

Venues	Sports	Events	Men	Women	Mixed	14	15	16	17	18	19	20	21	22	23	24	25	26
						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Tokyo Metropolitan Gymnasium	Ceremonies	Opening Ceremony	●	●			16:30-19:00											
		Closing Ceremony	●	●														16:30-18:00
Komazawa Olympic Park General Sports Ground Athletic Field	Athletics	100m	●						10:10-11:00	10:25-10:50 <i>14:10-14:18</i>								
				●					11:10-11:50	10:00-10:25 <i>14:00-14:08</i>								
		200m	●										12:35-13:25	10:00-10:25	<i>12:30-12:38</i>			
				●									11:35-12:25	10:25-10:50	<i>12:15-12:23</i>			
		400m	●						12:00-12:50	11:55-12:15	<i>15:15-15:23</i>							
				●						11:30-11:55	<i>15:00-15:08</i>							
		800m	●										14:25-14:50	11:45-12:10	<i>14:20-14:28</i>			
				●										12:10-12:35	<i>14:00-14:08</i>			
		1500m	●							12:35-12:50	<i>15:45-15:53</i>							
				●						12:20-12:35	<i>15:30-15:38</i>							
		5000m	●										15:05-15:45			14:35-15:00		
				●												14:00-14:25		
		10,000m	●						<i>13:20-14:00</i>									
				●						<i>13:00-13:50</i>								
		100m Hurdles		●							10:00-10:15 <i>14:30-14:38</i>							
		110m Hurdles	●								10:25-10:50 <i>14:45-14:53</i>							
		400m Hurdles	●										13:55-14:15	<i>11:05-11:13</i>				
				●									13:35-13:55	<i>11:20-11:28</i>				
		3000m Steeplechase	●												<i>13:00-13:15</i>			
				●											<i>13:30-13:50</i>			
		High Jump	●							<i>10:10-13:10</i>								
		Pole Vault	●						<i>10:10-13:10</i>						<i>10:00-13:00</i>			
		Long Jump	●										12:50-14:50			<i>12:20-13:50</i>		
				●									10:10-12:10			<i>10:00-11:30</i>		
		Triple Jump	●						11:30-13:30		<i>10:10-11:40</i>							
				●							<i>12:20-13:50</i>							
		Shot Put	●						9:50-11:50		<i>13:30-15:00</i>							
				●						10:20-12:20	<i>11:20-12:50</i>							
		Discus Throw	●											13:30-15:30		<i>9:20-10:50</i>		
				●									9:40-11:45		<i>12:00-13:30</i>			
Oi Central Seaside Park	Track and Field Facilities	Hammer Throw	●									<i>10:00-11:30</i>						
Track and Field Facilities				●								<i>13:20-14:50</i>						
		Javelin Throw	●										10:30-12:30		<i>10:00-11:30</i>			
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>				

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Venues	Sports	Events	Men	Women	Mixed	14	15	16	17	18	19	20	21	22	23	24	25	26	
						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	
Athletic Field	Tokyo Express Way and a part of Yaesu Route, Komazawa Olympic Park General Sports Ground Athletic Field	Decathlon	●						10:00-10:08 11:00-11:30 12:30-13:00 14:10-15:10 15:45-15:53	9:40-9:48 10:45-11:15 12:45-13:45 14:15-14:45 <i>15:45-15:53</i>									
Tokyo Express Way and a part of Yaesu Route,		Marathon	●														<i>10:00-13:00</i>		
Komazawa Olympic Park General Sports Ground Athletic Field		4x100m Relay	●													14:45-15:00	<i>15:25-15:33</i>		
		4x400m Relay	●														<i>15:10-15:18</i>		
			●											15:30-15:45			<i>15:50-16:00</i>		
			●														<i>15:40-15:50</i>		
		10000m Race Walk	●							<i>15:00-15:08</i>						<i>10:00-11:30</i>			
KEIO ARENA TOKYO	Badminton	Singles	●					9:30-18:10 10:10-18:50			9:30-18:10 10:10-18:50	12:10-18:50 11:30-18:50	9:30-11:30 <i>14:50-15:30</i> 11:30-12:10 <i>14:10-14:50</i>						
		Doubles	●				9:30-18:10 10:10-18:50			9:30-12:10 10:10-10:50	12:10-12:50 <i>16:10-16:50</i> 12:50-13:30 <i>15:30-16:10</i>								
		Mixed Doubles				●			9:30-18:50		10:50-12:50	10:10-14:10 <i>16:50-17:30</i>							
		Team				●								10:30-13:50 14:00-17:20	10:30-13:50 14:00-17:20	10:30-13:50 <i>14:00-17:20</i>			
		Ota-City General Gymnasium	Basketball	●					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~ 16:00~ 18:30~	11:00~ 13:30~ 16:00~ 18:30~	13:00~ 18:00~ 18:00~ 18:00~	13:00~ 18:00~ 18:00~ 18:00~	<i>12:30~ 19:00~</i>		
Omori Furusato no Hamabe Park	Beach Volleyball	●						9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:50	<i>11:00~ 14:00~</i>				
			●					9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:40	9:00-15:50	<i>10:00~ 13:00~</i>				
Higashiyamato Grandbowl	Bowling	Singles	●						10:00-12:55 14:30-17:25		11:00-12:40 <i>13:40-15:00 15:00-16:20</i>								
				●					10:00-12:55 14:30-17:25		11:00-12:40 <i>13:40-15:00 15:00-16:20</i>								
		Doubles	●										10:00-12:55 14:30-16:10 <i>16:20-17:40 17:40-19:00</i>						
					●									10:00-12:55 14:30-16:10 <i>16:20-17:40 17:40-19:00</i>					
				●												10:00-12:00 13:30-15:45 <i>16:00-17:25 17:25-18:50</i>			

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						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Tokyo Budokan		-52kg		●				9:30-11:30 12:30-14:30 <i>15:00-16:00</i>										
		-57kg		●				9:30-11:30 12:30-14:30 <i>15:00-16:00</i>										
		-63kg		●					9:30-11:30 12:30-14:30 <i>15:00-16:00</i>									
		-70kg		●					9:30-11:30 12:30-14:30 <i>15:00-16:00</i>									
		-78kg		●					9:30-11:30 12:30-14:30 <i>15:00-16:00</i>									
		+78kg		●					9:30-11:30 12:30-14:30 <i>15:00-16:00</i>									
		Team	●							9:30~								
				●						9:30~								
	Karate	-60kg	●													9:30~ <i>14:00~</i>		
		-67kg	●													9:30~ <i>14:15 ~</i>		
		-75kg	●													9:45~ <i>14:30 ~</i>		
		-84kg	●													10:00~ <i>14:45 ~</i>		
		+84kg	●												12:30~ <i>15:30~</i>			
		-50kg		●												10:00~ <i>14:00~</i>		
		-55kg		●												10:15~ <i>14:15 ~</i>		
		-61kg		●												10:15~ <i>14:30 ~</i>		
		+68kg		●											12:30~ <i>15:30~</i>			
		Kata	●												9:30~ <i>14:00~</i>			
				●											10:00~ <i>14:00~</i>			
		Kata Team	●												11:30~ <i>14:30~</i>			
				●											12:00~ <i>14:30~</i>			
		Kumite Team	●														9:30~ <i>11:30~</i>	
				●													9:30~ <i>11:30~</i>	
Japan Cycle Sports Center	Mountain Bike	Cross-Country Olympic	●														<i>11:15-13:15</i>	
		(XCO)		●													<i>9:00-11:00</i>	
		Cross-Country Short Track	●													<i>14:00-14:45</i>		
		(XCC)		●												<i>13:00-13:45</i>		

Venues	Sports	Events	Men	Women	Mixed	14	15	16	17	18	19	20	21	22	23	24	25	26	
						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	
Hibiya Park ・ Hibiya Area	Orienteering	Super Sprint Relay			●			12:00-13:00											
		Sprint Distance	●				8:00-10:00												
		Sprint Relay		●			8:00-10:00												
Izu Oshima Island (Ura-Sabaku Desert)		Middle Distance	●									10:00-14:00							
				●								10:00-14:00							
		Long Distance	●									9:00-14:00							
				●								9:00-14:00							
	Relay	●											10:00-14:00						
			●										10:00-14:00						
AJINOMOTO NATIONAL TRAINING CENTER East	Shooting	10m Air Pistol Team			●						9:00-9:30 10:15-10:45 13:00-14:00								
		10m Air Rifle Team			●					9:00-9:30 10:15-10:45 13:00-14:00									
		10m Air Pistol	●					8:30-9:45 10:30-11:45 14:45-15:30											
					●			10:30-11:45 12:30-13:45 16:30-17:15											
		10m Air Rifle	●					8:30-9:45 10:30-11:45 14:45-15:30											
					●			10:30-11:45 12:30-13:45 16:30-17:15											
		25m Rapid Fire Pistol	●													14:45-15:15 15:45-16:15 16:45-17:15 17:45-18:15	9:00-9:30 10:00-10:30 11:00-11:30 12:00-12:30 14:45-15:45		
		25m Pistol	●												9:00-10:15 10:30-11:15 12:45-13:45				
					●											9:00-10:15 10:30-11:15 12:45-13:45			
		50m Rifle 3 Positions	●										9:00-10:30 11:15-12:45 14:15-15:15						
					●									9:00-10:30 11:15-12:45 14:15-15:15					
		50m Rifle Prone	●									11:30-12:20 13:15-14:05 15:45-16:30							
					●								9:00-9:50 10:45-11:35 13:15-14:00						

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Venues	Sports	Events	Men	Women	Mixed	14	15	16	17	18	19	20	21	22	23	24	25	26
						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Tokyo Aquatics Centre	Swimming	50m Freestyle	●													10:10-10:20 17:10-17:20	<i>17:40-17:50</i>	
				●											10:00-10:10 17:10-17:20	<i>17:00-17:10</i>		
		100m Freestyle	●											10:00-10:10 17:10-17:20	<i>17:00-17:10</i>			
				●									10:00-10:10 17:00-17:10	<i>17:00-17:10</i>				
		200m Freestyle	●										10:10-10:20 <i>17:10-17:20</i>					
				●													10:10-10:20 <i>17:10-17:20</i>	
		400m Freestyle	●									10:20-10:30 <i>17:40-17:50</i>						
				●								10:50-11:00 <i>18:30-18:40</i>						
		800m Freestyle	●											10:50-11:00	<i>18:30-18:40</i>			
				●											11:00-11:10	<i>18:40-18:50</i>		
		1500m Freestyle	●													10:50-11:00	<i>18:30-18:40</i>	
				●									10:20-10:30	<i>18:40-18:50</i>				
		50m Backstroke	●												10:10-10:20 <i>17:20-17:30</i>			
				●										10:30-10:40 <i>18:00-18:10</i>				
		100m Backstroke	●									10:00-10:10 <i>17:00-17:10</i>						
				●												10:00-10:10 <i>18:00-18:10</i>		
		200m Backstroke	●										10:50-11:00 <i>17:30-17:40</i>					
				●													10:30-10:40 <i>18:20-18:30</i>	
		50m Breaststroke	●											10:40-10:50 <i>18:30-18:40</i>				
				●									10:40-10:50 <i>17:40-17:50</i>					
		100m Breaststroke	●														10:00-10:10 <i>17:00-17:10</i>	
				●										10:10-10:20 <i>17:20-17:30</i>				
		200m Breaststroke	●										10:30-10:40 <i>18:10-18:20</i>					
				●												10:20-10:30 <i>17:20-17:30</i>		
		50m Butterfly	●									10:40-10:50 <i>18:20-18:30</i>						
				●												10:40-10:50 <i>18:10-18:20</i>		
		100m Butterfly	●													10:30-10:40 <i>17:50-18:00</i>		
				●								10:30-10:40 <i>17:50-18:00</i>						
		200m Butterflv	●														10:20-10:30 <i>17:50-18:00</i>	

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						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	
		-67kg		●												10:00-12:30 14:30-16:30 <i>16:40-17:40</i>			
		+67kg		●												10:00-12:30 14:30-16:30 <i>16:40-17:40</i>			
		Poomsae Individual	●											10:00-12:10 <i>14:10-15:00</i>					
					●									10:00-12:10 <i>14:10-15:00</i>					
		Poomsae Pair				●									10:00-12:10 <i>14:10-15:00</i>				
Ariake Tennis Park	Tennis	Singles	●					10:00~		10:00~		10:00~	10:00~		10:00~		<i>10:00~</i>		
				●				10:00~		10:00~		10:00~		10:00~					
		Doubles	●					10:00~		10:00~		13:00~	10:00~			<i>10:00~</i>			
					●				10:00~				13:00~	10:00~					
		Mixed Doubles			●				13:00~		13:00~	13:00~		13:00~	<i>13:00~</i>				
Komazawa Olympic Park General Sports Ground Gymnasium	Volleyball		●					10:00- 12:30- 15:00- 17:30-	10:00- 10:15- 15:00- 15:15-	10:00- 12:30- 15:00- 17:30-	10:00- 10:15- 15:00- 15:15-	10:00- 12:30- 15:00- 17:30-		10:00- 12:30- 15:00- 17:30-	10:00- 12:30- 15:00- 17:30-	10:00- 15:00-	<i>10:00- 15:00-</i>		
				●				10:15- 12:45- 15:15- 17:45-		10:15- 12:45- 15:15- 17:45-		10:15- 12:45- 15:15- 17:45-		10:15- 12:45- 15:15- 17:45-	10:15- 12:45- 15:15- 17:30-	12:30- 17:30-	<i>12:30- 17:30-</i>		
Fuchu Kyodo-no-Mori Gymnasium	Wrestling Freestyle	57kg	●												10:00-14:30	10:00- <i>13:20</i>			
		65kg	●												10:00-14:30	10:00- <i>13:20</i>			
		74kg	●												10:00-14:30	10:00- <i>13:20</i>			
		86kg	●												10:00-14:30	10:00- <i>13:20</i>			
		97kg	●												10:00-14:30	10:00- <i>13:20</i>			
		125kg	●												10:00-14:30	10:00- <i>13:20</i>			
	Wrestling Greco-Roman	60kg	●											10:00-14:30	10:00- <i>13:30</i>				
		67kg	●											10:00-14:30	10:00- <i>13:30</i>				
		77kg	●											10:00-14:30	10:00- <i>13:30</i>				
		87kg	●											10:00-14:30	10:00- <i>13:30</i>				
		97kg	●											10:00-14:30	10:00- <i>13:30</i>				
		130kg	●											10:00-14:30	10:00- <i>13:30</i>				