

Tokyo 2020 - Olympic Session Competition Schedule v8.00 for Stakeholders

Venue	Sports/Discipline	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
		22 Jul Wed	23 Jul Thu	24 Jul Fri	25 Jul Sat	26 Jul Sun	27 Jul Mon	28 Jul Tue	29 Jul Wed	30 Jul Thu	31 Jul Fri	1 Aug Sat	2 Aug Sun	3 Aug Mon	4 Aug Tue	5 Aug Wed	6 Aug Thu	7 Aug Fri	8 Aug Sat	9 Aug Sun	
Olympic Stadium	Opening and Closing Ceremonies				20:00 - 23:00															20:00 - 23:00	
	Athletics										09:00 - 12:30	09:00 - 12:00	09:10 - 12:00	09:00 - 11:55	09:00 - 12:35	09:00 - 12:25	09:00 - 15:05				
											19:00 - 21:10	19:00 - 21:55	19:00 - 21:55	19:00 - 22:00	19:00 - 21:55	18:30 - 22:00	19:00 - 21:45	20:00 - 22:55	19:00 - 22:20		
	Football										M/W/Mix/F	M/W/Mix/SF/F	M/W/Mix/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/F	M/W/F		
Tokyo Metropolitan Gymnasium	Table Tennis				09:00 - 12:45	10:00 - 12:00	10:00 - 13:00	10:00 - 13:00	10:00 - 13:00	11:00 - 13:00				10:00 - 13:00	10:00 - 13:00	10:00 - 13:00	10:00 - 13:00	11:00 - 14:00	11:00 - 14:00		
					14:15 - 17:15	14:00 - 17:45	14:30 - 17:30	14:30 - 17:30	15:00 - 18:00	15:00 - 17:00				14:30 - 17:30	14:30 - 17:30	14:30 - 17:30	14:30 - 17:30				
					19:30 - 22:30	20:00 - 22:00	20:00 - 22:10	19:30 - 22:30	20:00 - 22:00	20:00 - 22:10	20:00 - 22:10			19:30 - 22:30	19:30 - 22:30	19:30 - 22:30	19:30 - 22:30	19:30 - 22:40	19:30 - 22:40		
					M/W/Mix	M/W/Mix/QF/SF	M/W/Mix/F	M/W	M/W/QF	M/W/SF/F	M/F			M/W	M/W/QF	M/W/QF/SF	M/W/SF	W/F	M/F		
Yoyogi National Stadium	Handball				09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:00 - 12:30	09:30 - 11:30	09:30 - 11:30				11:00 - 13:00	
					14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	14:15 - 17:45	13:15 - 15:15	13:15 - 15:15				15:00 - 17:30	
					19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	19:30 - 23:00	17:00 - 19:00	17:00 - 19:00	17:00 - 19:00	17:00 - 19:00	17:00 - 19:00	17:00 - 19:00	
															20:45 - 22:45	20:45 - 22:45	21:00 - 23:00	21:00 - 23:00	21:00 - 23:30		
Nippon Budokan	Judo				11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30								
					17:00 - 19:40	17:00 - 19:40	17:00 - 19:40	17:00 - 19:40	17:00 - 19:40	17:00 - 19:40	17:00 - 19:40	17:00 - 19:40	17:00 - 19:40								
	Karate				M/W/QF/SF/F	M/W/QF/SF/F	M/W/QF/SF/F	M/W/QF/SF/F	M/W/QF/SF/F	M/W/QF/SF/F	M/W/QF/SF/F	Mix/QF/SF/F						10:00 - 14:35	10:00 - 14:35		
																		17:00 - 21:30	17:00 - 21:30	14:00 - 20:15	
Tokyo International Forum	Weightlifting				09:20 - 11:30	11:50 - 14:00		11:50 - 14:00					11:50 - 14:00		11:50 - 14:00						
					12:50 - 15:00	15:50 - 18:00	13:50 - 16:00	15:50 - 18:00	13:50 - 16:00				15:50 - 18:00	13:50 - 16:00	15:50 - 18:00	13:50 - 16:00	13:50 - 16:00				
						19:50 - 22:00	19:50 - 22:00	19:50 - 22:00	19:50 - 22:00				19:50 - 22:00	19:50 - 22:00	19:50 - 22:00	19:50 - 22:00	19:50 - 22:00				
					W/F	M/F	W/F	W/F	M/F				M/F	W/F	W/F	M/F	M/F				
Kokugikan Arena	Boxing				11:00 - 14:30	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:10	11:00 - 14:10	11:00 - 13:55	11:00 - 13:40		11:00 - 13:35	14:00 - 16:05	14:00 - 16:05	14:00 - 15:35	14:00 - 16:00	14:00 - 16:00	
					17:00 - 20:30	17:00 - 20:45	17:00 - 20:45	17:00 - 20:45	17:00 - 20:45	17:00 - 20:10	17:00 - 20:10	17:00 - 19:55	17:00 - 19:40		17:00 - 19:35						
					M/W	M/W	M/W	M/W	M/W/QF	M/W	M/W/QF	M/W/QF/SF	M/W/QF/SF		M/W/QF/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/F	M/W/F	
Equestrian Park	Equestrian	Dressage			17:00 - 22:00	17:00 - 22:00		17:30 - 22:40	17:30 - 21:25												
					Mix	Mix		Mix/F	Mix/F												
	Equestrian	Jumping													19:00 - 22:45	19:00 - 21:40		19:00 - 22:05	19:00 - 21:20		
	Equestrian	Eventing										08:00 - 11:10	08:00 - 11:10								
Musashino Forest Sport Plaza	Badminton				09:00 - 14:30	10:00 - 15:30	10:00 - 15:30	10:00 - 15:30	09:00 - 14:30	09:00 - 15:30	09:00 - 12:30	09:00 - 16:00									
													13:00 - 16:00	13:00 - 15:30							
					18:00 - 22:00	18:00 - 21:30	18:00 - 21:30	18:00 - 21:30	18:00 - 21:30	17:00 - 22:00	15:30 - 21:30	18:00 - 23:00	20:30 - 23:00	20:00 - 23:00							
					M/W/Mix	M/W/Mix	M/W/Mix	M/W	M/W/Mix/QF	M/W/Mix/QF/SF	M/W/Mix/QF/SF/F	M/W/QF/SF/F	M/W/SF/F	M/W/F							
	Modern Pentathlon	[Fencing Ranking Round]															13:00 - 19:30				
Tokyo Stadium	Football		17:30 - 19:30	17:00 - 19:00																	
			20:30 - 22:30	20:00 - 22:00																	
			W	M																	
	Rugby						09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00	09:00 - 12:00								
							16:30 - 19:30	16:30 - 19:30	16:30 - 19:00	16:30 - 19:30	16:30 - 19:30	16:30 - 19:00	16:30 - 19:00								
	Modern Pentathlon						M	M/QF	M/SF/F	W	W/QF	W/SF/F							14:30 - 18:40	14:30 - 18:40	
																			19:30 - 20:15	19:30 - 20:15	
																			W/F	M/F	

Venue	Sports/Discipline		-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16				
			22 Jul Wed	23 Jul Thu	24 Jul Fri	25 Jul Sat	26 Jul Sun	27 Jul Mon	28 Jul Tue	29 Jul Wed	30 Jul Thu	31 Jul Fri	1 Aug Sat	2 Aug Sun	3 Aug Mon	4 Aug Tue	5 Aug Wed	6 Aug Thu	7 Aug Fri	8 Aug Sat	9 Aug Sun				
Musashinonomori Park	Cycling	Road(Road Race [Start])				11:00 - (18:15)	13:00 - (17:35)																		
						M/F	W/F																		
Ariake Arena	Volleyball	Volleyball				09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 11:00	09:00 - 11:00				09:00 - 11:00			
						14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	14:20 - 18:10	13:00 - 15:00	13:00 - 15:00	13:00 - 15:00	13:00 - 15:00	13:30 - 15:30	13:30 - 16:00		
						19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	19:40 - 23:30	17:00 - 19:00	17:00 - 19:00						
																		21:30 - 23:30	21:30 - 23:30	21:00 - 23:00	21:00 - 23:00	21:15 - 23:45			
Ariake Gymnastics Centre	Gymnastics	Artistic Gymnastics				10:00 - 12:30	09:30 - 13:05																		
						14:30 - 17:00	15:10 - 18:45																		
						19:30 - 22:00	20:20 - 22:00	19:00 - 22:00	19:45 - 22:00	19:15 - 22:00	19:50 - 22:00					17:00 - 20:00	17:00 - 19:15	17:00 - 19:15							
						M	W	M	W	M	W	M	W	M	W	M	W	M/QF	W/QF	M/SF	W/SF	M/F	W/F		
Ariake Gymnastics Centre	Gymnastics	Rhythmic Gymnastics																		10:20 - 13:15	10:00 - 12:40	11:00 - 12:45			
																				14:50 - 17:45	15:20 - 17:50				
																					W	W/F	W/F		
Ariake Urban Sports Park	Cycling	BMX Freestyle																							
Ariake Urban Sports Park	Cycling	BMX Racing																							
Ariake Urban Sports Park	Skateboarding	Street					09:00 - 13:55	09:00 - 13:55	Reserve day																
							M/F	W/F																	
Ariake Urban Sports Park	Skateboarding	Park																							
Ariake Tennis Park	Tennis				Center Court	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	12:00 - 20:00	12:00 - 20:00	12:00 - 20:00										
					Court 1	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	12:00 - 20:00	12:00 - 20:00											
					Court 2	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00													
					Court 3-11	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00	11:00 - 20:00														
Odaiba Marine Park	Aquatics	Marathon Swimming																							
Odaiba Marine Park	Triathlon							06:30 - 09:00	06:30 - 09:05																
Shiokaze Park	Volleyball	Beach Volleyball				09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 12:50	09:00 - 11:50	09:00 - 11:50	09:00 - 11:50	09:00 - 11:50	09:00 - 11:50	09:00 - 10:50	09:00 - 10:50	09:00 - 10:50	09:00 - 10:50	09:00 - 10:50	09:00 - 10:50	10:00 - 12:50	10:00 - 12:50			
						15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	15:00 - 17:50	13:00 - 14:50	13:00 - 14:50								
						20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	20:00 - 22:50	17:00 - 18:50	17:00 - 18:50								
Aomi Urban Sports Park	Basketball	3 x 3 Basketball				10:15 - 12:25	10:15 - 12:25	10:15 - 12:25																	
						14:00 - 15:50	14:00 - 15:50	14:00 - 15:50	13:30 - 15:30																
						17:30 - 19:30	17:30 - 19:30	17:30 - 19:30	17:00 - 18:50	17:00 - 19:10															
						21:00 - 22:50	21:00 - 22:50	21:00 - 22:50	20:30 - 22:50	20:45 - 23:25															
Aomi Urban Sports Park	Sport Climbing																								
Oi Hockey Stadium	Hockey				North pitch	09:30 - 13:15	09:30 - 13:15	09:30 - 13:15	09:30 - 13:15	09:30 - 13:15	09:30 - 13:15	09:30 - 13:15	09:30 - 13:15	09:30 - 13:15	09:30 - 13:45	09:30 - 13:45	10:30 - 12:15	10:30 - 12:15	10:30 - 12:15	10:30 - 12:15	10:30 - 12:15				
						18:30 - 22:15	18:30 - 22:15	18:30 - 22:15	18:30 - 22:15	18:30 - 22:15	18:30 - 22:15	18:30 - 22:15	18:30 - 22:15	18:30 - 22:15	18:30 - 22:45	18:30 - 22:45	19:00 - 20:45	19:00 - 20:45	19:00 - 21:30	19:00 - 21:30					
					South pitch	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45	10:00 - 13:45										
						19:00 - 22:45	19:00 - 22:45	19:00 - 22:45																	
Sea Forest Cross-Country Course	Equestrian	Eventing[cross-country]																							
Sea Forest Waterway	Canoe	Sprint																							
Sea Forest Waterway	Rowing				08:30 - 12:10	08:30 - 12:30	08:30 - 11:10	08:30 - 10:50	08:30 - 11:55	08:30 - 11:55	08:30 - 11:55	9:00 - 11:10													

Venue	Sports/Discipline		-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16							
			22 Jul Wed	23 Jul Thu	24 Jul Fri	25 Jul Sat	26 Jul Sun	27 Jul Mon	28 Jul Tue	29 Jul Wed	30 Jul Thu	31 Jul Fri	1 Aug Sat	2 Aug Sun	3 Aug Mon	4 Aug Tue	5 Aug Wed	6 Aug Thu	7 Aug Fri	8 Aug Sat	9 Aug Sun							
Kasai Canoe Slalom Centre	Canoe	Slalom					13:00 - 16:45	14:00 - 16:45	14:00 - 17:00	13:00 - 16:45	14:00 - 16:45	14:00 - 17:00	Reserve day															
						M/W	M/SF/F	W/SF/F	M/W	W/SF/F	M/SF/F																	
Yumenoshima Park Archery Field	Archery				09:00 - 11:00	09:30 - 12:05	09:30 - 11:05	09:30 - 11:05	09:30 - 13:25	09:30 - 13:25	09:30 - 13:25	09:30 - 11:15	09:30 - 11:15															
					13:00 - 15:00	14:15 - 17:25	13:45 - 17:25	13:45 - 17:25	16:00 - 19:55	16:00 - 18:40	16:00 - 18:40	14:45 - 17:20	14:45 - 17:20															
Tokyo Aquatics Centre	Aquatics	Swimming					10:30 - 12:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30	10:30 - 12:30														
						19:00 - 21:30	19:00 - 21:30	19:00 - 21:30	19:00 - 21:30	19:00 - 21:30	19:00 - 21:30	19:00 - 21:30																
					M/W	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F	M/W/SF/F														
	Aquatics	Diving															10:00 - 11:30		10:00 - 11:30			10:00 - 11:30						
							15:00 - 16:00	15:00 - 16:00	15:00 - 16:00	15:00 - 16:00			15:00 - 17:30	15:00 - 16:30	15:00 - 16:30	15:00 - 17:30	15:00 - 16:30	15:00 - 17:30	15:00 - 16:30	15:00 - 17:30	15:00 - 16:30	15:00 - 16:30						
							W/F	M/F	W/F	M/F			W	W/SF	W/F	M	M/SF/F	W	W/SF/F	M	M/SF/F							
Tatsumi Water Polo Centre	Aquatics	Water Polo					10:00 - 12:40		10:00 - 12:40		10:00 - 12:40		10:00 - 12:40		10:00 - 12:40							09:30-12:10	09:30-12:10					
						14:00 - 16:40	14:10 - 16:50	14:00 - 16:40	14:10 - 16:50	14:00 - 16:40	14:10 - 16:50	14:00 - 16:40	14:10 - 16:50	14:00 - 16:40	14:10 - 16:50	14:00 - 16:40	14:10 - 16:50	14:00 - 16:40	14:10 - 16:50	14:00 - 16:40	14:10 - 16:50	13:40-15:00	13:40-15:00					
						18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	18:20 - 21:00	16:30-18:20	16:30-18:20					
Makuhari Messe Hall A	Wrestling	Freestyle Greco-Roman																										
	Taekwondo					10:00 - 17:00	10:00 - 17:00	10:00 - 17:00	10:00 - 17:00																			
						19:00 - 22:40	19:00 - 22:40	19:00 - 22:40	19:00 - 22:40																			
Makuhari Messe Hall B	Fencing					09:00 - 15:40	09:00 - 16:20	09:00 - 16:20	10:00 - 15:55	10:00 - 15:55	09:00 - 16:50	10:00 - 15:55	10:00 - 15:55	09:00 - 16:35														
						17:30 - 21:30	18:00 - 22:20	18:00 - 22:20	18:30 - 20:35	18:30 - 20:35	18:30 - 21:25	18:30 - 20:35	18:30 - 20:35	18:30 - 21:15														
Tsurigasaki Surfing Beach	Surfing *					07:00 - 16:20	07:00 - 16:40	07:00 - 14:20	08:00 - 11:35	※	※	※	※	Reserve day														
Saitama Super Arena	Basketball	Basketball					10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00				11:30 - 13:30	11:30 - 14:00					
						13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40	13:40 - 15:40										
						17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	17:20 - 19:20	13:15 - 15:15	13:15 - 15:15	16:00 - 18:00							
						21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	21:00 - 23:00	20:00 - 22:00	20:00 - 22:00	20:00 - 22:30							
Asaka Shooting Range	Shooting	(Rifle & Pistol)				08:30 - 16:30	09:00 - 16:30		09:00 - 16:30		09:00 - 12:45	09:00 - 15:00	12:00 - 17:10	08:30 - 13:15	08:30 - 18:00	Reserve day												
						M/W/F	M/W/F		Mix/F		W	W/F	W/F	M	M/F													
	Shooting	(Shotgun)				09:00 - 16:00	09:00 - 17:15			09:00 - 16:00	09:00 - 16:55		09:00 - 14:50	Reserve day														
Kasumigaseki Country Club	Golf											07:30 - 15:30	07:30 - 15:30	07:30 - 15:30	07:30 - 16:00			07:30 - 15:30	07:30 - 15:30	07:30 - 15:30	07:30 - 16:00							
Enoshima Yacht Harbour	Sailing					12:00 - 18:00	12:00 - 18:00	12:00 - 18:00	12:00 - 18:00	12:00 - 18:00	12:00 - 18:00	12:00 - 18:00	12:00 - 18:00	12:00 - 18:00	14:30 - 16:50	14:30 - 16:50	Reserve day											
Izu Velodrome	Cycling	Track																				15:30 - 18:30	15:30 - 18:10	15:30 - 19:00	15:30 - 18:50	15:30 - 19:15	15:30 - 18:25	10:00 - 13:15
Izu MTB Course	Cycling	Mountain Bike						15:00 - 17:00	15:00 - 17:00																			
Fuji International Speedway	Cycling	Road(Road Race[Finish], Individual Time Trial)				(11:00) - 18:15	(13:00) - 17:35					11:30 - 12:55																
						M/F	W/F					M/W/F																
Fukushima Azuma Baseball Stadium	Baseball/Softball	(Baseball)											12:00 - 15:00															
						09:00 - 17:00	09:00 - 17:00																					
Yokohama Baseball Stadium	Baseball/Softball	(Baseball)											12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	12:00 - 15:00	
		(Softball)					10:00 - 16:30	10:00 - 16:30	10:00 - 16:30	13:00 - 15:00																		

Venue	Sports/Discipline	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
		22 Jul Wed	23 Jul Thu	24 Jul Fri	25 Jul Sat	26 Jul Sun	27 Jul Mon	28 Jul Tue	29 Jul Wed	30 Jul Thu	31 Jul Fri	1 Aug Sat	2 Aug Sun	3 Aug Mon	4 Aug Tue	5 Aug Wed	6 Aug Thu	7 Aug Fri	8 Aug Sat	9 Aug Sun	
Sapporo Odori Park	Athletics																			7:00 - 10:15	7:00 - 9:45
	(Marathon)																			W/F	M/F
	(Race Walk)																			5:30 - 10:00	
Sapporo Dome	Football	16:30 - 18:30	16:30 - 18:30		16:30 - 18:30	16:30 - 18:30			17:00 - 19:00												
		19:30 - 21:30	19:30 - 21:30		19:30 - 21:30	19:30 - 21:30			20:00 - 22:00												
		W	M		W	M			M												
Miyagi Stadium	Football	17:00 - 19:00			17:00 - 19:00			17:00 - 19:00	17:00 - 19:00												
		20:00 - 22:00			20:00 - 22:00			20:00 - 22:00	20:00 - 22:00		17:00 - 20:00	17:00 - 20:00									
		W			W			W	M		W/QF	M/QF									
Ibaraki Kashima Stadium	Football		17:00 - 19:00			17:00 - 19:00		17:00 - 19:00													
			20:00 - 22:00			20:00 - 22:00		20:00 - 22:00			18:00 - 21:00	18:00 - 21:00		17:00 - 20:00	17:00 - 20:00		17:00 - 20:00				
			M			M		W			W/QF	M/QF		W/SF	M/SF		W/B				
Saitama Stadium	Football				17:30 - 19:30	17:00 - 19:00			17:30 - 19:30												
					20:30 - 22:30	20:00 - 22:00		20:30 - 22:30	20:30 - 22:30		19:00 - 22:00	19:00 - 22:00		20:00 - 23:00					20:00 - 23:00		
					W	M		W	M		W/QF	M/QF		M/SF					M/B		
International Stadium Yokohama	Football		17:30 - 19:30			17:30 - 19:30			17:30 - 19:30												
			20:30 - 22:30			20:30 - 22:30		20:30 - 22:30	20:30 - 22:30		20:00 - 23:00	20:00 - 23:00		20:00 - 23:00						20:30 - 23:30	
			M			M		W	M		W/QF	M/QF		W/SF						M/F	

This session competition schedule is subject to amendments up until the conclusion of Olympic Games Tokyo 2020.

* Surfing Festival will be held from Day 2 to Day 9. Starting from 26 July, the schedule will depend on the wave conditions.