

# Competition Schedule

Training

Competition

Medal Day

Rest Day

Reserve Day



**ORKNEY 2025**  
International Island Games XX

Sport	Venue	Sat 12 July	Sun 13 July	Mon 14 July	Tue 15 July	Wed 16 July	Thu 17 July	Fri 18 July
Archery	The Pickaquoy Centre		Practice	09:00–17:00	09:00–17:00	09:00–17:00	09:00–14:00	Reserve Day
Athletics	The Pickaquoy Centre	Training	14:00–18:30	10:30–12:30 17:00–20:30	10:30–13:00 17:00–20:00	17:00–20:30	16:30–20:30	13:00–15:30
Athletics Half Marathon	Kirkwall							09:00–11:30
Badminton	The Pickaquoy Centre	Training 09:00–14:00	09:00–22:00	09:00–22:00	09:00–21:00	09:00–19:00	09:00–21:00	10:00–15:00
Cycling Road Race	West Mainland					10:30–16:30		
Cycling Time Trial	West Mainland			11:00–15:30				
Cycling Criterium	Kirkwall							13:00–16:00
Cycling MTB Short Track	Market Stance, Kirkwall				14:00–17:00			
Cycling MTB XCO	Binscarth Farm						10:00–16:00	
Football Venue 1	Stromness Academy	Training	19:00 (W)	12:00 (W)	12:00 (M) 19:00 (W)	Rest Day	15:30 (M) 19:00 (W)	
Football Venue 2	Rendall		12:00 (M)	19:00 (M)	19:00 (W)	Rest Day	12:00 (W)	
Football Venue 3	Firth		12:00 (M) 15:30 (W)		15:30 (W) 19:00 (M)	Rest Day		
Football Venue 4	Dounby		19:00 (W)	15:30 (W) 19:00 (M)	12:00 (W)	Rest Day	15:30 (M)	
Football Venue 5	KGS Pitch 1 – Showcase	Training	15:30 (W) 19:00 (M)	15:30 (M) 19:00 (W)	15:30 (W) 19:00 (M)	Rest Day	12:00 (W) 19:00 (M)	12:00 (W) 15:30 (M)
Football Venue 6	KGS Pitch 2 – Meadow	Training	12:00 (W) 15:30 (M)	15:30 (W)	15:30 (M)	Rest Day	12:00 (W) 19:00 (M)	11:00 (W) 14:30 (M)
Football Venue 7	Holm Pitch			12:00 (M) 15:30 (W)		Rest Day	12:00 (W) 15:30 (M)	
Golf	Stromness Golf Club	Practice Day	Practice Day	08:00–18:00	08:00–18:00	08:00–18:00	08:00–16:30	
Golf	Orkney GC, Kirkwall	Practice Day	Practice Day	08:00–18:00	08:00–18:00	08:00–18:00	08:00–18:00	
Gymnastics	Stromness Academy		Training 09:00–17:30	09:00–20:00	Rest Day	Training 09:00–17:30	09:00–20:30	10:00–14:30
Lawn Bowls	Kirkwall Bowling Club	Training 09:00–15:00	09:00–20:30	09:00–21:00	08:30–20:30	08:30–20:30	08:30–18:00	Reserve Day
Sailing	Orkney Sailing Club	Practice Race Day	09:00–17:00	09:00–17:00	09:00–17:00	09:00–17:00	09:00–18:00	Reserve Day
Swimming	The Pickaquoy Centre	Training 08:00–15:00	Training 08:00–16:00	10:00–13:00 18:00–20:30	10:00–13:00 18:00–20:30	10:00–13:00 18:00–20:30	10:00–13:00 18:00–20:30	
Squash	The Pickaquoy Centre	Training	09:00–19:30	09:00–19:30	09:00–19:30	09:00–19:30	09:00–19:30	09:00–16:30
Triathlon	Stromness Harbour	Swimming Familiarisation	11:00–14:30					

★ Opening Ceremony is 12th July at 17:00 and pre-entertainment will start at 15:30. Closing Ceremony is 18th July from 20:00 onwards.

All times are subject to change