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Venues	Sports	Events	Men	Women	Mixed	14	15	16	17	18	19	20	21	22	23	24	25
Venues	0,000.00	Livering .		- Women	MACG	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		100m	•						10:10-11:00	10:25-10:50 14:10-14:18							
				•					11:10-11:50	10:00-10:25 14:00-14:08							
		200m	•										12:35-13:25	10:00-10:25	12:30-12:38		
				•									11:35-12:25	10:25-10:50	12:15-12:23		
		400m							12:00-12:50		15:15-15:23						
				•						11:30-11:55	15:00-15:08		14:25-14:50	11:45-12:10	14:20-14:28		
		800m		•									14.25-14.50	12:10-12:35	14:00-14:08		-
			•							12:35-12:50	15:45-15:53			12.10 12.00	11100 11100		
		1500m		•						12:20-12:35							
		5000m	•										15:05-15:45			14:35-15:00	
		3000111		•												14:00-14:25	
Kanananan Olamaria Barda		10,000m	•	•					13:20-14:00	13:00-13:50							
Komazawa Olympic Park General Sports Ground		100m Hurdles		•		1					10:00-10:15 14:30-14:38						
Athletic Field		110m Hurdles	•								10:25-10:50 14:45-14:53						
		400m Hurdles	•										13:55-14:15	11:05-11:13			
				•									13:35-13:55	11:20-11:28			
		3000m Steeplechase	•												13:00-13:15		
		High Jump	•							10:10-13:10							
		Pole Vault	 	•					10:10-13:10						10:00-13:00		
		Total value											12:50-14:50		10.00-13.00	12:20-13:50	
	Athletics	Long Jump		•									10:10-12:10			10:00-11:30	
		Triala lugas	•						11:30-13:30		10:10-11:40						
		Triple Jump		•							12:20-13:50						
		Shot Put	•						9:50-11:50		13:30-15:00						
				•						10:20-12:20	11:20-12:50						
		Discus Throw	•											13:30-15:30		9:20-10:50	
				•										9:40-11:45		12:00-13:30	

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Oi Central Seaside Park]		•				_		-	10:00-11:30					
Track and Field Facilities		Hammer Throw		•						13:20-14:50					
	1		•								10:30-12:30		10:00-11:30		
		Javelin Throw		•							13:30-15:30		13:00-14:30		
Komazawa Olympic Park General Sports Ground		Heptathlon		•							9:40-9:55 11:15-13:15 14:00-15:00 15:45-16:00	9:40-10:30 12:00-12:50 <i>15:45-16:00</i>			
Athletic Field							10:00-10:08	9:40-9:48							
							11:00-11:30	10:45-11:15							
		Decathlon	•					12:45-13:45							
								14:15-14:45							
Talvia Everyaga May anada	-						15:45-15:53	15:45-15:53							
Tokyo Express Way and a		Marathon	•												10:00-13:00
part of Yaesu Route,				•											10:00-14:00
		4x100m Relay	•										14:45-15:00	15:25-15:33	
Komazawa Olympic Park				•										15:10-15:18	
General Sports Ground			•									15:30-15:45		<i>15:50-16:00</i>	
Athletic Field		4x400m Relay		•										<i>15:40-15:50</i>	
				•			<i>15:00-15:08</i>								
			•			9:30-18:10	9:30-13:30		9:30-18:50	14:10-14:50	9:30-10:10 <i>14:10-14:50</i>				
		Singles		•		10:10-18:50	10:50-12:50		9:30-18:10	14:50-15:30	10:10-10:50 14:50-15:30				
VEIO ADENIA TOVVO	Dardania to a	Doubles	•					10:10-18:10	13:30-16:10	15:30-16:10	10:50-11:30 15:30-16:10				
KEIO ARENA TOKYO	Badminton	Doubles		•				10:50-16:50	14:10-16:10	16:10-16:50	11:30-12:10 16:10-16:50				
		Mixed Doubles		•			13:30-18:50	9:30-10:10		9:30-17:30	12:10-12:50 16:50-17:30				
		T											10:30-13:50	10:30-13:50	10:30-13:50
		Team		•									14:30-17:50	14:30-17:50	14:30-17:50

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_	_					-				-						
							11:00~	11:00~	11:00~	11:00~	11:00~	11:00~	11:00~	13:00~	13:00~	<i>12:30</i> ~
							13:30~	13:30~	13:30~	13:30~	13:30~	13:30~	13:30~	18:00~	18:00~	19:00 ~
			•				16:00~	16:00~	16:00~	16:00~		16:00~				
Ota-City General	Basketball						18:30~	18:30~	18:30~	18:30~		18:30~				
Gymnasium	busketbull						10:30~	10:30~	10:30~	10:30~	10:30~	10:30~	10:30~	10:30~	10:30~	10:00 ~
							13:00~	13:00~	13:00~	13:00~	13:00~	13:00~	13:00~	15:30~	15:30~	
				•			15:30~	15:30~	15:30~		15:30~	15:30~				<i>15:00</i> ~
							18:00~					18:00~				
							0.00 15.40	0.00 15.40	0.00 15.40	0.00 15.40	0.00 14.00	0.00 15.40	0.00 15.50	11:00~		
Omori Furusato no Hamabe	Desigh Malley design		•				9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:40	9:00-14:00	9:00-15:40	9:00-15:50	14:00~		
Park	Beach Volleyball							0.00.11.00	10 10 10 00	0.00.45.40	10 10 10 00	0.00 15 10	10.00.11.00	10:00~		
				•			9:00-14:00	9:00-14:00	10:40-12:20	9:00-15:40	10:40-12:20	9:00-15:40	12:20-14:00	13:00~		
							1	10.00.10.7-		11:00-12:40						
			•					10:00-12:55		13:40-15:00						
								14:30-17:25		15:00-16:20						
		Singles							44 44 44 44		11:00-12:40					
				•					10:00-12:55		13:40-15:00					
									14:30-17:25		15:00-16:20					
												10:00-12:55				
												14:30-16:10				
			•									16:20-17:40				
		Davida										17:40-19:00				
		Doubles											10:00-12:55			
													14:30-16:10			
				•									16:20-17:40			
Higashiyamato Grandbowl	Bowling												17:40-19:00			
														10:00-12:00		
														13:30-15:45		
			•											16:00-17:25		
														17:25-18:50		
															10:00-12:00	
		T		_											13:30-15:45	
		Team		•											16:00-17:25	
															17:25-18:50	
																10:00-12:00
																13:30-15:45
					•											16:00-17:25
																17:25-18:50

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	-		_	1		I		ıcə, əwiiiiiii		., I		ı	1	1			
		Sprint	•						9:00-15:30								
		'		•					9:00-15:30								
		Individual Time Trial	•									9:00-12:30					
		individual filme friai		•								13:00-14:30					
Japan Cycle Sports Center	Cycling Road		•											9:00-12:30			
		Individual Road Race		•										13:00-15:00			
										14:00-15:00							
		Points Race	•							13:00-13:45							
			-	•		10.00		10.00				10.00		10.00		10.00	
			•			12:00~		12:00~		12:00~		12:00~		12:00~		12:00~	17:30~
J-VILLAGE	Football					16:30~		16:30~		16:30~		16:30~		16:30~		<i>16:30</i> ~	
							12:00~		12:00~		12:00~		12:00~		12:00~		10:00 ~
				•			12.00		12.00		12.00		12.00				<i>16:30</i> ~
			•							<i>8:30</i> ~	8:30 ~	<i>8:30</i> ~					
Wales O. K. C.	C - 15	Individual															
Wakasu Golf Links	Golf			•						8:35 ~	<i>8:35</i> ~	<i>8:35</i> ~					
		Team			•								<i>8:30</i> ~				
			+														
Komazawa Olympic Park								10:00-12:00	10:00-12:00		10:00-12:00		10:00-12:00		10:00-12:00		10:00-12:00
General Sports Ground	Handball							13:00-15:00	13:00-15:00		13:00-15:00		13:00-15:00		13:00-15:00		13:00-15:00
Indoor Stadium	Tranaban		•					16:00-18:00	16:00-18:00		16:00-18:00		16:00-18:00		16:00-18:00		16:00-18:00
indoor stadium								19:00-21:00	19:00-21:00		19:00-21:00		19:00-21:00		19:00-21:00		19:00-21:00
								0.00									
								9:30~									
		-60kg	•					15:05~									
								15:55~									
								9:30-									
		-66kg	•					15:20~									
								16:20~									
								10:35~					***************************************				
		-73kg	•					15:30~									
			•					16:40~									
Tokyo Budokan									9:30-								
	ludo	011/0															
	Judo	-81kg	•						15:05~								
	-90kg							16:05~									
								9:55~									
		•						15:20-									
		-90kg							16:30~								
									10:00~								
		-100kg	•						15:30~								
									16:55~								
I					<u> </u>	L					<u> </u>	<u> </u>		<u> </u>	<u> </u>		

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								<i>O</i> ,	,					
								10:20~						
			+100kg	•				15:35~						
								17:20~						
							11:00~							
			-48kg		•		15:00-							
							15:40~							
							10:00~			 				
			-52kg		•		15:10~							
							16:05~							
							10:40-			 				
			-57kg		•		15:25~							
							16:30~							
								10:25~						
			-63kg		•			15:00~						
	Talasa Basilalasa							15:55~						
	Tokyo Budokan							10:40~		 				
		Judo	-70kg		•			15:10~						
								16:20~						
								10:05~						
			-78kg		•			15:25~						
								16:20~						
								10:10~						
			+78kg		•			15:35~						
								17:05~						
									9:30~	 				
				•					13:55~					
									14:35~					
			Team						10:30~					
					•				13:35~					
I									14:20~					
					1						1	1		

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													9:30~	
		-60kg	•										<i>15:00</i> ~	
													<i>15:55</i> ~	
													9:30~	
		-67kg	•										15:15 ~	1
													<i>16:15</i> ~	1
													9:50~	
		-75kg											<i>15:30</i> ~	1
		1 5.1.9	•										16:35 ~	1
													10:00~	
														1
		-84kg	•										15:45 ~	1
													<i>17:00</i> ~	
												12:40~		1
		+84kg	•									<i>15:40</i> ~		1
												<i>16:00</i> ~		1
													13:00~	
		-50kg		•									15:05 ~	1
													<i>16:05</i> ~	1
													10:50~	
		-55kg											15:20 ~	1
		Jones		•									16:25 ~	1
Tokyo Budokan	Karate				 									
													10:15~	1
		-61kg		•									<i>15:35</i> ~	1
													<i>16:50</i> ~	
												13:00~		1
		+68kg		•								15:50 ~		1
												<i>16:10</i> ~		1
												9:30~		
			•									<i>14:00</i> ~		1
												14:35 ~		1
		Kata										10:00~		
												14:10 ~		
												l .		\mathbf{I}
												14:50 ~		
												11:15~		
		Kata Team		•								14:20 ~		\mathbf{I}
												<i>15:00</i> ~		
														9:30~
			•											12:05 ~
		Municipa Tarres												12:55 ~
•	I	Kumite Team			11	1	L	I.		1	l	1		

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			Ceremoni	es for athleti	cs, swimmin	g, basketbal	, and footba	II may also b	e held betw	een other ev	ents.		
	1												9:30~
		•											11:45 ~
													<i>12:35</i> ~

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		Cross-Country Olympic	•												11:15-13:15
James Cyale Charte Cantar	Mayortain Dika	(XCO)		•											9:00-11:00
Japan Cycle Sports Center	Mountain Bike	Cross-Country Short Track	•											14:00-14:45	
		(XCC)		•										13:00-13:45	
		Super Sprint Relay			•		12:00-13:30								
101 1		Consist Distance	•			8:00-10:00									
Hibiya Park · Hibiya Area		Sprint Distance		•		8:00-10:00									
		Sprint Relay			•		8:00-10:00								
	Orienteering	Middle Distance	•								10:00-14:00				
		Wildale Distance		•							10:00-14:00				
Izu Oshima Island (Ura-Sabaku Desert)		Long Distance	•									9:00-14:00			.4
		Long Distance		•								9:00-14:00			
		Relay	•										10:00-14:00		
		10m Air Pistol Team			•					11:00-11:30 13:20-14:00					
									9:30-10:00	13.20-14.00					
		10m Air Rifle Team			•				11:00-11:30						
									13:20-14:00						
			•					10:00-11:15 14:45-15:30							
A JUNIONACTO NIATIONIAL		10m Air Pistol						12:15-13:30							
AJINOMOTO NATIONAL TRAINING CENTER East	Shooting			•				16:30-17:15							
			•				10:00-11:15								
		10m Air Rifle					14:45-15:30 12:15-13:30								
				•			16:30-17:15								
		25m Rapid Fire Pistol	•											15:15-15:45 16:15-16:45 17:15-17:45	10:45-11:15 11:45-12:15 12:45-13:15 14:45-15:45

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						1						9:00-10:00		
			•									10:45-11:15		
		25m Pistol										12:45-13:45		
		25III PISTOI											9:00-10:00	
				•									10:45-11:15	
													12:45-13:45	
AJINOMOTO NATIONAL										11:15-12:45				
TRAINING CENTER East	Shooting	50m Rifle 3 Positions	•							14:15-15:15				
				•							11:15-12:45			
											14:15-15:15			
								11:15-12:05						
			•					13:30-14:20						
		50m Rifle Prone						15:45-16:30						
				•					10:45-11:35					
									13:15-14:00					
		50 For eated	•										10:09-10:22 17:08-17:16	17:37-17:4
		50m Freestyle										10:00-10:09	17:00 17:00	
				•								17:08-17:16	17:00-17:08	
											10:00-10:18	17:00-17:08		
		100m Freestyle	•								17:08-17:16	17:00-17:08		
		100III Freestyle								10:00-10:12	17:00-17:08			
										17:00-17:08	17:00-17:08			
			_							10:12-10:27				
		200m Freestyle	•							17:08-17:17				
		200111 Freestyle												10:08-10:2
Tokyo Aquatics Centre	Swimming													17:08-17:1
Tokyo Aquatics Centre	Swimming								10:30-10:56					
		400m Freestyle	•						17:38-17:49					
		Toom Trocseyie							11:19-11:40					
									18:25-18:37					
		800m Freestyle	•								10:57-11:33	18:26-18:41		
	ooom rreestyle		•								11:01-11:27	18:30-18:45		
	1500m Freestyle	•										10:50-11:53	18:24-18:4	
			•						10:27-11:15	18:30-18:48				
											10:09-10:18			
	50	50m Backstroke	•									17:16-17:24		
		DUCKSHOKE									10:44-10:50			
											17:54-18:02			

Tokyo Aquatics Centre

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	_					10:00-10:15					
100m Backstroke	•					17:00-17:08					
100111 BUCKSTIOKE		_								10:00-10:09	
										17:54-18:02	
							11:33-11:46				
000 B 1 1 1 1	•						17:37-17:46				
200m Backstroke											10:29-10:4
											18:15-18:2
					 			10:50-10:57			
50 Bus setetuslas	•							18:22-18:30			
50m Breaststroke							11:27-11:33				
							17:46-17:54				
	_										10:00-10:0
100m Breaststroke	•										17:00-17:0
Toom Breaststroke		_						10:18-10:27			
								17:16-17:24			
	_		 		 		11:15-11:27				
200m Breaststroke	•						18:14-18:24				
200m Breaststroke										10:22-10:34	
										17:16-17:26	
						11:05-11:19					
50m Butterfly	•					18:17-18:25					
Join Butterny										10:44-10:50	
										18:02-18:10	
										10:34-10:44	
100m Butterfly	•									17:46-17:54	
100m Butterny						10:56-11:05					
						17:49-17:57					
											10:20-10:29
200m Butterfly	•										17:45-17:5
200111 Butterny									10:46-10:52		
									17:56-18:06		
								10:27-10:44			
200m Individual Medley	•							17:44-17:54			
200111 marviadar mediey						10:15-10:30					
		•				17:08-17:18					1

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	_	-			,	5,	,	_	_				_
											10:33-10:46		
		400m Individual Medley									17:44-17:56		
		40011 marviadar wediey									10:18-10:33		
											18:41-18:53		
								11:40-11:52					
								18:57-19:08					
		4x100m Freestyle Relay						11:52-12:04					
		4x100m reestyle keldy						19:08-19:20					
												11:53-12:04	
Tokyo Aquatics Centre	Swimming		•									18:45-18:57	
Tokyo Aquatics Centre	Swimining										10:52-11:01		
		4x200m Freestyle Relay									19:13-19:28		
		4x200111 Freestyle Reldy							11:46-11:56				
									18:24-18:39				
													10:44-10:52
													19:19-19:31
		Av.100ma Madlav Dalav	_										10:52-11:02
		4x100m Medley Relay											19:07-19:19
										11:33-11:45			
			•							19:08-19:20			

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			•							13:30-17:30	9:30-17:00 <i>17:50-18:40</i>			
		Singles		•						9:30-13:30	10:20-16:10 17:00-17:50			
			•						9:30-17:00			 		
Tokyo Metropolitan		Doubles							17:50-18:40 10:20-16:10					
Gymnasium	Table Tennis			•					17:00-17:50					
		Mixed Doubles			•			9:30-17:10						
								17:50-18:40						
			•									9:30-16:40	9:30-19:20 <i>17:30-19:20</i>	
		Team										0.00.40.40	9:30-19:20	
				•								9:30-16:40	17:30~19:20	
												10:00-13:30		
		-58kg										15:00-18:00		
		-36kg	•									18:30-19:30		
												19:30-20:30		
												 10:00-13:30		
												15:00-18:00		
		-68kg										18:30-19:30		
												19:30-20:30		
												 	10:00-12:45	
		001.0	_										14:45-16:45	
		-80kg											<i>16:45-17:45</i>	
Nakano-City General	Taekwondo												17:45-18:45	
Gymnasium	rdekworldo												10:00-12:45	
		1 00kg											14:45-16:45	
		+80kg	•										16:45-17:45	
													17:45-18:45	
												 10:00-13:30		
	-	-49kg		•								15:00-18:00		
												18:30-19:30		
												 <i>19:30-20:30</i>		
	annu											10:00-13:30		
		-57kg		•								15:00-18:00		
												18:30-19:30		
									***************************************			 19:30-20:30		

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Nakano-City General Gymnasium Taekwondo Poomsae Individual								***************************************						14:45-16:45 16:45-17:45 17:45-18:45 10:00-12:45 14:45-16:45 16:45-17:45	
+67kg Nakano-City General Gymnasium	•	•												17:45-18:45 10:00-12:45 14:45-16:45	
Nakano-City General Gymnasium Taekwondo														10:00-12:45 14:45-16:45	
Nakano-City General Gymnasium Taekwondo														14:45-16:45	
Nakano-City General Gymnasium Taekwondo	•														
Nakano-City General Gymnasium Taekwondo	•													16:45-17:45	
Gymnasium Taekwondo	•														
Gymnasium Taekwondo	•													17:45-18:45	
	•	•										10:00-12:20			
Poomsae Individual		•										12:30-13:10			
Poomsae Individual		•										15:10-15:50			
		•										10:00-12:20			
		_										12:30-13:10			
												15:10-15:50			
												10:00-12:20			
Poomsae Pair			•									12:30-13:10			
												15:10-15:50			
a	•					10:00~		10:00~		10:00~	10:00~		10:00~		10:00~
Singles		•				10:00~		10:00~		10:00~	10:00~		10:00~		10:00~
Ariake Tennis Park Tennis	•						10:00~		10:00~		13:00~	10:00~		10:00~	
Doubles		•					10:00~				13:00~	10:00~		10:00~	-
Mixed Doubles			•			13:00~	13:00~		13:00~	13:00~		13:00~	13:00~		
•						10:00-	42.22	42.22	10:00- 10:00-	44.44		10:00-	10:00-		
						12:30-	10:00-	10:00-		0:15- 12:30-		12:30-	12:30-	10:00-	10:00-
Komazawa Olympic Park	•					15:00-	10:15-	12:30-				15:00-	15:00-	15:00-	<i>15:00-</i>
General Sports Ground Volleyball						17:30-	15:15-	15:00-	15:00-	15:00-		17:30-	17:30-		
Gymnasium						10:15-		10:15-		10:15-		10:15-	10:15-		
		•				12:45-		12:45-		12:45-		12:45-	12:45-	12:30	12:30-
						15:15-		15:15-		15:15-		15:15-	15:15-		17:30-
57kg	•												10:00-14:30	11:50 ~ 12:05	
Fuchu Kyodo-no-Mori Wrestling 65kg	•												10:00-14:30	12:05~12:20	
Gymnasium Freestyle 74kg	•												10:00-14:30	12:20~12:35	
86kg	•													12:35~12:50	

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Fuchu Kyodo-no-Mori Gymnasium W	Vrestling Freestyle	97kg	•							10:00-14:30	12:50~13:05	
		125kg	•							10:00-14:30	13:05~13:20	
	Wrestling Greco-Roman	60kg	•					10:00-14:30	11:52~12:07			
		67kg	•					10:00-14:30	12:07~12:22			
		77kg	•					10:00-14:30	12:22~12:37			
		87kg	•					10:00-14:30	12:37~12:52			
		97kg	•					10:00-14:30	12:52~13:07			
		130kg	•					10:00-14:30	13:07~13:22			