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	<u> </u>					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 10:30-10:39							
				•					12:00-12:25	14:00-14:01							
		200m	•										11:20-12:17	10:30-10:47	12:30-12:31		
			•	•					12:30-13:11	11:30-11:48	15:15-15:16		10:50-11:15	11:00-11:09	12:15-12:16		
		400m		•					12.00 10.11	11:10-11:28							
		800m	•			•							14:25-15:00	12:00-12:18	14:20-14:23		
				•										12:30-12:49	14:00-14:03		
		1500m	•							12:35-12:53							
		5000m	•	•							15:30-15:36		15:15-15:52			15:10-15:30	
			<u> </u>	•												14:40-15:00	
		10,000m	•	•					14:00-14:38	13:00-13:40							
Komazawa Olympic Park		100m Hurdles		•						10.00 10.70	10:55-11:04 14:45-14:46						
General Sports Ground	Athletics	110m Hurdles	•								10:30-10:47 14:30-14:31						
Athletic Field		400m Hurdles	•										13:55-14:10	11:20-11:21			
		3000m Steeplechase	•	•										11:35-11:36	13:00-13:12		
		High Jump	•							10:20-12:00							
		mgn samp		•					10:40-12:00								
		Pole Vault	•												10:40-13:20		
		Long Jump	•	•									13:50-15:15 10:40-11:30			13:50-15:05 10:40-12:10	
		Trials Issaes	•								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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70200	Sp 3.13					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 Trac	k	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 15:20-15:26			
	Athletics					•			10:30-10:39	10:00-10:06							
		Decathlon	•						11:30-12:10 13:00-13:30	10:55-11:25 12:45-14:15							
		Decarmon							14:40-15:20	14:30-15:00							
									15:45-15:54	15:55-16:01							
Tokyo Express Way and a		Marathon	•														10:00-13:00
part of Yaesu Route,			ļ <u>.</u>	•													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	15.20-15.29	15:50-15:54	
Athletic Field		4x400m Relay		•												15:40-15:45	
					•				15:00-15:05								
			•					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		•				10:10-18:50	10:50-12:50		9:30-18:10	14:50-15:30	10:10-10:50 14:50-15:30	1			
			•							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				
			ļ								ļ				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	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	Bushetbull		•			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			•			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		
			•											10:00-12:00 13:30-15:45 16:00-17:25 17:25-18:50	

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Vendes	Sports	Events	IVICII	Women	Mixed	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 9:00-15:30								
Japan Cycle Sports Center	Cvclina Road	Individual Time Trial	•	•								9:00-12:30 13:00-14:30					
Tapan eyere sports conto	cyoming rious	Individual Road Race	•	•										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~
				•			12:00~		12:00~		12:00~		12:00~		12:00~		10:00 ~ 16:30 ~
Wakasu Golf Links	Golf	Individual	•	•						8:30~ 8:55~	8:30~ 8:55~	8:30~ 9:25~					
		Team			•								8:30 ~				
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~									
Tokyo Budokan	Judo	-66kg	•					9:30- 15:20~ <i>16:20~</i>									
		-73kg	•					10:35~ 15:30~ 16:40~									

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70					Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
								9:30-								
		-81kg	•					15:05~								
								16:05~								
		001.0						9:55~								
		-90kg	•					15:20- <i>16:30~</i>								
			-					10:00~								
		-100kg	•					15:30~								
								16:55~								
								10:20~								
		+100kg	•					15:35~								
								17:20~								
							11:00~									
		-48kg		•			15:00-									
							15:40~									
		531.0					10:00~									
		-52kg		•			15:10~ <i>16:05</i> ~									
Tokyo Budokan	Judo						10:40-									
		-57kg		•			15:25~									
							16:30~									
								10:25~								
		-63kg		•				15:00~								
								15:55~								
								10:40~								
		-70kg		•				15:10~								
								16:20~								
								10:05~								
		-78kg		•				15:25~								
								16:20~ 10:10~								
		+78kg						15:35~								
								17:05~								
			 						9:30~	<u> </u>						
		Team	•						13:55~							
									14:35~							
I	1	I			<u> </u>	<u> </u>		<u> </u>	<u> </u>			<u> </u>	1		<u> </u>	<u> </u>

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venues	Sports	Events	IVICII	VVOITICIT	WIIXCU	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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Venues	Sports	Lvenes	IVICII	Women	Mixed	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 Bike	Cross-Country Olympic (XCO) Cross-Country Short Track (XCC)	•	•												14:00-14:45 13:00-13:45	11:15-13:15 9:00-11:00
Hibiya Park · Hibiya Area		Super Sprint Relay Sprint Distance Sprint Relay	•	•	•		8:00-10:00 8:00-10:00	12:00-13:30 8:00-10:00									
Izu Oshima Island (Ura-Sabaku Desert)	Orienteering	Middle Distance	•	•								10:00-14:00 10:00-14:00	9:00-14:00				
(Ord-Subuku Desert)		Long Distance Relay	•	•							11.00 11.20		9:00-14:00		10:00-14:00		
AJINOMOTO NATIONAL		10m Air Pistol Team 10m Air Rifle Team			•					9:30-10:00 11:00-11:30	11:00-11:30 13:20-14:00						
TRAINING CENTER East	Shooting	10m Air Pistol	•	•					10:00-11:15 14:45-15:30 12:15-13:30 16:30-17:15	13:20-14:00							

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Venues	oports	Livering .	l wien	Women	Mixed	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									
		25m Rapid Fire Pistol	•	•				16:30-17:15								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 TRAINING CENTER East	Shooting	25m Pistol	•	•											9:00-10:00 10:45-11:15 <i>12:45-13:45</i>	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		12:45-13:45	
		50m Rifle Prone	•	•							11:15-12:05 13:30-14:20 15:45-16:30	10:45-11:35 13:15-14:00		14:15-15:15			
		50m Freestyle	•	•											10:00-10:09 17:08-17:16	10:09-10:22 17:08-17:16 17:00-17:08	17:37-17:45
Tokyo Aquatics Centre	Swimming	100m Freestyle	•	_									10:00-10:12	10:00-10:18 17:08-17:16 17:00-17:08	17:00-17:08		
		200m Freestyle	•	•									17:00-17:08 10:12-10:27 17:08-17:17	2.130			10:08-10:20 17:08-17:17

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						Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		400m Freestyle	•	•								10:30-10:56 17:38-17:49 11:19-11:40 18:25-18:37					
		800m Freestyle	•											10:57-11:33	18:26-18:41	40.00.40.45	
		1500m Freestyle	•	•											11:01-11:27	18:30-18:45 10:50-11:53	18:24-18:47
		1300III Fleestyle		•			,						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			
		100m Backstroke	•									10:00-10:15 17:00-17:08					
		20011 Budistroke		•												10:00-10:09 17:54-18:02	
Tokyo Aquatics Centre	Continuesta	200m Backstroke	•										11:33-11:46 17:37-17:46				
Tokyo Aquatics Centre	Swimming	200111 BUCKSTIONE		•													10:29-10:44 18:15-18:24
		50m Breaststroke	•	•									11:27-11:33	10:50-10:57 18:22-18:30			
			•										17:46-17:54				10:00-10:08
		100m Breaststroke		•										10:18-10:27 17:16-17:24			17:00-17:08
		200m Breaststroke	•										11:15-11:27 18:14-18:24				
		200111 BICAGOSTORC		•												10:22-10:34 17:16-17:26	
		50m Butterfly	•									11:05-11:19 18:17-18:25					
		Join Butterny		•												10:44-10:50 18:02-18:10	

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venues	Sports	Events	IVIEII	Women	Mixeu	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					
												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										10:15-10:30		17:44-17:54			
				•								17:08-17:18					
			•												10:33-10:46 17:44-17:56		
		400m Individual Medley		•											10:18-10:33		
												11:40-11:52			18:41-18:53		
			•									18:57-19:08					
		4x100m Freestyle Relay		•								11:52-12:04 19:08-19:20					
					•											11:53-12:04 18:45-18:57	
Tokyo Aquatics Centre	Swimming		•												10:52-11:01		
		4x200m Freestyle Relay											11:46-11:56		19:13-19:28		
				•									18:24-18:39				
			•														10:44-10:52 19:19-19:31
		4x100m Medley Relay		•													10:52-11:02
														11:33-11:45			19:07-19:19
					•									19:08-19:20			

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	'					Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		Singles	•									13:30-17:30	9:30-17:00 <i>17:50-18:40</i>				
				•								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						
										9:30-17:10							
		Mixed Doubles			•					17:50-18:40							
		Team	•												9:30-16:40	9:30-19:20 <i>17:30-19:20</i>	
		reum		•											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 10:00-13:30		
															15:00-18:00		
		-68kg	•												18:30-19:30		
															19:30-20:30		
							•									10:00-12:45	
Nakano-City General	Taekwondo	-80kg	•													14:45-16:45	
Gymnasium																16:45-17:45	
			<u> </u>							1						17:45-18:45 10:00-12:45	
																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		
			<u> </u>			<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>			19:30-20:30		

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- **X**Session time is subject to change according to the progress of competition.
- *Due to the specific to the competitions, if the end time cannot be estimated, the end time will be left blank.
- ***** Italics indicate medal session. Italics indicate Final.
- **X** 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.

Venues	Sports	Events	Men	Women	Miyed	14	15	16	17	18	19	20	21	22	23	24	25
venues	Sports	Events	ivieri	women	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	•	•				10:00~ 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~	
		Mixed Doubles			•			13:00~	13:00~		13:00~	13:00~		13:00~	13:00~		
Komazawa Olympic Park General Sports Ground	Volleyball		•					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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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	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			