30 9:30	🏅 8:30 9:30	○ 8:30 9:30	🏅 8:30 9:30		○ 8:30 9:30	🏅 8:30 9:30	
17	Taekwondo (Nakano-City General Gymnasium)									🏅 9:00 10:00	🏅 9:00 10:00	🏅 9:00 10:00	
18	Tennis (Ariake Tennis Park)			○ 9:15 10:00	○ 9:15 10:00	○ 9:15 10:00	○ 9:15 10:00	○ 9:15 10:00	○ 9:15 10:00	○ 9:15 10:00	🏅 9:15 10:00	🏅 9:15 10:00	🏅 9:15 10:00
19	Volleyball (Komazawa Olympic Park General Sports Ground Gymnasium)			○ 9:00 10:00	○ 9:00 10:00	○ 9:00 10:00	○ 9:00 10:00	○ 9:00 10:00		○ 9:00 10:00	○ 9:00 10:00	○ 9:00 10:00	🏅 9:00 10:00
20	Wrestling Freestyle (Fuchu Kyodo-no-Mori)										○ 9:15 10:00	🏅 9:15 10:00	
21	Wrestling Greco-Roman (Fuchu Kyodo-no-Mori)								○ 9:15 10:00	🏅 9:15 10:00			

※ 5 Shooting venue is not open for spectators.