

## Konkurransetider for øvelser med (mulig) norsk deltakelse:

(Japanske tider. Norsk tid er minus 7 timer. Uten ansvar for feil. Endringer kan forekomme).

### Fredag 23. juli:

08.30-09.30	Roing, Men's Single Sculls Heats	Sea Forest Waterw.
11.30-11.50	Roing, Men's Quadruple Sculls Heats	Sea Forest Waterw.
20.00-23.00	Åpningsseremoni	Olympic Stadium

### Lørdag 24. juli:

08.30-09.45	Skyting, 10 m Air Rifle Women's Qual.	Asaka Shooting R.
09.00-09.30	Roing, Men's Single Sculls Repechages	Sea Forest Waterw.
09.00-10.30	Håndball, NOR-BRA/M	YoYogi National St.
10.00-12.30	Turn, Artistic/M Qual.	Ariake Gym. Centre
10.45-11.25	Skyting, 10 m Air Rifle Women's Finals	Asaka Shooting R.
11.00-18.15	Sykkel, Landevei/M	Musashinonomori P.
11.20-11.50	Roing, Lightweight Men's Dbl Sculls Heats	Sea F. Waterw.
14.30-17.00	Turn, Artistic/M/Qual.	Ariake Gym. Centre
19.00-21.30	Svømming, M	Tokyo Aquatics S.
	Men's 400 m Freestyle - Heats	
	Men's 100 m Breaststroke - Heats	
19.30-22.00	Turn, Artistic/M/Qual.	Ariake Gym. Centre
22.00-22.50	Beachvolley NOR-AUS	Shiokaze Park CC

### Søndag 25. juli:

09.00-09.20	Roing, Men's Single Sculls: E/F	Sea Forest Waterw.
09.30-16.30	Skeet, Men's Qualification Day 1	Asaka Shooting R.
10.00-10.20	Roing, Lightw. Men's Double Sculls Rep.	Sea Forest Waterw.
10.00-13.35	Turn, Artistic/W/Qual.	Ariake Gym. Centre
10.40-10.50	Roing, Men's Quadruple Sculls Repechages	Sea Forest Waterw.

10.52-11.02	Svømming, Men's 400 m Freestyle Final	Tokyo Aquatics S.
11.33-11.45	Svømming, M 100 m Breaststroke Semi	Tokyo Aquatics S.
12.00-18.00	Seiling, div. klasser M/W	Enoshima Yacht Harb.
	12.00-14.10 RS:X Men	
	12.00-14.10 Women's Laser Radial	
	14.30-16.40 Men's One Person Dinghy - Laser	
13.00-14.15	Skyting, 10 m Air Rifle Men's Qual.	Asaka Shooting R.
13.00-17.35	Sykkell Landevei/W	Musashinonomori P.
15.10-18.45	Turn, Artistic/W/Qual.	Ariake Gym. Centre
15.30-16.10	Skyting, 10 m Air Rifle Men's Finals	Asaka Shooting
16.15-17.45	Håndball, NOR-KOR/W	Yoyogi National St.
19.00-21.30	Svømming, W 100 m Backstroke - Heats	Tokyo Aquatics S.
20.20-22.00	Turn, Artistic/W/Qual.	Ariake Gym. Centre

**Mandag 26. juli:**

06.30-09.00	Triatlon, Men's Ind. Final	Odaiba Marine P.
09.40-10.20	Roing, Men's Single Sculls Quarterfinals	Sea Forest Waterw.
10.00-14.00	Skeet, Men's Qualification - Day 2	Asaka Shooting R.
15.50-16.35	Skeet, Men's Finals	Asaka Shooting R.
10.45-14.00	Taekwondo, Men -80 kg Round of 16	Makuhari Hall A
11.12-11.20	Svømming, M 100 m Breaststroke Final	Tokyo Aquatics S.
11.53-12.05	Svømming, W 100 m Backstroke Semi	Tokyo Aquatics S.
12.00-18.00	Seiling	Enoshima Yacht Harb.
	12.00-14.10 Men's One Person Dinghy - Laser	
	14.30-16.40 Women's One Person Dinghy - Laser Radial	
	15.00-17.20 RS:X Men	
14.15-16.00	Taekwondo, Men -80 kg Quarterfinals	Makuhari Hall A
16.15-17.00	Taekwondo, Men -80 kg Semifinals	Makuhari Hall A
16.15-17.45	Håndball, ESP-NOR/M	Yoyogi National St.

15.00-17.00	Sykkel, MTB M, Cross Country	Izu MTB Course
19.00-21.30	Svømming 200 m Butterfly Heats	Tokyo Aquatics S.
19.15-20.00	Taekwondo, Men -80 kg Repechages	Makuhari Hall A
20.45-21.30	Taekwondo, Men -80 kg Bronze Medal	Makuhari Hall A
21.45-22.00	Taekwondo, Men -80 kg Gold Medal	Makuhari Hall A
22.00-22.50	Beachvolley, M NOR-ESP	Shiokaze Park CC

**Tirsdag 27. juli:**

06.30-09.05	Triatlon, Women's Ind. Final	Odaiba Marine P.
08.30-08.50	Roing, Men's Single Sculls: C/D/class.	Sea Forest Waterw.
09.10-09.22	Roing, Lightweight Men's Dbl. Sculls: C	Sea Forest Waterw.
09.34-09.46	Men's Quadruple Sculls: Final B	Sea Forest Waterw.
09.58-10.10	Men's Quadruple Sculls: Final A	Sea Forest Waterw.
10.30-12.25	Svømming, 200 m Butterfly Semi	Tokyo Aquatics S.
10.51-10.59	Svømming, W 100 m Backstroke Final	Tokyo Aquatics S.
11.18-11.38	Roing, Lightw. M Double Sculls Semi A/B	Sea Forest Waterw.
12.00-18.00	Seiling	Enoshima Yacht Harb.
	12.00-14.10 Women's One Person Dinghy - Laser Radial	
	12.00-14.25 Women's Skiff - 49er FX	
	12.10-14.20 Men's One Person Dinghy - Laser	
	13.00-15.10 Men's One Person Dinghy (Heavyweight) - Finn	
13.15-14.20	Skyting, Mix 10 m Air Rifle: qualification	Asaka Shooting R.
15.00-17.00	Sykkel, MTB/W/Cross Country	Izu MTB Course
15.15-16.10	Mix 10 m Air Rifle: final	Asaka Shooting R.
19.00-21.30	Svømming, M 800 m Freestyle - Heats	Tokyo Aquatics S.
19.30-21.30	Håndball, ANG-NOR/W	Yoyogi National St.

**Onsdag 28. juli:**

10.30-13.05	Svømming, 200 m Butterfly Final	Tokyo Aquatics S.
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11.18-11.38	Roing, Men's Single Sculls Semifinals A/B	Sea Forest Waterw.
11.30-13.00	Sykkel Ind. Trial W	Fuji Int. Speedway
12.00-18.00	Seiling	Enoshima Yacht Harb.
	12.00-14.10 RS:X Men	
	12.00-14.10 Men's One Person Dinghy - Finn	
	14.45-17.10 Women's Skiff - 49er FX	
	14.20-16.55 Nacra 17 Mixed	
14.00-17.40	Sykkel, Ind. Trial M	Fuji Int. Speedway
16.15-17.45	Håndball, NOR-ARG/M	Yoyogi National St.
19.00-21.30	Svømming, M 200 m Ind. Medley - Heats	Tokyo Aquatics S.
19.15-21.50	Turn, Artistic/M	Ariake Gym. Centre
22.00-22.50	Beachvolley, M NOR-ROC	Shiokaze Park CC

**Torsdag 29. juli:**

07.30-16.00	Golf, Men	Kasumigaseki C.Club
08.30-09.06	Roing, Men's Single Sculls: class. E/F	Sea Forest Waterw
09.50-10.02	Roing, Lightw. Men's Double Sculls Final B	Sea Forest Waterw
10.00-12.00	Sykkel BMX/Race/M/W/QF	Ariake Urban S.P.
10.30-10.44	Svømming, Men's 800 m Freestyle Final	Tokyo Aquatics S.
11.02-11.14	Roing, Lightw. Men's Double Sculls Final A	Sea Forest Waterw
12.00-18.00	Seiling	Enoshima Yacht Harb.
	12.00-14.25 Nacra 17 Mixed	
	12.00-14.10 Men's One Person Dinghy - Laser	
	12.10-14.20 Women's One Person Dinghy - Laser Radial	
	14.30-16.40 Men's One Person Dinghy - Finn	
	15.15-17.25 RS:X Men	
12.08-12.21	Men's 200 m Individual Medley Semifinals	Tokyo Aquatics S.
16.15-17.45	Håndball, MNE-NOR/W	Yoyogi National St.
19.00-21.30	Svømming	Tokyo Aquatics S.

Men's 100 m Butterfly - Heats

Women's 200 m Backstroke - Heats

19.50-21.50 Turn, Artistic/F Ariake Gym. Centre

**Fredag 30. juli:**

07.30-16.00 Golf, Men Kasumigaseki C.Club

08.57-09.33 Roing, Men's Single Sculls: B/C/class. Sea Forest Waterw.

09.00-12.30 Friidrett Olympic Stadium

09.45-10.41 Men's Discus Throw Qual. Group A

09.55-10.37 Women's 800 m Round 1

10.55-11.28 Men's 400 m Hurdles Round 1

11.20-12.16 Men's Discus Throw Qual. Group B

09.45-09.57 Roing, Men's Single Sculls Final A Sea Forest Waterw.

10.00-12.20 Sykkel, BMX/Race/M/SF/F Ariake Urban S.P.

10.30-10.41 Men's 100 m Butterfly Semifinals Tokyo Aquatics S.

11.16-11.25 Svømming, M 200 Ind. Medley Final Tokyo Aquatics S.

11.35-11.49 Svømming W 200 m Backstroke Semi Tokyo Aquatics S.

12.00-18.00 Seiling Enoshima Yacht Harb.

12.00-14.10 Women's One Person Dinghy - Laser Radial

14.30-16.40 Men's One Person Dinghy - Laser

14.45-17.10 Women's Skiff - 49er FX

19.00-19.44 Friidrett, W's 5000 m Round 1 Heat 1 & 2 Olympic Stadium

19.00-21.30 Svømming, M 1500 m Freestyle - Heats Tokyo Aquatics S.

21.30-23.00 Håndball, GER-NOR/M Yoyogi National St.

**Lørdag 31. juli:**

07.30-16.00 Golf, Men Kasumigaseki C.Club

09.00-12.50 Beachvolley, TBA/M Shiokaze Park

09.00-12.00 Friidrett Olympic stadium

	09.00-09.33	Women's 400 m Hurdles Round 1	
	09.40-12.00	Men's Pole Vault Qualifying Round Gr. A & B	
10.10-12.20		Sykkel, BMX/Freest/M seeding	Ariake Urban S.P.
10.30-10.37		Svømming, M 100 m Butterfly Final	Tokyo Aquatics S.
10.37-10.46		Svømming, W 200 m Backstroke Final	Tokyo Aquatics S.
12.00-14.45		Skyting, 50m Rifle 3 Pos. Women's Qual.	Asaka Shooting R.
12.00-18.00		Seiling	Enoshima Yacht Harb.
	12.00-14.10	Men's One Person Dinghy - Finn	
	12.00-14.25	Women's Skiff - 49er FX	
	12.00-14.25	Nacra 17 Mixed	
	15.30-15.53	RS:X Men Medal Race	
15.00-17.50		Beachvolley, TBA/M	Shiokaze Park
16.00-16.50		Skyting, 50m Rifle 3 Pos. Women's Finals	Asaka Shooting R.
19.00-21.55		Friidrett	Olympic Stadium
	20.15-21.25	Men's Discus Throw Final	
	20.50-21.12	Women's 800 m Semifinals	
21.30-23.00		Håndball, NOR-NED/W	Yoyogi National St.
20.00-22.50		Beachvolley, TBA/M/W	Shiokaze Park

**Søndag 1. august:**

07.30-16.00		Golf, M/F	Kasumigaseki C.Club
09.00-10.50		Beachvolley, TBA/M 1/8	Shiokaze Park
10.10-12.45		Sykkel BMX/Frees/M/F	Ariake Urban S.P.
10.44-11.05		Svømming, M 1500 m Freestyle Final	Tokyo Aquatics S.
12.00-18.00		Seiling	Enoshima Yacht Harb.
	12.00-14.25	Nacra 17 Mixed	
	14.30-14.58	Men's One Person Dinghy - Laser - Medal Race	
	15.00-17.10	Men's One Person Dinghy - Finn	
	15.30-15.58	Women's One Person Dinghy - Laser Radial - Medal Race	

13.00-14.50	Beachvolley, TBA/M/ 1/8	Shiokaze Park
16.15-17.45	Håndball, NOR-FRA/M	Yoyogi National St.
17.00-18.50	Beachvolley, TBA/M 1/8	Shiokaze Park
17.00-19.50	Turn, Artistic/M/W/F	Ariake Gym. Centre
21.00-22.50	Beachvolley TBA/M 1/8	Shiokaze Park
21.05-21.26	Friidrett, M 400 m Hurdles Semi	Olympic Stadium

**Mandag 2. august:**

09.00-10.50	Beachvolley, TBA/M 1/8	Shiokaze Park
09.00-11.55	Friidrett	Olympic stadium
09.00-09.56	Men's Hammer Throw Qualifying Round Gr. A	
10.30-11.26	Men's Hammer Throw Qualifying Round Gr. B	
10.21-10.53	Kajakk, Men's Single 1000 m Heats	Sea Forest Waterw.
11.30-14.15	Skyting, 50m Rifle 3 Positions Men's Qual.	Asaka Shooting R.
12.00-18.00	Seiling	Enoshima Yacht Harb.
14.30-14.53	Women's Skiff - 49er FX - Medal Race	
12.22-12.38	Kajakk, Men's Single 1000 m Quart.finals	Sea Forest Waterw.
13.00-14.50	Beachvolley, TBA/M 1/8	Shiokaze Park
16.50-17.40	Skyting, 50m Rifle 3 Positions Men's Finals	Asaka Shooting R.
17.00-18.50	Beachvolley, TBA/M/W 1/8	Shiokaze Park
17.00-19.05	Turn, Artistic/M/W/F	Ariake Gym. Centre
19.00-22.00	Friidrett	Olympic Stadium
19.20-21.40	Women's Pole Vault Qual. Group A & B	
20.35-20.56	Women's 400 m Hurdles Semifinals	
21.40-21.57	Women's 5000 m Final	
21.30-23.00	Håndball, NOR-JPN/W	Yoyogi National St.
21.00-22.50	Beachvolley, TBA/M/W 1/8	Shiokaze Park

**Tirsdag 3. august:**

09.00-12.35	Friidrett		Olympic stadium
	09.05-09.31	Men's 1500 m Round 1	
	12.20-12.21	Men's 400 m Hurdles Final	
09.30-11.30	Håndball	TBA/M/QF	Yoyogi National St.
10.00-10.16	Men's Kayak, Single 1000 m Semi		Sea Forest Waterway
12.21-12.29	Men's Kayak, Single 1000 m Finals		
13.15-15.15	Håndball	TBA/M/QF	Yoyogi National St.
14.30-16.55	Seiling		Enoshima Yacht Harb.
	14.30-14.58	Men's One Person Dinghy - Finn - Medal Race	
	15.30-15.53	Nacra 17 Mixed – Medal Race	
17.00-19.00	Håndball	TBA/M/QF	Yoyogi National St.
17.00-19.05	Turn	Artistic/M/W/F	Ariake Gym. Centre
19.00-21.55	Friidrett		Olympic Stadium
	19.20-21.26	Men's Pole Vault Final	
	20.00-20.35	Men's 5000 m Round 1	
	21.25-21.27	Women's 800 m Final	
19.00-22.45	Sprangridning Ind. Qual.		Equestrian Park
20.45-22.45	Håndball	TBA/M/QF	Yoyogi National St.

**Onsdag 4. august:**

07.30-16.00	Golf	W	Kasumigaseki C.Club
09.00-10.50	Beachvolley	TBA/M/QF	Shiokaze Park
09.00-12.25	Friidrett		Olympic stadium
	09.00-09.17	Men's Decathlon 100 m	
	09.55-10.37	Men's Decathlon Long Jump	
	11.30-11.31	Women's 400 m Hurdles Final	
	11.40-12.22	Men's Decathlon Shot Put	
09.30-11.30	Håndball	TBA/W/QF	Yoyogi National St.



13.15-15.15	Håndball	TBA/W/QF	Yoyogi National St.
15.00-17.30	Stup	10 m, W, Prel.	Tokyo Aquatics Centra
17.00-19.00	Håndball	TBA/W/QF	Yoyogi National St.
18.30-22.00	Friidrett		Olympic Stadium
18.30-20.40	Men's Decathlon	High Jump	
20.15-21.25	Men's Hammer Throw	Final	
21.30-21.47	Men's Decathlon	400 m	
19.00-21.40	Sprangridn. Ind.	Final	Equestrian Park
20.45-22.45	Håndball	TBA/W/QF	Yoyogi National St.
21.00-22.50	Beachvolley	TBA/M/QF	Shiokaze Park

**Torsdag 5. august:**

07.30-16.00	Golf	W	Kasumigaseki C.Club
09.00-10.50	Beachvolley	TBA/M/SF	Shiokaze Park
09.00-15.05	Friidrett		Olympic stadium
09.00-09.17	Men's Decathlon	110 m Hurdles	
09.50-10.26	Men's Decathlon	Discus Throw Group A	
10.55-11.31	Men's Decathlon	Discus Throw Group B	
12.45-15.01	Men's Decathlon	Pole Vault	
10.00-11.30	Stup	10 m W, Semi.	Tokyo Aquatics Centra
15.00-16.30	Stup	10 m W, Final	Tokyo Aquatics Centra
17.00-19.00	Håndball	TBA/M/SF	Yoyogi National St.
19.00-21.45	Friidrett		Olympic Stadium
19.15-19.51	Men's Decathlon	Javelin Throw Group A	
19.20-21.26	Women's Pole Vault	Final	
20.20-20.56	Men's Decathlon	Javelin Throw Group B	
20.00-20.14	Men's 1500 m	Semifinals	
21.40-21.45	Men's Decathlon	1500 m	
21.00-22.50	Beachvolley	M/SF	Shiokaze Park

21.00-23.00	Håndball	TBA/M/SF	Yoyogi National St.
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**Fredag 6. august:**

05.30-10.00	Friidrett	50 km kappgang	Sapporo
07.30-16.00	Golf	W	Kasumigaseki C.Club
17.00-19.00	Håndball	TBA/W/SF	Yoyogi National St.
19.50-22.55	Friidrett		Olympic Stadium
21.00-21.15		Men's 5000 m Final	
21.00-23.00	Håndball	TBA/W/SF	Yoyogi National St.

**Lørdag 7. august:**

07.30-16.00	Golf	W/F	Kasumigaseki C.Club
10.00-12.50	Beachvolley	M/F	Shiokaze Park
17.00-19.00	Håndball	TBA/M/BF	Yoyogi National St.
18.50-22.20	Friidrett		Olympic Stadium
19.45-20.23		Women's 10.000 m final	
20.40-20.44		Men's 1500 m Final	
21.00-23.30	Håndball	TBA/M/GF	Yoyogi National St.

**Søndag 8. august:**

07.00-09.45	Friidrett	Maraton/M	Sapporo
10.00-13.15	Sykkel, Women's Omnium		Izu Velodrome
11.00-13.00	Håndball	TBA/W/BF	Yoyogi National St.
15.00-17.30	Håndball	TBA/W/GF	Yoyogi National St.
20.00-23.00	Avslutningsseremoni		Olympic Stadium