

Competition Venue	Sport/Discipline	Sep	11	12	13	14	15	16	17	18	OC	20	21	22	23	24	25	26	27	28	29	30	Oct	1	2	3	CC
		10	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	19	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	4	
		Thu									Sat															Sun	
		-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10	+11	+12	+13	+14	+15	
AICHI												TO BE ANNOUNCED															
Nagoya City General Gymnasium [Rainbow Pool]	Aquatics - Water Polo											TO BE ANNOUNCED															
Okazaki Chuo Sogo Park Multipurpose Square	Archery - Recurve/Compound																W/M	W/M/X	W/M	W/M	W/M/X/F	W/M/F	W/M/X/F	W/M/F			
																	08:00-11:50	08:00-09:15	08:00-11:00	08:00-11:00	09:00-10:55	09:00-11:28	09:00-11:00	09:00-11:15			
																	12:30-16:20	10:00-12:20	12:00-15:00	12:00-15:00	11:25-13:20	13:00-15:31	11:30-13:30	13:00-15:15			
																		13:30-15:50			14:00-15:55		14:00-16:00				
Nagoya City Mizuho Park Athletic Stadium	Athletics -Track and Field											TO BE ANNOUNCED															
Nagoya City Mizuho Park Athletic Stadium	Athletics - Marathon																W/M/F										
Aichi Prefectural Government and Nagoya City Halls Loop Course	Athletics - Race Walk													W/M/F				07:30-11:00		W/M/F							
														07:30-11:00					07:30-12:00								
Ichinomiya City Municipal Gymnasium	Badminton											W/M	W/M	W/M/QF	W/M/SF	W/M/F	W/M/X	W/M/X	W/M/X/QF	W/M/X/SF	W/M/X/F						
												09:30-20:30	09:30-20:30	09:30-20:30	09:30-20:30	09:30-20:30	09:30-20:30	09:30-20:30	09:30-20:30	09:30-20:30	11:00-19:00						
Okazaki Chuo Sogo Park Baseball Stadium	Baseball/Softball - Baseball												M	M	M		M	M/SF	M								
													12:00	12:00	12:00		12:00	12:00									
													18:30	18:30	18:30		18:30	18:30									
													M	M	M		M	M	M/F								
Toyohashi Municipal Baseball Stadium													12:00	12:00	12:00		12:00	12:00	18:30								
													18:30	18:30	18:30		18:30										
Anjo Softball Ground	Baseball/Softball - Softball																W	W	W	W	W	W	W	W	W/F		
																	09:00	09:00	09:00	09:00	09:00	09:00	09:00	09:00	10:00		
																	11:00	11:00	11:00	11:00	11:00	11:00	11:00	11:00	14:00		
																	13:00	13:00	13:00	13:00	13:00	13:00	13:00	13:00			
																	15:00	15:00	15:00	15:00	15:00	15:00	15:00	15:00			
Aichi International Arena	Basketball	M	M	M	M	M		M/QF	W	W/M/SF	W	W/M/F	W	W		W/QF	W/SF	W/F									
		10:00-12:15	10:00-12:15	10:00-12:15	10:00-12:15	10:00-12:15		10:00-12:15	10:00-12:15	10:00-12:15	09:00-11:15	10:00-12:15	10:00-12:15	10:00-12:15		10:00-12:15	16:00-18:15	16:00-18:15									
		13:00-15:15	13:00-15:15	13:00-15:15	13:00-15:15	13:00-15:15		13:00-15:15	13:00-15:15	13:00-15:15	12:00-14:15	13:50-16:05	13:00-15:15	13:00-15:15		13:00-15:15	19:00-21:15	19:00-21:15									
		16:00-18:15	16:00-18:15	16:00-18:15	16:00-18:15			16:00-18:15	16:00-18:15	16:00-18:15		16:40-18:55	16:00-18:15	16:00-18:15		16:00-18:15											
		19:00-21:15	19:00-21:15	19:00-21:15	19:00-21:15			19:00-21:15	19:00-21:15	19:00-21:15		19:40-21:55	19:00-21:15	19:00-21:15		19:00-21:15											
Kinjo Futo Station Square Venue	3x3 Basketball												W/M	W/M	W/M	W/M/QF	W/M/SF/F										
													12:00-15:20	12:00-15:20	12:00-15:20	12:00-14:40											
													17:40-21:00	17:40-21:00	17:40-21:00	17:40-21:00	18:00-20:35										
Nishio Gymnasium	Boxing												W/M	W/M	W/M	W/M	W/M	W/M	W/M	W/M	W/M	W/M		W/M/F			
													12:00-15:00	12:00-15:00	12:00-15:00	12:00-15:00	12:00-15:00	12:00-15:00	12:00-14:30	13:00-16:00	13:00-15:30		13:00-15:15				
													17:00-20:00	17:00-20:00	17:00-20:00	17:00-20:00	17:00-20:00	17:00-20:00	17:00-19:30				17:15-20:00				
Aichi Sky Expo	Breaking																							W/M	W/M/F		
																								14:00-21:20	14:00-18:00		
Miyoshi Lake Canoe Course	Canoe/Kayak-Sprint														M/W	M/W/SF/F	M/W/SF/F	M/W/SF/F									
															10:00-15:20	10:00-15:40	10:00-12:50	10:00-12:50									
Yahagigawa Canoe Slalom Course	Canoe/Kayak-Slalom																			W/M	W/M/SF/F	W/M/SF/F	W/M/QF/SF/F				
																				10:30-13:20	10:30-15:30	10:30-15:30	11:00-16:10				
Aichi Prefectural Martial Arts Hall	Combat sports - Jiu Jitsu																						W/M/SF/F	W/M/SF/F	W/M/SF/F		
																							09:00-15:30	09:00-15:30	09:00-13:30		
	Combat sports - Kurash																		W/M/SF/F	W/M/SF/F	W/M/SF/F		16:30-18:30	16:30-18:30	14:30-16:30		
																			09:30-12:00	09:30-12:00	09:30-12:00						
																			14:00-17:30	14:00-17:30	14:00-17:30						
Nagoya City Inae Sports Center	Combat sports - Mixed Martial Arts											W/M	W/M	W/M/F													
												10:00-13:00	10:00-13:00	14:00-18:00													
												16:00-19:00															
Korogi Athletic Park	Criket-T20								W/QF	W/QF		W/SF		W/F		M	M	M		M/QF	M/QF		M/SF		M/F		
									09:00	09:00		09:00	09:00	09:00		09:00	09:00	09:00		09:00	09:00		09:00		09:00		
									14:00	14:00		14:00		14:00		14:00	14:00	14:00		14:00	14:00		14:00		14:00		
Circuit course in Shinshiro City	Cycling - Road											W/M/F		W/F	M/F												
												09:00-11:45		09:00-12:00	09:00-13:00												
												13:00-16:45															
Obata Ryokuchi Park	Cycling - Mountain Bike															W/F	M/F										
																11:00-13:00	11:00-13:00										
																13:30-13:45	13:30-13:45										
Nagoya Velodrome BMX Race Track	Cycling - BMX Racing																			W/M/F							
																				09:30-11:30							
																				12:00-14:15							
	Cycling - BMX Freestyle																W/M	W/M/F									
																	09:30-14:30	09:30-13:30									
Aichi Sky Expo	Esports													O/F	O/F	O/F	O/F	O/F	O/F	O/F	O/F	O/F	O/F	O/F	O/F		
														09:00-20:00	09:00-20:00	09:00-20:00	09:00-15:00	09:00-13:00	09:00-20:00	09:00-20:00	09:00-20:00	09:00-20:00	09:00-20:00	09:00-20:00			
																	16:00-20:00	15:00-20:00									
	Fencing - Foil, Épée, Sabre												W/M/SF/F	W/M/SF/F	W/M/SF/F	W/M/SF/F	W/M/SF/F	W/M/SF/F									
													08:00	08:00	08:00	08:00	08:00	08:00									
													17:00	17:00	17:00	17:00	17:00										
Kasugai Country Club East Course	Golf																				W/M	W/M	W/M	W/M/F			
																					06:30-17:30	06:30-17:30	06:30-17:30	06:30-18:00			
	Gymnastics - Artistic Gymnastics												M/F	W/F	W/M/F	W/M/F	W/M/F										
													10:00-12:30	12:00-13:40	13:00-15:45	17:00-20:55	15:00-18:55										
													14:30-17:15	14:00-15:40	19:00-21:15												
															17:30-19:25												
	Gymnastics - Rhythmic Gymnastics																						W	W	W/F		
																						11:00-16:07	18:00-20:53	13:00-16:07			

Competition Venue	Sport/Discipline	Sep									OC											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	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun						
		-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10	+11	+12	+13	+14	+15						
AICHI	Handball										M	M/W	W	W		M	M															
Kasugai City Gymnasium											13:30-15:00	10:00-11:30	12:30-14:00	12:30-14:00		12:30-14:00	13:30-15:00															
											15:30-17:00	12:00-13:30	14:30-16:00	14:30-16:00		14:30-16:00	15:30-17:00															
											17:30-19:00	14:00-15:30	16:30-18:00	16:30-18:00		16:30-18:00	17:30-19:00															
												16:00-17:30	18:30-20:00	18:30-20:00		18:30-20:00																
												18:00-19:30																				
ENTRIO											M	M	M	M		M/W/SF	M	M/SF/W/F		M/F												
											13:30-15:00	10:00-11:30	13:30-15:00	13:30-15:00		11:00-12:30	13:30-15:00	12:00-13:30		17:00-18:30												
											16:00-17:30	12:30-14:00	16:00-17:30	16:00-17:30		13:30-15:00	16:00-17:30	14:30-16:00		19:30-21:00												
											18:30-20:00	15:00-16:30	18:30-20:00	18:30-20:00		16:00-17:30	18:30-20:00	17:00-18:30														
Aichi International Arena	Judo																					W/M/SF/F	W/M/SF/F	W/M/SF/F	X/SF/F							
																					11:00-14:00	11:00-14:00	11:00-14:00	11:00-14:00								
																					17:00-19:30	17:00-19:30	17:00-19:30	17:00-19:30								
Tokai Citizen Gymnasium	Kabaddi										W/M	W/M	W/M	W/M	W/M/SF	W/M/F																
											9:30-14:00	9:30-14:00	9:30-14:00	9:30-14:00	13:00-15:00	13:00-14:45																
Toyohashi Gymnasium	Karate - Kata										M/W/F	M/W/F	M/W/F	M/W/F																		
	Karate - Kumite										10:00-19:10	10:00-19:40	10:00-19:05	10:00-17:25																		
Anjo Sports Park	Modern Pentathlon						W/M	W/SF	M/SF		W/M/F																					
	Rowing						10:00-13:00	10:00-11:30	10:00-11:30		10:00-12:30																					
							14:30-17:30	15:00-16:30	15:00-16:30		14:30-17:00																					
Nagaragawa International Regatta Course											W/M	W/M	W/M/SF	W/M/F	W/M/F																	
											09:00-15:00	09:00-15:00	09:00-15:00	09:00-12:00	09:00-12:00																	
Nagoya City Mizuho Park Rugby Field	Rugby Sevens																					W/M	W/M/QF	W/M/SF/F								
Kaiyoh Yacht Harbor	Sailing																W/M	W/M	W/M	W/M	W/M/F	W/M/F	W/M/F	W/M/F								
																	10:00-16:00	10:00-16:00	10:00-16:00	10:00-16:00	10:00-16:00	10:00-16:00	10:00-14:30									
Nagoya City Mizuho Park Gymnasium	Sepaktakraw										W/M	W/M	W/M	W/M	W/M	W/M/F		W/M	W/M	W/M/F	W/M	W/M	W/M	W/M	W/M/F							
							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	09:00-12:00	09:00-12:00	09:00-12:00		09:00-11:00	09:00-11:00	09:00-12:00	09:00-11:00	09:00-11:00	09:00-11:00	09:00-12:00								
							14:00-17:00	14:00-17:00	14:00-17:00	14:00-17:00	14:00-17:00	14:00-17:00	14:00-17:00	14:00-17:00	14:00-17:00	14:00-16:00	14:00-16:00	14:00-16:00	14:00-16:00	14:00-16:00	14:00-16:00	14:00-16:00	14:00-16:00									
Aichi Prefectural General Shooting Gallery	Shooting - Rifle, Pistol, Shot Gun										W/F	W/M/F	W/M/X/F	W/M/F	M/X/F	M/X/F	W/F	W/M	W/M/F	W/M/F	M/X/F	M/F										
Aichi Sky Expo	Skateboarding										09:00-16:00	09:00-16:00	09:00-16:00	09:00-17:00	09:00-16:00	10:00-16:40	9:00-16:00	09:00-16:00	09:00-17:00	09:00-17:00	09:00-17:00	09:30-19:15										
															W/M	W/M/F	W/M	W/M/F														
Nagoya International Exhibition Hall [Portmesse Nagoya]	Sport Climbing														09:00-14:45	09:00-12:25	09:00-15:15	10:00-12:15														
															15:15-21:00	12:45-14:15	15:45-22:00	13:00-15:00			M/SF/W	W/M/SF/F	W/M/F	W/M/SF	W/M/F							
Nagoya Kinjo-Futo Arena	Squash																					18:00-21:05	10:00-13:15	18:00-21:05	17:00-20:00	18:00-20:35						
Pacific Long Beach (Tahara, Aichi, Japan)	Surfing																					W/M/X	W/M/SF	W/M/F								
																						W/M/X	W/M/SF	W/M/F								
SKY HALL TOYOTA	Table Tennis										W/M	W/M	W/M/X/QF	W/M/X/SF	W/M/F	W/M/X/QF/SF	W/M/X/QF/F	W/M/SF/F	W/M/SF/F	W/M/SF/F	W/M/SF/F											
											10:00	10:00	10:00	10:00	10:00	10:00	10:00	12:00	12:00													
Toyohashi Gymnasium	Taekwondo - Kyorugi																								W/M/F	W/M/F						
	Taekwondo - Poomsae																								W/M/F							
Nagoya City Higashiyama Park Tennis Center	Tennis - Tennis																					09:00-19:35	09:00-19:35									
	Tennis - Soft Tennis								W/M/QF		W/M/SF/F	X/QF/SF/F	W/M	W/M/QF/SF/F								W/M/X/QF	W/M/X/SF	W/M/X/F								
Gamagori City Triathlon Venue	Triathlon										09:00-20:15	09:00-19:00	09:00-17:00	09:00-17:30								10:00	10:00	10:00	10:00							
											M/W/F	X/F																				
Okazaki Chuo Sogo Park Gymnasium	Volleyball - Volleyball										08:30-12:20	09:30-11:30																				
											W	W	W																			
											10:00-12:00	10:00-12:00	10:00-12:00																			
											13:00-15:00	13:00-15:00	13:00-15:00																			
											16:00-18:00	16:00-18:00	16:00-18:00																			
Park Arena Komaki	Volleyball										19:00-21:00	19:00-21:00	19:00-21:00																			
											W	W	W																			
											10:00-12:00	10:00-12:00	10:00-12:00																			
											13:00-15:00	13:00-15:00	13:00-15:00																			
											16:00-18:00	16:00-18:00	16:00-18:00																			
Hekinan Ryokuchi Beach Court	Volleyball - Beach Volleyball										19:20-21:20	19:20-21:20	19:20-21:20																			
											W/M	W/M	W/M	W/M	W/M	W/M	W/M	W/M	W/M	W/M	W/F/QF	W/M/SF	W/F	M/F								
											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	09:00-12:00	09:00-12:00	09:00-12:00	09:00-11:00	12:00-14:30	12:00-14:30									
											13:00-16:00	13:00-16:00	13:00-16:00	13:00-16:00	13:00-16:00	13:00-16:00	13:00-16:00	13:00-16:00	13:00-16:00	13:00-16:00	14:00-16:00											
Nagoya City Trade and Industry Center	Weightlifting																															
Nagoya City Inae Sports Center	Wrestling - Freestyle																															
Aichi Prefectural Martial Arts Hall	Wushu - Taolu																															
	Wushu - Sanda																															

Session Schedule for the 20th Asian Games																											
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	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
		-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10	+11	+12	+13	+14	+15	
TOKYO	Aquatics - Swimming											W/M/F	W/M/F	W/M/F	W/M/X/F	W/M/F	W/M/F										
Tokyo Aquatics Centre	Aquatics - Diving											10:00	10:00	10:00	10:00	10:00	10:00										
												17:00	17:00	17:00	17:00	17:00	17:00	W/M/F	W/M/F	W/M/F	W/M/F	W/M/F					
Equestrian Park	Equestrian - Dressage																O/F	O	O/F								
	Equestrian - Eventing												O	O	O/F												
	Equestrian - Jumping												09:30-13:15	09:30-14:30	10:45-12:55								O/F		O	O/F	
SHIZUOKA	Aquatics - Artistic Swimming																W/X	W/X/F	X/F								
Hamamatsu Swimming Center	Cycling - Track																11:00-12:30	11:00-13:00	11:00-13:30								
																	17:00-18:30	17:00-18:30									
Izu Velodrome																					W/M/F	W/M/SF/F	W/M/QF/SF/F	W/M/SM/F			
GIFU	Hockey								W			M	W	M	W	M	W	M	W	M		W/SF	M/SF	W/F	M/F		
Gifu Prefectural Green Stadium									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		10:00-11:45	10:00-11:45	10:00-11:45	10:00-11:45		
									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		12:30-14:15	12:30-14:15	12:30-14:15	12:30-14:15		
									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		16:00-17:45	16:00-17:45	16:00-17:45	16:00-17:45		
									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		18:30-20:15	18:30-20:15	18:30-20:15	18:30-20:15		
									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		20:15-20:45	20:15-20:45	20:15-20:45	20:15-20:45		
FOOTBALL CITIES	Football							M				M			M			M/QF							M/F		
TOYOTA STADIUM								16:00				16:00			14:30			15:00							15:00		
Nagoya City Minato Soccer Field						W	M		W	M		19:30			19:30			19:30							19:30		
						15:30	15:30		15:30	15:30				14:00													
Wave Stadium Kariya														19:00													
								M					M	W		M											
Nagoya City Mizuho Park Rugby Field		Football							14:00				14:00	14:00		14:30											
								19:00					19:00	19:00		19:30											
Gifu Nagaragawa Stadium								M			M				M			M/QF									
								14:30			14:30				14:00				14:00								
Shizuoka Stadium Ecopa									19:30						19:00												
								W		W				W				W/QF				W/SF			W/F		
Nagai Stadium								16:00		16:00				16:00				15:00				15:00			15:00		
								19:30		19:30				19:30				19:30				19:30			19:30		
								W		W				W				W/QF				M/SF					

*As of 3 February 2026, the competition schedule may change without prior notice due to coordination with sports federations.

*Competition venues are provisionally decided and may be subject to change.

W	Women's event	QF	Quarter Final	Competition day
M	Men's event	SF	Semi Final	Gold medal event day
X	Mixed event	F	Final	Opening Ceremony
O	Open event			OC
				CC