Session Schedule for the 20th Asian Games ver.2 (as of January 9, 2026)

20th Asian Games Aichi-Nagoya 2026

Competition Venue	Sport/Discipline	Sep 10 Thu -9	11 Fri -8	12 Sat -7	13 Sun -6	14 Mon -5	15 Tue -4	16 Wed -3	17 Thu -2	18 Fri -1	OC 19 Sat 0	20 Sun +1	21 Mon +2	22 Tue +3	23 Wed +4	24 Thu +5	25 Fri +6	26 Sat +7	27 Sun +8	28 Mon +9	29 Tue +10	30 Wed +11	Oct 1 Thu +12	2 Fri +13	3 Sat +14	CC 4 Sun +15
AICHI																										
Nagoya City General Gymnasium [Rainbow Pool]	Aquatics - Water Polo											TO BE ANNOUNCED SOON														
Okazaki Chuo Sogo Park Multipurpose Square	Archery - Recurve/Compound																	W/M 08:00-11:50 12:30-16:20	W/M/X 08:15-09:15 10:15-12:20 13:45-15:50	W/M 08:15-11:00 12:15-15:00	W/M 08:15-11:00 12:15-15:00	W/M/X/F 09:00-10:55 11:25-13:20 14:00-15:55	W/M/F 09:00-11:28 13:00-15:31	W/M/X/F 09:00-11:00 11:30-13:30 14:00-16:00	W/M/F 09:00-11:15 13:00-15:15	
Nagoya City Mizuho Park Athletic Stadium	Athletics -Track and Field															W/M/F 09:00-12:00 19:00-22:30	W/M/F 09:00-12:00 19:00-22:30	W/M/F - 19:00-22:30	W/M/F - 19:00-22:30	W/M/F 09:00-12:00 19:00-22:30	W/M/F 09:00-12:00 19:00-22:30					
Nagoya City Mizuho Park Athletic Stadium	Athletics - Marathon																	W/M/F 07:30-11:00								
Circular course around the Aichi Prefectural Government Office and the Nagoya City Hall	Athletics - Race Walk														W/M/F 07:30-11:00				W/M/F 07:30-12:00							
Ichinomiya City Municipal Gymnasium	Badminton											W/M 09:30-20:30	W/M 09:30-20:30	W/M/QF 09:30-20:30	W/M/SF 09:30-20:30	W/M/F 09:30-20:30	W/M/X 09:30-20:30	W/M/X 09:30-20:30	W/M/X/QF 09:30-20:30	W/M/X/SF 09:30-20:30	W/M/X/F 11:00-19:00					
Okazaki Chuo Sogo Park Baseball Stadium	Baseball/Softball - Baseball												M 12:00 18:30	M 12:00 18:30	M 12:00 18:30		M 12:00	M/SF 12:00 18:30	M 12:00							
Toyohashi Municipal Baseball Stadium	Baseball/Softball - Baseball												M 12:00 18:30	M 12:00 18:30	M 12:00 18:30		M 12:00 18:30	M 12:00 18:30	M/F 18:30							
Anjo Softball Ground	Baseball/Softball - Softball																	W 09:00 11:00 13:00 15:00	W 09:00 11:00 13:00 15:00	W 09:00 11:00 13:00 15:00	W 09:00 11:00 13:00 15:00	W 09:00 11:00 13:00 15:00	W 09:00 11:00 13:00 15:00	W 09:00 11:00 13:00 15:00	W/F 10:00 14:00	
Aichi International Arena	Basketball	M 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	M 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	M 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	M 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	M 10:00-12:15 13:00-15:15		M 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	W 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	W/M/SF 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	W 09:00-11:15 12:00-14:15	W/M/F 10:00-12:15 13:50-16:05 16:40-18:55 19:40-21:55	W 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	W 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15		W/QF 10:00-12:15 13:00-15:15 16:00-18:15 19:00-21:15	W/SF 16:00-18:15 19:00-21:15	W/F 16:00-18:15 19:00-21:15								
Kinjo Futo Station Square Venue	3x3 Basketball												W/M 12:00-15:20 17:40-21:00	W/M 12:00-15:20 17:40-21:00	W/M 12:00-15:20 17:40-21:00	W/M/QF 12:00-15:20 17:40-21:00	W/M/SF/F 13:00-14:40 18:00-20:35									
Nishio Gymnasium	Boxing												W/M 12:00-15:00 17:00-20:00	W/M 12:00-15:00 17:00-20:00	W/M 12:00-15:00 17:00-20:00	W/M 12:00-15:00 17:00-20:00	W/M 12:00-15:00 17:00-20:00	W/M 12:00-15:00 17:00-20:00	W/M 12:00-15:00 17:00-20:00	W/M 12:00-14:30 17:00-19:30	W/M 13:00-16:00	W/M 13:00-15:30		W/M/F 13:00-15:15 17:15-20:00		
Aichi Sky Expo	Breaking																							W/M 14:00-21:20	W/M/F 14:00-18:00	
Miyoshi Lake Canoe Course	Canoe/Kayak-Sprint														M/W 10:00-15:20	M/W/SF/F 10:00-15:40	M/W/SF/F 10:00-12:50	M/W/SF/F 10:00-12:50								
Yahagigawa Canoe Slalom Course	Canoe/Kayak-Slalom																				W/M 10:30-13:20	W/M/SF/F 10:30-15:30	W/M/SF/F 10:30-15:30	W/M/QF/SF/F 11:00-16:10	予備日	
Aichi Prefectural Martial Arts Hall	Combat sports - Jiu Jitsu											TO BE ANNOUNCED SOON														
Aichi Prefectural Martial Arts Hall	Combat sports - Kurash																		W/M/SF/F 09:30-12:00 14:00-17:30	W/M/SF/F 09:30-12:00 14:00-17:30	W/M/SF/F 09:30-12:00 14:00-17:30					
Nagoya City Inae Sports Center	Combat sports - Mixed Martial Arts											10:00-13:00 15:00-18:00	10:00-13:00	M/F 14:00-18:00												
Korogi Athletic Park	Criket-T20								W/QF 09:00 14:00	W/QF 09:00 14:00		W/SF 09:00 14:00		W/F 09:00 14:00		M 09:00 14:00	M 09:00 14:00	M 09:00 14:00		M/QF 09:00 14:00	M/QF 09:00 14:00		M/SF 09:00 14:00		M/F 09:00 14:00	
Circuit course in Shinshiro City	Cycling - Road											W/M/F 09:00-12:30 13:00-17:00		W/F 09:00-12:45	M/F 09:00-13:30											
Obata Ryokuchi Park	Cycling - Mountain Bike															W/F 11:00-13:00 13:30-13:45	M/F 11:00-13:00 13:30-13:45									
Nagoya Velodrome BMX Race Track	Cycling - BMX Racing																			W/M/F 09:30-11:30 12:00-14:15						
Aichi Sky Expo	Cycling - BMX Freestyle																	W/M 09:30-14:30	W/M/F 09:30-13:30							
Aichi Sky Expo	Esports														O/F 09:00-20:00	O/F 09:00-20:00	O/F 09:00-20:00	O/F 09:00-15:00 16:00-20:00	O/F 09:00-13:00 15:00-20:00	O/F 09:00-20:00	O/F 09:00-20:00	O/F 09:00-20:00	O/F 09:00-20:00	O/F 09:00-20:00		
Aichi Sky Expo	Fencing - Foil, Épée, Sabre													W/M/SF/F 08:00 17:00	W/M/SF/F 08:00 17:00	W/M/SF/F 08:00 17:00	W/M/SF/F 08:00 17:00	W/M/SF/F 08:00 17:00	W/M/SF/F 08:00 17:00							
Kasugai Country Club East Course	Golf																					W/M 06:30-17:30	W/M 06:30-17:30	W/M 06:30-17:30	W/M/F 06:30-18:00	
Nagoya City General Gymnasium [Rainbow Hall]	Gymnastics - Artistic Gymnastics												M/F 12:00-14:30 16:30-19:15	W/F 12:00-15:40 17:30-19:25	W/M/F 13:00-15:45 19:00-21:15	W/M/F 17:00-20:55	W/M/F 15:00-18:55									
Nagoya City General Gymnasium [Rainbow Hall]	Gymnastics - Rhythmic Gymnastics																						W 10:00-13:25 15:00-18:25	W 19:00-21:38	W/F 14:00-17:22 20:00-21:59	
Nagoya City General Gymnasium [Rainbow Hall]	Gymnastics - Trampoline Gymnastics																		W/M/F 11:30-21:15							
AICHI																										
Kasugai City Gymnasium	Handball											M 13:30-15:00 16:00-17:30 18:30-20:00	M/W 10:00-11:30 12:30-14:00 15:00-16:30 17:30-19:00 20:00-21:30	W 11:00-12:30 13:30-15:00 16:00-17:30 18:30-20:00	W 11:00-12:30 13:30-15:00 16:00-17:30 18:30-20:00		M 11:00-12:30 13:30-15:00 16:00-17:30 18:30-20:00	M 13:30-15:00 16:00-17:30 18:30-20:00									
ENTRIO	Handball											M 13:30-15:00 16:00-17:30 18:30-20:00	M 10:00-11:30 12:30-14:00 15:00-16:30 17:30-19:00 20:00-21:30	M 13:30-15:00 16:00-17:30 18:30-20:00	M 13:30-15:00 16:00-17:30 18:30-20:00		M/W/SF 11:00-12:30 13:30-15:00 16:00-17:30 18:30-20:00	M 13:30-15:00 16:00-17:30 18:30-20:00	M/SF/W/F 12:00-13:30 14:30-16:00 17:00-18:30 19:30-21:00		M/F 17:00-18:30 19:30-21:00						
Aichi International Arena	Judo																					W/M/SF/F 11:00-14:00 17:00-19:30	W/M/SF/F 11:00-14:00 17:00-19:30	W/M/SF/F 11:00-14:00 17:00-19:30	X/SF/F 11:00-14:00 17:00-19:30	
Tokai Citizen Gymnasium	Kabaddi												W/M 9:30-14:00 16:00-20:20	W/M 9:30-14:00 16:00-20:20	W/M 9:30-14:00 16:00-20:20	W/M 9:30-14:00 16:00-20:20	W/M/SF 13:00-15:00 18:00-20:00	W/M/F 13:00-14:45 18:00-19:45									
Toyohashi Gymnasium	Karate - Kata Karate - Kumite											M/W/F 10:00-19:10	M/W/F 10:00-19:40	M/W/F 10:00-19:05	M/W/F 10:00-17:25											
Anjo Sports Park	Modern Pentathlon							W/M 10:00-13:00 14:30-17:30	W/SF 10:00-11:30 15:00-16:30	M/SF 10:00-11:30 15:00-16:30		W/M/F 10:00-12:30 14:30-17:00														
Nagaragawa International Regatta Course	Rowing											W/M 09:00-15:00	W/M 09:00-15:00	W/M/SF 09:00-15:00	W/M/F 09:00-12:00	W/M/F 09:00-12:00										
Nagoya City Mizuho Park Rugby Field	Rugby Sevens																						W/M 09:00	W/M/QF/SF 09:00	W/M/SF/F 09:00	
Kaiyoh Yacht Harbor	Sailing																	W/M 10:00-16:00	W/M 10:00-16:00	W/M 10:00-16:00	W/M 10:00-16:00	W/M/F 10:00-16:00	W/M/F 10:00-16:00	W/M/F 10:00-16:00	W/M/F 10:00-14:30	
Nagoya City Mizuho Park Gymnasium	Sepaktakraw											W/M 09:00-12:00 14:00-17:00	W/M 09:00-12:00 14:00-17:00	W/M 09:00-12:00 14:00-17:00	W/M 09:00-12:00 14:00-17:00	W/M 09:00-12:00 14:00-17:00	W/M/F 09:00-12:00 14:00-17:00		W/M 09:00-11:00 14:00-16:00	W/M 09:00-11:00 14:00-16:00	W/M/F 09:00-12:00	W/M 09:00-11:00 14:00-16:00	W/M 09:00-11:00 14:00-16:00	W/M 09:00-11:00 14:00-16:00	W/M/F 09:00-12:00	
Aichi Prefectural General Shooting Gallery	Shooting - Rifle, Pistol, Shot Gun											W/M/F 09:00-16:00	M/F 09:00-13:05	X/F 09:00-16:00	W/M/F 09:00-15:00	M/X/F 09:00-16:00	W/M/X/F 09:00-17:00	W/F 10:00-14:15	W/M 09:00-18:30	W/M/F 09:00-15:00	W/M 09:00-16:00	W/M/F 09:00-18:00	M/X/F 09:00-19:15	X/F 09:00-16:00		
Aichi Sky Expo	Skateboarding															W/M 11:46-14:28 17:46-20:28	W/M/F 10:18-11:10 13:03-13:55	W/M 11:41-15:00 18:11-21:30	W/M/F 11:13-12:16 13:58-15:01							
Nagoya International Exhibition Hall [Portmesse Nagoya]	Sport Climbing																				M/SF/W 10:00-13:15	W/M/SF/F 10:00-13:15 18:00-21:05	W/M/F 18:00-21:05	W/M/SF 17:00-20:00	W/M/F 18:00-20:35	
Nagoya Kinjo-Futo Arena	Squash														W/M 09:00	W/M 09:00	W/M/QF 09:00	W/M/SF 11:30	W/M/F 13:30	W/M/X 10:00	W/M/X 10:00	W/M/X/QF 10:00	W/M/X/SF 12:00	W/M/X/F 14:00		
Pacific Long Beach (Tahara, Aichi, Japan)	Surfing																W/M 07:00-16:49	W/M 07:00-15:05	W/M/QF 07:00-15:45	W/M/SF/F 07:00-12:02						
SKY HALL TOYOTA	Table Tennis											W/M 10:00	W/M 10:00 18:30	W/M/X/QF 10:00 19:20	W/M/X/SF 10:00 17:00	W/M/F 10:00 17:00	W/M/X/QF/SF 10:00	W/M/X/QF/F 10:00 15:30	W/M/SF/F 12:00 19:00	W/M/SF/F 12:00 19:00						
Toyohashi Gymnasium	Taekwondo - Kyorugi																							W/M/F 09:00-19:35	W/M/F 09:00-19:35	
Toyohashi Gymnasium	Taekwondo - Poomsae																						W/M/F 09:00-19:40			
Nagoya City Higashiyama Park Tennis Center	Tennis - Tennis																		W/M 10:00	W/M/X 10:00	W/M/X 10:00	W/M/X 10:00	W/M/X/QF 10:00	W/M/X/SF 10:00	W/M/X/F 10:00	
Nagoya City Higashiyama Park Tennis Center	Tennis - Soft Tennis									W/M/QF 9:00-19:00		W/M/SF/F 9:00-20:15	X/QF/SF/F 9:00-19:00	W/M 9:00-17:00	W/M/QF/SF/F 9:00-17:30											
Gamagori City Triathlon Venue	Triathlon											M/W/F 08:30-12:20	X/F 09:30-11:30													
Okazaki Chuo Sogo Park Gymnasium	Volleyball - Volleyball							W 10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00	W 10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00	W 10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00		W 10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00	W 10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00	W 10:00-12:00 13:00-15:00 16:00-18:00 19:00-21:00					M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20		M/QF 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M/SF 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M/F 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	
Park Arena Komaki	Volleyball - Volleyball							W 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	W 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	W 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20		W/QF 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	W/SF 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	W/F 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20					M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20		M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	M 10:00-12:00 13:00-15:00 16:00-18:00 19:20-21:20	
Hekinan Ryokuchi Beach Court	Volleyball - Beach Volleyball											W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/M 09:00-12:00 13:00-16:00	W/F/QF 09:00-12:00 13:00-16:00	W/M/SF 09:00-11:00 14:00-16:00	W/F 12:00-14:30	M/F 12:00-14:30	
Nagoya City Trade and Industry Center	Weightlifting														W/F 10:00-12:00 13:30-19:20	M/F 10:00-12:00 13:30-19:20	W/F 10:00-12:00 13:30-19:20	M/F 10:00-12:00 13:30-19:20	W/F 10:00-12:00 13:30-19:20	M/F 10:00-12:00 13:30-19:20	W/M/F 9:30-14:50 16:20-21:20					
Nagoya City Inae Sports Center	Wrestling - Freestyle																					W/F 10:30-14:00 18:00-21:00	W/F 10:30-14:00 18:00-21:00	W/M/F 10:30-14:00 18:00-21:00	W/M/F 10:30-14:00 18:00-21:00		
Nagoya City Inae Sports Center	Wrestling - Greco-Roman																					M/F 10:30-14:00 18:00-21:00	M/F 10:30-14:00 18:00-21:00				
Aichi Prefectural Martial Arts Hall	Wushu - Taolu											M/W/F 09:00-12:00 14:30-16:30	M/W/F 09:00-12:00 14:30-16:30	W/M/F 09:00-12:00 14:30-16:30	W/M/F 09:00-12:00 14:30-16:30											
Aichi Prefectural Martial Arts Hall	Wushu - Sanda											M/W 19:30-21:30	M/W 19:30-21:30	M/W/QF 19:30-21:30	M/W/SF 19:30-21:30	M/W/F 09:30-12:00										
TOKYO																										
Tokyo Aquatics Centre	Aquatics - Swimming											W/M/F 10:00 17:00	W/M/F 10:00 17:00	W/M/F 10:00 17:00	W/M/X/F 10:00 17:00	W/M/F 10:00 17:00	W/M/F 10:00 17:00									
Tokyo Aquatics Centre	Aquatics - Diving																	W/M/F 10:00	W/M/F 10:00	W/M/F 10:00	W/M/F 10:00	W/M/F 10:00				
Equestrian Park	Equestrian - Dressage																O/F 09:30-17:20	O 09:30-16:50	O/F 09:30-12:30							
Equestrian Park	Equestrian - Eventing												O 09:30-13:15	O 09:30-14:30	O/F 10:45-12:55											
Equestrian Park	Equestrian - Jumping																						O/F 09:30-16:05		O 09:30-13:35	O/F 09:30-13:40
SHIZUOKA																										
"ToBiO" Furuhashi Hironoshin Memorial Hamamatsu Swimming Center	Aquatics - Artistic Swimming																	W/X 11:00-12:30 17:00-18:30	W/X/F 11:00-13:00 17:00-18:30	X/F 11:00-13:30							
Izu Velodrome	Cycling - Track																				W/M/F 10:00-13:00 15:00-17:00	W/M/SF/F 10:00-12:00 15:00-17:30	W/M/QF/SF/F 10:00-12:00 15:00-19:30	W/M/SM/F 10:00-12:00 14:00-18:30		
GIFU																										
Gifu Prefectural Green Stadium	Hockey									W 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	M 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	W 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	M 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	W 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	M 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	W 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	M 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	W 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30	M 09:00-10:30 11:00-12:30 13:00-14:30 15:00-16:30 17:00-18:30 19:00-20:30		W/SF 10:00-11:45 12:30-14:15 16:00-17:45 18:30-20:15	M/SF 10:00-11:45 12:30-14:15 16:00-17:45 18:30-20:15	W/F 10:00-11:45 12:30-14:15 16:00-17:45 18:30-20:15 20:15-20:45	M/F 10:00-11:45 12:30-14:15 16:00-17:45 18:30-20:15 20:15-20:45	
FOOTBALL CITIES																										
TOYOTA STADIUM	Football							M 16:00 19:30				M 16:00 19:30			M 14:30 19:30			M/QF 15:00 19:30							M/F 15:00 19:30	
Nagoya City Minato Soccer Field	Football					W 15:30 19:00	M 15:30 19:00		W 15:30 19:00	M 15:30 19:00				M 14:00 19:00												
Wave Stadium Kariya	Football							M 14:00 19:00				M 14:00 19:00	W 14:00 19:00		M 14:30 19:30											
Nagoya City Mizuho Park Rugby Field	Football						M 14:30 19:30			M 14:30 19:30				M 14:00 19:00			M/QF 14:00 19:30									
Gifu Nagaragawa Stadium	Football					W 14:00 19:00			W 14:00 19:00				W 14:00 19:00													
Shizuoka Stadium Ecopa	Football					W 16:00 19:30			W 16:00 19:30				W 16:00 19:30				W/QF 15:00 19:30				W/SF 15:00 19:30			W/F 15:00 19:30		
Nagai Stadium	Football					W 16:00 19:30			W 16:00 19:30				W 16:00 19:30				W/QF 15:00 19:30					M/SF 15:00 19:30				

※Subject to change due to coordination with stakeholders.

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