

Competition Schedule and Venue Opening Times List (as of 12 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.

* 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.

Ceremonies for athletics, swimming, basketball, and football may also be held between other events.

[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 10:30	🏆 9:00 10:00	🏆 9:00 10:30	🏆 9:00 10:00 ※ 1	🏆 9:00 10:30	🏆 9:00 10:30	🏆 9:00 10:30	🏆 9:00 10:30	🏆 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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		Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.		
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.