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Vendes	Sports	Events	Well Wolliell Wilked	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		100m	•				10:10-11:00	14:10-14:18 10:00-10:25							
							11.10 11.00	14:00-14:08			12:35-13:25	10:00-10:25	12:30-12:38		
		200m	•								11:35-12:25	10:25-10:50	12:15-12:23		
		400m	•				12:00-12:50	11:55-12:15	ł						
		000						11:30-11:55	15:00-15:08		14:25-14:50	11:45-12:10	14:20-14:28		
		800m	•									12:10-12:35	14:00-14:08		
		1500m	•					12:35-12:50 12:20-12:35	15:45-15:53 15:30-15:38						
		5000m	•								15:05-15:45			14:35-15:00 14:00-14:25	
Karaganya Olymania Dayle		10,000m					13:20-14:00	13:00-13:50							
Komazawa Olympic Park General Sports Ground	Athletics	100m Hurdles	•						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				
		3000m Steeplechase	•								13:35-13:55	11:20-11:28	13:00-13:15		
		High Jump	•					10:10-13:10							
		Pole Vault	•				10:10-13:10						10:00-13:00		
		Long Jump	•								12:50-14:50		10.00-13.00	12:20-13:50	
		Long Jump	•								10:10-12:10			10:00-11:30	
		Triple Jump	•				11:30-13:30		10:10-11:40 12:20-13:50						
	Shot Put	•				9:50-11:50		13:30-15:00							
								10:20-12:20	11:20-12:50			10.00.15.00		2.22.52	
		Discus Throw	•									13:30-15:30 9:40-11:45		9:20-10:50 12:00-13:30	

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venues	эрогтз	Events	Well Wolliell Wixed	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Oi Central Seaside Park		Hammer Throw	•							10:00-11:30					
Track and Field Facilities		Tidiliner Tillow	•							13:20-14:50					
		Javelin Throw	•	"							10:30-12:30		10:00-11:30		
		Javeiiii IIIIOW	•								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 15:45-16:00			
Athletic Field							10:00-10:08	9:40-9:48							
1							11:00-11:30	10:45-11:15							
	Athletics	Decathlon					12:30-13:00	12:45-13:45							1
							14:10-15:10	14:15-14:45							1
							15:45-15:53	15:45-15:53							
Tokyo Express Way and a		Marathon													10:00-13:00
part of Yaesu Route,		mar acrion	•												10:00-14:00
		4x100m Relay											14:45-15:00	<i>15:25-15:33</i>	
Komazawa Olympic Park		4X100III Kelay	•											15:10-15:18	
General Sports Ground			•									15:30-15:45		15:50-16:00	
Athletic Field		4x400m Relay	•											15:40-15:50	
			•				15:00-15:08								
			•			9:30-18:10	9:30-13:30		9:30-18:50	14:10-14:50	9:30-10:10 14:10-14:50				
		Singles									10:10-10:50				
			•			10:10-18:50	10:50-12:50		9:30-18:10	14:50-15:30	14:50-15:30				!
											10:50-11:30				
								10:10-18:10	13:30-16:10	15:30-16:10					!
KEIO ARENA TOKYO	Badminton	Doubles									15:30-16:10				
CEIO ARENA TOKYO			•					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 <i>16:50-17:30</i>				
											10.30-17.30		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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				Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Ota-City General			•			11:00~ 13:30~ 16:00~ 18:30~	11:00~ 13:30~ 16:00~ 18:30~	11:00~ 13:30~ 16:00~ 18:30~	11:00~ 13:30~ 16:00~ 18:30~	11:00~ 13:30~	11:00~ 13:30~ 16:00~ 18:30~	11:00~ 13:30~	13:00~ 18:00~	13:00~ 18:00~	12:30 ~ 19:00 ~
Gymnasium	Basketball		•			10:30~ 13:00~ 15:30~ 18:00~	10:30~ 13:00~ 15:30~	10:30~ 13:00~ 15:30~	10:30~ 13:00~	10:30~ 13:00~ 15:30~	10:30~ 13:00~ 15:30~ 18:00~	10:30~ 13:00~	10:30~ 15:30~	10:30~ 15:30~	10:00 ~ 15:00 ~
Omori Furusato no Hamabe	Beach Volleyball		•			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	11:00~ 14:00~		
Park	Beach Volleybull		•			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	10:00~ 13:00~		
		Singles	•				10:00-12:55 14:30-17:25		11:00-12:40 13:40-15:00 15:00-16:20						
		omgres	•					10:00-12:55 14:30-17:25		11:00-12:40 13:40-15:00 15:00-16:20					
		Doubles	•								10:00-12:55 14:30-16:10 16:20-17:40 17:40-19:00				
Higashiyamato Grandbowl	Doubles hiyamato Grandbowl Bowling		•									10:00-12:55 14:30-16:10 16:20-17:40 17:40-19:00			
	Team	•										10:00-12:00 13:30-15:45 16:00-17:25 17:25-18:50			
		reuiii	•											10:00-12:00 13:30-15:45 16:00-17:25 17:25-18:50	

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						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Higashiyamato Grandbowl	Bowling	Team			•												10:00-12:00 13:30-15:45 16:00-17:25 17:25-18:50
		Sprint	•						9:00-15:30								
		Individual Time Trial	•	•					9:00-15:30			9:00-12:30					
Japan Cycle Sports Center		Individual Road Race	•									13:00-14:30		9:00-12:30 13:00-15:00			
		Points Race	•	•						14:00-15:00 13:00-13:45							
J-VILLAGE	Football		•			12:00~ 16:30~		12:00~ 16:30~		12:00~ 16:30~		12:00~ 16:30~		12:00~ 16:30~		12:00~ 16:30 ~	17:30~
3 VILLAGE	Tootball			•			12:00~		12:00~		12:00~		12:00~		12:00~		10:00 ~ 16:30 ~
		Individual	•							<i>8:30</i> ~	8:30~	<i>8:30</i> ~				1	
Wakasu Golf Links	Golf			•						<i>8:55</i> ~	<i>8:55</i> ~	9:25~				January 1	
		Team			•								<i>8:30</i> ~			<u> </u>	
Komazawa Olympic Park General Sports Ground Indoor Stadium	Handball		•					13:00-15:00 16:00-18:00	10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00		10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00		10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00		10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00		10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00
		-60kg	•					9:30~ 15:05~ 15:55~									
okyo Budokan Jud	Judo	-66kg	•					9:30- 15:20~ <i>16:20~</i>									
		-73kg	•					10:35~ 15:30~ 16:40~									

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						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
									9:30-								
		-81kg	•						15:05~								
									16:05~								
		-90kg							9:55~ 15:20-								
		Jong	•						16:30~								
									10:00~								
		-100kg	•						15:30~								
									16:55~								
									10:20~							***************************************	
		+100kg	•						15:35~								
									17:20~							***************************************	
								11:00~									
		-48kg		•				15:00-									
								15:40~ 10:00~									
		-52kg						15:10~									
		32Kg		•				16:05~									
Tokyo Budokan	Judo							10:40-								***************************************	
		-57kg		•				15:25~									
								16:30~									
									10:25~								
		-63kg		•					15:00~								
									15:55~								
									10:40~								
		-70kg		•					15:10~								
									16:20~								
		-78kg							10:05~ 15:25~								
		long		•					16:20~								
									10:10~								
		+78kg		•					15:35~								
									17:05~								
										9:30~							
		Team	•							13:55~							
										14:35~							

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						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Tokyo Budokan	Judo	Team		•						10:30~ 13:35~ 14:20~							
		-60kg	•													9:30~ 15:00 ~ 15:55 ~	
		-67kg	•													9:30~ 15:15 ~ 16:15 ~	
		-75kg	•													9:50~ 15:30 ~ 16:35 ~	
		-84kg	•													10:00~ 15:45 ~ 17:00 ~	
		+84kg	•												12:40~ 15:40 ~ 16:00 ~		
Tokyo Budokan	Karate	-50kg		•												13:00~ 15:05 ~ 16:05 ~	
		-55kg		•												10:50~ 15:20 ~ 16:25 ~	
		-61kg		•												10:15~ 15:35 ~ 16:50 ~	
	+68	+68kg		•											13:00~ 15:50 ~ 16:10 ~		
		Kata	•												9:30~ 14:00 ~ 14:35 ~ 10:00~		
				•											10:00~ 14:10 ~ 14:50 ~		

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	GP 0. 10					Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		Kata Team		•											11:15~ 14:20 ~ 15:00 ~		
Tokyo Budokan	Karate	Kumite Team	•														9:30~ 12:05 ~ 12:55 ~ 9:30~
				•													11:45 ~ 12:35 ~
		Cross-Country Olympic (XCO)	•	•													9:00-11:00
Japan Cycle Sports Center		Cross-Country Short Track (XCC)	•	•												14:00-14:45 13:00-13:45	
		Super Sprint Relay			•			12:00-13:30									
Hibiya Park • Hibiya Area		Sprint Distance	•	•			8:00-10:00 8:00-10:00										
		Sprint Relay			•			8:00-10:00									
	Orienteering	Middle Distance	•									10:00-14:00 10:00-14:00					
Izu Oshima Island (Ura-Sabaku Desert)		Long Distance	•	•									9:00-14:00				
		D. J		•									9:00-14:00		10.00 11.00		
		Relay 10m Air Pistol Team	•		•						11:00-11:30				10:00-14:00		
AJINOMOTO NATIONAL	Shooting	10m Air Rifle Team			•					9:30-10:00 11:00-11:30 <i>13:20-14:00</i>	13:20-14:00						
TRAINING CENTER East		10m Air Pistol	•	•					10:00-11:15 14:45-15:30 12:15-13:30 16:30-17:15								

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venues	Sports	Events	IVICII	Women	Wilked	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		10m Air Rifle	•					10:00-11:15 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
AJINOMOTO NATIONAL		25m Pistol	•												9:00-10:00 10:45-11:15 12:45-13:45		
TRAINING CENTER East	Shooting	Zom Pistor		•												9:00-10:00 10:45-11:15 12:45-13:45	
		50m Rifle 3 Positions	•										11:15-12:45 14:15-15:15	11:15-12:45			
				•										14:15-15:15			
		50m Rifle Prone	•								11:15-12:05 13:30-14:20 15:45-16:30						
				•								10:45-11:35 13:15-14:00					
		50m Freestyle	•													10:09-10:22 17:08-17:16	17:37-17:45
				•											10:00-10:09 17:08-17:16	17:00-17:08	
Tokyo Aquatics Centre	okyo Aquatics Centre Swimming	100m Freestyle	•											10:00-10:18 17:08-17:16	<i>17:00-17:08</i>		
, , ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				•									10:00-10:12 17:00-17:08	17:00-17:08			
		200m Freestyle	•										10:12-10:27 17:08-17:17				
				•													10:08-10:20 17:08-17:17
I	I]					I		I	1	1			1		11.00-11.11

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	Con a de	F		144	D.C	14	15	16	17	18	19	20	21	22	23	24	25
Venues	Sports	Events	Men	Women	Mixed	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
												10:30-10:56					
		400m Freestyle	•									17:38-17:49					
		400m Freestyle										11:19-11:40					
				•								18:25-18:37					
		800m Freestyle	•		, , , , , , , , , , , , , , , , , , ,									10:57-11:33	18:26-18:41		
		ooon recestyle		•											11:01-11:27	18:30-18:45	
		1500m Freestyle	•													10:50-11:53	18:24-18:47
		1000m r recovjie		•									10:27-11:15	18:30-18:48			
			•												10:09-10:18		
		50m Backstroke													17:16-17:24		
				•										10:44-10:50			
														17:54-18:02			
			•									10:00-10:15					
		100m Backstroke										17:00-17:08					
				•												10:00-10:09	
					<u>.</u>											<i>17:54-18:02</i>	
			•										11:33-11:46	1			
Tokyo Aquatics Centre	Swimming	200m Backstroke											17:37-17:46				
				•													10:29-10:44
					<u>.</u>									10 50 10 57			<i>18:15-18:24</i>
			•											10:50-10:57			
		50m Breaststroke	<u> </u>										11:27-11:33	18:22-18:30			
				•													
													17:46-17:54		***************************************		10:00-10:08
			•														17:00-17:08
		100m Breaststroke										1		10:18-10:27			17.00-17.00
				•										17:16-17:24			
													11:15-11:27				
			•										18:14-18:24				
		200m Breaststroke					1									10:22-10:34	
				•												17:16-17:26	
					 							11:05-11:19					
		50m Ruttorfly	•									18:17-18:25					
		50m Butterfly														10:44-10:50	
				•												18:02-18:10	

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Vendes	Sports	Events	Weil Weillell Wilked	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
			•											10:34-10:44 17:46-17:54	
		100m Butterfly								10:56-11:05					
										17:49-17:57					
															10:20-10:29
		200m Butterfly	•												17:45-17:55
													10:46-10:52		
													17:56-18:06		
			•									10:27-10:44			
		200m Individual Medley										17:44-17:54			
										10:15-10:30					
										17:08-17:18					
			•										10:33-10:46		
		400m Individual Medley											17:44-17:56		
													10:18-10:33		
										11:40-11:52			18:41-18:53		
			•							18:57-19:08					
										11:52-12:04					
		4x100m Freestyle Relay								19:08-19:20					
														11:53-12:04	
			•											18:45-18:57	
Tokyo Aquatics Centre	Swimming												10:52-11:01		
		4 000 - 5 1 5											19:13-19:28		
		4x200m Freestyle Relay									11:46-11:56				
											18:24-18:39				
															10:44-10:52
														19:19-19:31	
		4x100m Medley Relay													10:52-11:02
															19:07-19:19
												11:33-11:45			
			•									19:08-19:20			

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- *** Italics** indicate medal session. *Italics* indicate Final.
- **%**The athletics schedule is current as of July and will be updated once finalised.
- ****Award ceremonies are generally held at each venue after all finals.**

However, the hammer throw awards (held at Oi on 20 November) will take place the next day at Komazawa.

Vanue	Consume	Frants	Man	Marsan	Missad	14	15	16	17	18	19	20	21	22	23	24	25
Venues	Sports	Events	ivien	Women	Mixea	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		Singles	•									13:30-17:30	9:30-17:00 17:50-18:40				
				•								9:30-13:30	10:20-16:10 17:00-17:50				
Tokyo Metropolitan		Doubles	•								9:30-17:00 <i>17:50-18:40</i> 10:20-16:10						
Gymnasium	Table Tennis			•							17:00-17:50						
	Mixed Doubles Team -58kg			•					9:30-17:10 <i>17:50-18:40</i>								
		•												9:30-16:40	9:30-19:20 <i>17:30-19:20</i>		
				•											9:30-16:40	9:30-19:20 <i>17:30~19:20</i>	
														10:00-13:30			
		-58kg	•												15:00-18:00 18:30-19:30 19:30-20:30		
		-68kg	•												10:00-13:30 15:00-18:00 <i>18:30-19:30</i>		
Nakano-City General															19:30-20:30	10:00-12:45 14:45-16:45	
Gymnasium	Taekwondo	-80kg	•													16:45-17:45 17:45-18:45	
		+80kg	•													10:00-12:45 14:45-16:45 16:45-17:45 17:45-18:45	
		-49kg		•	,										10:00-13:30 15:00-18:00 18:30-19:30 19:30-20:30		

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However, the hammer throw awards (held at Oi on 20 November) will take place the next day at Komazawa.

Venues	Sports	Events	Mon	Women	Miyod	14	15	16	17	18	19	20	21	22	23	24	25
veriues	Sports	Events	IVIEII	Wornen	Mixed	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		-57kg		•											10:00-13:30 15:00-18:00 18:30-19:30 19:30-20:30		
		-67kg		•												10:00-12:45 14:45-16:45 16:45-17:45 17:45-18:45	
Nakano-City General Gymnasium	Taekwondo	+67kg		•												10:00-12:45 14:45-16:45 16:45-17:45 17:45-18:45	
		Poomsae Individual	•											10:00-12:20 12:30-13:10 15:10-15:50			
				•										10:00-12:20 12:30-13:10 15:10-15:50			
		Poomsae Pair			•									10:00-12:20 12:30-13:10 15:10-15:50			
		Singles	•		15			10:00~		10:00~		10:00~	10:00~		10:00~		10:00~
				•	·			10:00~		10:00~		10:00~	10:00~		10:00~		10:00~
Ariake Tennis Park	Tennis	Doubles	•		1				10:00~		10:00~		13:00~	10:00~		10:00~ 10:00~	
		Mixed Doubles		•				13:00~	13:00~		13:00~	13:00~	13.00	13:00~	13:00~	10.00~	
					•			10:00- 12:30-	10:00-	10:00-	10:00-	10:00-		10:00-	10:00- 12:30-	10:00-	10:00-
Komazawa Olympic Park General Sports Ground	Volleyball		•					15:00- 17:30-	10:15- 15:15-	12:30- 15:00-	10:15- 15:00-	12:30- 15:00-		15:00- 17:30-	15:00- 17:30-	15:00-	15:00-
Gymnasium				•				10:15- 12:45-		10:15- 12:45-		10:15- 12:45-		10:15- 12:45-	10:15- 12:45-	12:30	12:30- 17:30-
								15:15-		15:15-		15:15-		15:15-	15:15-		

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	Ceremonies for athletics, swimming, basketball, and football may also be neid between other events.														
Venues	Sports	Events	Men Women Mixed	14	15	16	17	18	19	20	21	22	23	24	25
				Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Fuchu Kyodo-no-Mori Gymnasium	Wrestling Freestyle	57kg	•										10:00-14:30	11:50 ~ 12:05	
		65kg	•										10:00-14:30	12:05~12:20	
		74kg	•										10:00-14:30	12:20~12:35	
		86kg	•										10:00-14:30	<i>12:35</i> ~ <i>12:50</i>	
		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			