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Vendes		Events	I Wieli	Women winded	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		100m	•					10:50-11:47	10:40-10:57 14:10-14:11							
				•				12:00-12:25	10:30-10:39 14:00-14:01							
		200m	•									11:20-12:17				
			ļ	•								10:50-11:15	11:00-11:09	12:15-12:16		
		400m						12:30-13:11								
			<u> </u>	•					11:10-11:28	15:00-15:01						
		800m										14:25-15:00	12:00-12:18			
				•					12:35-12:53	<i>15:45-15:50</i>			12:30-12:49	14:00-14:03		
		1500m	•	•					12:35-12:53	15:45-15:50 15:30-15:36						
			•							15:30-15:30		15:15-15:52			15:10-15:30	
		5000m		•								10.10 10.02			14:40-15:00	
			•					14:00-14:38								
		10,000m		•					13:00-13:40							
		100m Hurdles								10:55-11:04						
Komazawa Olympic Park		loom natales		•						14:45-14:46						
General Sports Ground	Athletics	110m Hurdles	•							10:30-10:47						
Athletic Field										14:30-14:31						
		400m Hurdles	•									13:55-14:10				
		3000m Steeplechase		•									11:35-11:36	13:00-13:12		
			•						10:20-12:00					13:00-13:12		
		High Jump		•				10:40-12:00	10.20-12.00							
		Pole Vault	•					20770 22700						10:40-13:20		
			•									13:50-15:15			13:50-15:05	
		Long Jump		•								10:40-11:30			10:40-12:10	
		Triple lump	•							11:10-12:10						
		Triple Jump		•						13:30-14:10						
		Shot Put	•					11:00-11:40 14:30-15:10		14:00-15:20						
				•					10:10-10:40 12:30-13:00	11:00-12:10						

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Vendes	орогто Порогто	Events	IVICII	Women	Wilked	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		Discus Throw	•											10:50-11:20 12:00-12:30		10:30-11:40	
				•												13:00-14:05	
Oi Central Seaside Park Track		Hammer Throw	•									10:00-11:30					
and Field Facilities			ļ	•								13:20-14:30					
		Javelin Throw	•										10:30-11:10 11:50-12:20		10:30-11:30		
				•									13:00-14:15 14:20-14:50		12:50-14:30		
Komazawa Olympic Park General Sports Ground Athletic Field		Heptathlon		•									10:30-10:32 11:30-12:00 14:15-14:45 16:00-16:01	10:40-11:30 13:50-14:20 <i>15:20-15:26</i>			
	Athletics	Decathlon	•						10:30-10:39 11:30-12:10 13:00-13:30 14:40-15:20 15:45-15:54	10:00-10:06 10:55-11:25 12:45-14:15 14:30-15:00 15:55-16:01							
Tokyo Express Way and a part of Yaesu Route,	-	Marathon	•	•					15.45-15.54	15.55-10.01							10:00-13:00 10:00-14:00
Komazawa Olympic Park		4x100m Relay	•	•											15:00-15:09 15:20-15:29	14:25-14:26 14:10-14:11	
General Sports Ground			•											14:30-14:42		15:50-15:54	
Athletic Field		4x400m Relay		•												15:40-15:45	
					•				15:00-15:05								
		Singles	•					9:30-18:10	9:30-13:30		9:30-18:50	14:10-14:50	9:30-10:10 14:10-14:50				
				•				10:10-18:50	10:50-12:50		9:30-18:10	14:50-15:30	10:10-10:50 14:50-15:30				
			•							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				
		Mixed Doubles	<u></u>		•				13:30-18:50	9:30-10:10		9:30-17:30	16:10-16:50 12:10-12:50				
			<u> </u>										16:50-17:30		10.20 12.52	10.20 10.50	10.20 10.50
		Team			•										10:30-13:50 14:30-17:50	10:30-13:50 14:30-17:50	10:30-13:50 14:30-17:50
	<u> </u>														14.30-11.30	14.50-17.50	14.30-17.30

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Venues	oports		l wien	Women	Mixed	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Ota-City General	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~	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				•				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 Volleysum			•				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						
				•						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	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		
		ream		•												10:00-12:00 13:30-15:45 16:00-17:25 17:25-18:50	

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Vendes	oports	Events	Ivien	Women	Mixed	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
																	10:00-12:00
Higashiyamato	Bowling	Team			•												13:30-15:45
Grandbowl																	16:00-17:25 17:25-18:50
	1		•						9:00-15:30								17.23-10.30
		Sprint		•					9:00-15:30								
			•									9:00-12:30					
Laurena Caralla Caranta Caratan	Cooling Decod	Individual Time Trial		•								13:00-14:30					
Japan Cycle Sports Center	Cycling Road	Individual Road Race	•								-			9:00-12:30			
		ilidividudi koda kace		•										13:00-15:00			
		Points Race	•							14:00-15:00							
		. Sinto Rase		•						13:00-13:45							
			•			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 ~
																	<i>16:30</i> ~
		Individual	•							<i>8:30</i> ~	<i>8:30</i> ~	8:30~					
Wakasu Golf Links	Golf	marriadar		•						<i>8:55</i> ~	8:55~	9:25~					
		Team	···		•								8:30 ~				
								10:00-12:00	10:00-12:00		10:00-12:00		10:00-12:00		10:00-12:00		10:00-12:00
Komazawa Olympic Park								13:00-15:00	1		13:00-15:00		13:00-15:00		13:00-15:00		13:00-15:00
•	Handball		•					16:00-18:00	1		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
								9:30~									
		-60kg						15:05~									
		1-00kg	•					15:55~									
								9:30-									
Tokyo Budokan	Judo	-66kg	•					15:20~									
·								16:20~									
								10:35~									
		-73kg	•					15:30~									
								16:40~									
			<u> </u>						9:30-								
		-81kg	•						15:05~								
									16:05~								

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venues	Sports	Events	ivieii	Women	Mixeu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
									9:55~								
		-90kg	•						15:20-								
									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~									
Tokyo Budokan	Judo							16:05~									
								10:40-									
		-57kg		•				15:25~									
								16:30~									
									10:25~								
		-63kg		•					15:00~								
			<u></u>						15:55~								
									10:40~								
		-70kg		•					15:10~								
									16:20~								
		701							10:05~								
		-78kg		•					15:25~								
			<u> </u>						16:20~								
		. 701							10:10~								
		+78kg		•					15:35~								
			<u> </u>						17:05~								ļ .
		T								9:30~							
		Team	•							13:55~							
	I									14:35~							

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Venues	Sports	Events	Men	Women Mixed	14	15	16	17	18	19	20	21	22	23	24	25
Venues	Sports	Lvents	IVICII	Women	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 ~	
		+68kg		•										13:00~ 15:50 ~ 16:10 ~		
		Kata	•											9:30~ 14:00 ~ 14:35 ~		
				•										10:00~ 14:10 ~ 14:50 ~		

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

Venues	Sports	Events	Men	Women Mixed	14	15	16	17	18	19	20	21	22	23	24	25
Venues	oports	Events	Wien	Women wixed	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 ~
Japan Cycle Sports Center	Mountain Bika	Cross-Country Olympic (XCO)	•	•												9:00-11:00
Supuri Cycle Sports Center	Mountain bike	Cross-Country Short Track	•	•											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	<u> </u>	•			8:00-10:00									
	Orienteering	Middle Distance	•	•							10:00-14:00					
Izu Oshima Island (Ura-Sabaku Desert)		Long Distance	•									9:00-14:00				
		Relay	•	•								9:00-14:00		10:00-14:00		
		10m Air Pistol Team		•						11:00-11:30 13:20-14:00						
AJINOMOTO NATIONAL TRAINING CENTER East	Shooting	10m Air Rifle Team		•					9:30-10:00 11:00-11:30 <i>13:20-14:00</i>							
		10m Air Pistol	•					10:00-11:15 14:45-15:30								
				•				12:15-13:30 16:30-17:15								
		10m Air Rifle	•				10:00-11:15 14:45-15:30									

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venues	эрогтз	Events	IVICII	Women wixed	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
				•			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			•											9:00-10:00 10:45-11:15 <i>12:45-13:45</i>	
		50m Rifle 3 Positions	•									11:15-12:45 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					
		50m Freestyle	•												10:09-10:22 17:08-17:16	17:37-17:45
		osiii rreestyle		•										10:00-10:09 17:08-17:16	17:00-17:08	
Tokyo Aquatics Centre	Swimming	100m Freestyle	•										10:00-10:18 17:08-17:16	17:00-17:08		
,				•								10:00-10:12 17:00-17:08	17:00-17:08			
			•									10:12-10:27 17:08-17:17				
		200m Freestyle		•												10:08-10:20 17:08-17:17
		400m Freestvle	•								10:30-10:56 17:38-17:49	1				

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Vendes	Sports	Events	IVICII	Women	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
											11:19-11:40					
				•							18:25-18:37					
		800m Freestyle	•										10:57-11:33	18:26-18:41		
		oooni rreestyle		•										11:01-11:27	18:30-18:45	
		1500m Freestyle	•												10:50-11:53	18:24-18:47
		2000m ricestyle		•								10:27-11:15	18:30-18:48			
														10:09-10:18		
		50m Backstroke	•											17:16-17:24		
		Dom Businski											10:44-10:50			
				•									17:54-18:02			
											10:00-10:15					
		100m Backstroke	•								17:00-17:08					
		100111 Buckstroke													10:00-10:09	
															17:54-18:02	
												11:33-11:46				
Tokyo Aquatics Centre	Swimming	200m Backstroke	•									17:37-17:46				
Tokyo Aquatics centre	Swillilling	200111 Buckstroke														10:29-10:44
				•												18:15-18:24
													10:50-10:57			
		50m Breaststroke	•										18:22-18:30			
		John Bredststroke										11:27-11:33				
				•								17:46-17:54				
																10:00-10:08
		100m Breaststroke	•													17:00-17:08
		100m breaststroke											10:18-10:27			
				•									17:16-17:24			
												11:15-11:27				
		200m Breaststroke	•									18:14-18:24				
		200111 Bredststroke													10:22-10:34	
				•											17:16-17:26	
			_						<u> </u>		11:05-11:19					
		50m Buttorfly	•								18:17-18:25					
		50m Butterfly		_											10:44-10:50	
				•											18:02-18:10	

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venues	Sports	Events	Ivien	women	IVIIXEG	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
			•													10:34-10:44	
		100m Butterfly														17:46-17:54	
				•								10:56-11:05					
												17:49-17:57					10.20 10.20
			•														10:20-10:29 17:45-17:55
		200m Butterfly													10:46-10:52		17:45-17:55
				•											17:56-18:06		
			<u> </u>											10:27-10:44			
			•											17:44-17:54			
		200m Individual Medley										10:15-10:30					
				•								17:08-17:18					
			T _										•		10:33-10:46		
		400m Individual Medley	•												17:44-17:56		
		Toom marviadar medicy		•											10:18-10:33		
															18:41-18:53		
			•									11:40-11:52					
												18:57-19:08					
		4x100m Freestyle Relay		•								11:52-12:04					
												19:08-19:20				44 =0 40 04	
					•											11:53-12:04 18:45-18:57	
Tokyo Aquatics Centre	Swimming		<u> </u>												10:52-11:01	10:43-10:37	
			•												19:13-19:28		
		4x200m Freestyle Relay											11:46-11:56				
				•									18:24-18:39				
													l				10:44-10:52
			•														19:19-19:31
		Aud Ooma Marelland Balance															10:52-11:02
		4x100m Medley Relay		•													19:07-19:19
														11:33-11:45			
					•									19:08-19:20			

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Venues	Sports	Events	Men	Women	Mixed	14	15	16	17	18	19	20	21	22	23	24	25
Venues	500113	Events	I Wien	Women	Mixed	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 10:20-16:10				
				•								9:30-13:30	17:00-17:50				
											9:30-17:00						
		Doubles	•								17:50-18:40						
Tokyo Metropolitan Gymnasium	Table Tennis			•							10:20-16:10 17:00-17:50						
dymnusium			<u> </u>							9:30-17:10	17.00-17.50						
		Mixed Doubles			•					17:50-18:40							
		Togra	•												9:30-16:40	9:30-19:20 <i>17:30-19:20</i>	
		Team		•											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		
			<u> </u>												10:00-13:30		
		-68kg													15:00-18:00		
		-bokg	•												18:30-19:30		
															19:30-20:30		
Nakano-City General																10:00-12:45 14:45-16:45	
Gymnasium	Taekwondo	-80kg	•													16:45-17:45	
																17:45-18:45	
																10:00-12:45	
		+80kg	•													14:45-16:45 16:45-17:45	
																17:45-18:45	
			·												10:00-13:30		
		-49kg													15:00-18:00		
		1 +5/vg		•											18:30-19:30		
			<u> </u>					<u> </u>							19:30-20:30		

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venues	Sports	Events	IVICII	Women	Wilked	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	•	•				10:00~		10:00~		10:00~	10:00~		10:00~		10:00~
Ariake Tennis Park	Tennis	Doubles	•	•					10:00~ 10:00~		10:00~		13:00~ 13:00~	10:00~ 10:00~		10:00~ 10:00~	
		Mixed Doubles	<u> </u>		•			13:00~	13:00~		13:00~	13:00~		13:00~	13:00~		
Komazawa Olympic Park General Sports Ground	Volleyball	1	•					10:00- 12:30- 15:00- 17:30-	10:00- 10:15- 15:15-	10:00- 12:30- 15:00-	10:00- 10:15- 15:00-	10:00- 12:30- 15:00-		10:00- 12:30- 15:00- 17:30-	10:00- 12:30- 15:00- 17:30-	10:00- 15:00-	10:00- 15:00-
Gymnasium				•				10:15- 12:45- 15:15-		10:15- 12:45- 15:15-		10:15- 12:45- 15:15-		10:15- 12:45- 15:15-	10:15- 12:45- 15:15-	12:30	12:30- 17:30-

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					Mixed	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	12:35~12:50	
		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			