

[illegible]



Session Schedule for the 20th Asian Games Ver.5 as of 6 July 2026.																											
Competition Venue	Sport/Discipline	Sep																				Oct		CC			
		10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1		2	3	4
		Thu -9	Fri -8	Sat -7	Sun -6	Mon -5	Tue -4	Wed -3	Thu -2	Fri -1	Sat 0	Sun +1	Mon +2	Tue +3	Wed +4	Thu +5	Fri +6	Sat +7	Sun +8	Mon +9	Tue +10	Wed +11	Thu +12		Fri +13	Sat +14	Sun +15
TOKYO																											
Tokyo Aquatics Centre	Aquatics - Swimming											W/M/F	W/M/F	W/M/F	W/M/X/F	W/M/F	W/M/F										
												10:00	10:00	10:00	10:00	10:00	10:00										
												17:00	17:00	17:00	17:00	17:00	17:00										
	Aquatics - Diving																	W/M/F	W/M/F	W/M/F	W/M/F	W/M/F					
																		10:00	10:00	10:00	10:00	10:00					
Equestrian Park	Equestrian - Dressage																O/F	O	O/F								
	Equestrian - Eventing												O	O	O/F		09:30-17:20	09:30-16:50	09:30-12:30								
	Equestrian - Jumping																						O/F	O	O/F		
																						09:30-16:05		09:30-13:35	09:30-13:40		
SHIZUOKA																		W/X	W/X/F	X/F							
ToBiO Furuhashi Hironoshin Memorial Hamamatsu Swimming Center	Aquatics - Artistic Swimming																	11:00-12:30	11:00-13:00	11:00-13:30							
																		17:00-18:30	17:00-18:30								
Izu Velodrome	Cycling - Track																				W/M/F	W/M/SF/F	W/M/QF/SF/F	W/M/SM/F			
																					10:00-13:00	10:00-12:00	10:00-12:00				
																					15:00-17:00	15:00-17:30	15:00-19:30	14:00-18:30			
GIFU									W/M			W/M	W	M	W	M	W	M	W	M		W/SF	M/SF	W/F	M/F		
									09:00-10:30			09:00-10:30	09:00-10:30	09:00-10:30	09:00-10:30	09:00-10:30	09:00-10:30	09:00-10:30	09:00-10:30	09:00-10:30		09:00-11:00	09:00-11:00	09:00-11:00	09:00-11:00		
Gifu Prefectural Green Stadium	Hockey								11:00-12:30			11:00-12:30	11:00-12:30	11:00-12:30	11:00-12:30	11:00-12:30	11:00-12:30	11:00-12:30	11:00-12:30	11:00-12:30		11:30-13:30	11:30-13:30	11:30-13:30	11:30-13:30		
									13:00-14:30			13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30		14:00-16:00	14:00-16:00	14:00-16:00	14:00-16:00		
									15:00-16:30			15:00-16:30	15:00-16:30	15:00-16:30	15:00-16:30	15:00-16:30	15:00-16:30	15:00-16:30	15:00-16:30	15:00-16:30		16:30-18:30	16:30-18:30	16:30-18:30	16:30-18:30		
									17:00-18:30			17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30	17:00-18:30		19:00-21:00	19:00-21:00	19:00-21:00	19:00-21:00		
									19:00-20:30			19:00-20:30	19:00-20:30	19:00-20:30	19:00-20:30	19:00-20:30	19:00-20:30	19:00-20:30	19:00-20:30	19:00-20:30				21:00-21:30	21:00-21:30		
FOOTBALL CITIES								M				M			M			M/QF							M/F		
TOYOTA STADIUM	Football							16:00				16:00			14:30			15:00							15:00		
								19:30				19:30			19:30			19:30							19:30		
Nagoya City Minato Soccer Field						W	M		W	M				M													
						15:30	15:30		15:30	15:30				14:00													
						19:00	19:00		19:00	19:00				19:00													
Wave Stadium Kariya								M				M	W		M												
								14:00				14:00	14:00		14:30												
								19:00				19:00	19:00		19:30												
Nagoya City Mizuho Park Rugby Field							M			M				M			M/QF										
							14:30			14:30							14:00										
							19:30			19:30				19:00			19:30										
Gifu Nagaragawa Stadium						W			W				W														
						14:00			14:00				14:00														
						19:00			19:00				19:00														
Shizuoka Stadium Ecopa						W			W				W				W/QF				W/SF			W/F			
						16:00			16:00				16:00				15:00				15:00			15:00			
						19:30			19:30				19:30				19:30				19:30			19:30			
Nagai Stadium						W			W				W				W/QF					M/SF					
						16:00			16:00				16:00				15:00					15:00					
						19:30			19:30				19:30				19:30					19:30					

*The competition schedule may change without prior notice due to coordination with sports federations.

- W

Men's event
- M

Men's event
- X

Mixed event
- O

Open event
- QF

Quarter Final
- SF

Semi Final
- F

Final
- Competition day
- Gold medal event day
- OC

Opening Ceremony
- CC

Closing Ceremony