

A Local's Guide to The Games



ORKNEY 2025

International Island Games XX

12 – 18 July 2025

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Our Sports



Competing Islands



Åland



Alderney



Bermuda



Cayman Islands



Falkland Islands



Faroe Islands



Frøya



Gibraltar



Gotland



Gozo



Greenland



Guernsey



Hitra



Isle of Man



Isle of Wight



Jersey



Menorca



Orkney



Saaremaa



Sark



Shetland Islands



St Helena



Western Isles



Ynys Môn

Sports Entries for Each Island

Åland

Archery, Athletics, Golf, Gymnastics, Sailing, Swimming.

Alderney

Athletics, Lawn Bowls.

Bermuda

Athletics, Badminton, Football, Golf, Lawn Bowls, Squash, Triathlon.

Cayman Islands

Athletics, Badminton, Cycling, Gymnastics, Sailing, Swimming, Squash.

Falkland Islands

Archery, Badminton, Cycling, Golf, Lawn Bowls, Swimming.

Faroe Islands

Archery, Athletics, Badminton, Cycling, Golf, Gymnastics, Swimming, Triathlon.

Frøya

Badminton, Football, Golf.

Gibraltar

Athletics, Badminton, Cycling, Sailing, Swimming, Squash, Triathlon.

Gotland

Archery, Athletics, Badminton, Cycling, Golf, Gymnastics, Swimming, Triathlon.

Gozo

Athletics, Cycling, Football, Golf, Swimming, Squash, Triathlon.

Greenland

Athletics, Badminton, Golf, Swimming.

Guernsey

Archery, Athletics, Badminton, Cycling, Golf, Gymnastics, Lawn Bowls, Sailing, Swimming, Squash, Triathlon.

Hitra

Archery, Athletics, Badminton, Football, Golf, Sailing.

Isle of Man

Archery, Athletics, Badminton, Cycling, Football, Golf, Gymnastics, Sailing, Swimming, Squash, Triathlon.

Isle of Wight

Athletics, Badminton, Cycling, Football, Golf, Sailing, Swimming, Triathlon.

Jersey

Archery, Athletics, Cycling, Football, Gymnastics, Lawn Bowls, Sailing, Swimming, Squash, Triathlon.

Menorca

Archery, Athletics, Badminton, Cycling, Golf, Gymnastics, Sailing, Swimming, Triathlon.

Orkney

Archery, Athletics, Badminton, Cycling, Football, Golf, Gymnastics, Lawn Bowls, Sailing, Swimming, Squash, Triathlon.

Saaremaa

Athletics, Cycling, Golf, Squash.

Sark

Archery.

Shetland Islands

Archery, Athletics, Badminton, Cycling, Football, Golf, Gymnastics, Lawn Bowls, Sailing, Swimming, Squash, Triathlon.

St Helena

Archery, Athletics, Swimming, Squash.

Western Isles

Archery, Athletics, Badminton, Cycling, Football, Golf, Lawn Bowls, Swimming.

Ynys Môn

Athletics, Badminton, Football, Golf, Gymnastics, Sailing, Swimming, Triathlon.

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All Orkney 2025 events will be free to attend on a first come, first served basis!! Come along and make sure you are at the front of the action.

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Sporting Venues

1 Pickaquoy Centre

The Picky will be a pivotal venue at the Orkney 2025 International Island Games hosting five sports: Archery, Athletics, Badminton, Squash and Swimming. The centre is the heart of many community events in Orkney and will play an important part in the 2025 Island Games.

2 Stromness Academy

During the Games it will host Football and Gymnastics as well as providing dormitory accommodation for many competitors.

3 Orkney Golf Club

Orkney Golf Club in Kirkwall was founded in 1889. The well maintained course has a layout of 5407 yards making it the oldest and longest of the courses in Orkney.

4 Stromness Golf Club

Stromness Golf Club was established in 1890 and offers some stunning views not only of the town but also across to the islands of Hoy and Graemsay as well as the world famous Scapa Flow.

5 Kirkwall Bowling Club

Kirkwall Bowling Club is located next to the Bishop and Earls Palace in Kirkwall and offers a striking backdrop for the bowls competition.

6 Hatston Slip Training Centre

Orkney Sailing Club is based in the port of Kirkwall on Harbour Street. The Hatston Slip Training Centre will be the located of the competition.

7 Stromness Harbour & Vicinity

Stromness Harbour will be the starting point of the Triathlon event during the Games. The triathlon, cycling and running routes will also take place around the town and surrounding areas.

8 Kirkwall Grammar School

Kirkwall Grammar School will house many competitors in dormitory accommodation for the Games, as well as being the lead hub for the Football competition.

For more information on our sporting venues, please visit:
<https://www.orkney2025.com>



Other Venues Across Mainland Orkney

Cycling Road Race

This route will cover part of the West Mainland.

MTB Mountain Biking

A course in Binscarth will host the cross country event.

MTB Criterium

This will take place at Market Stance.

Cycling Time Trial

This will take place along the east coast of West Mainland.

Cycling Criterium

This event will take place on a closed loop around Kirkwall town centre. The start/finish line will be located outside the Royal British Legion.

Getting to The Games

With Orkney experiencing a large influx of visitors for the Island Games, we have listed some important information below and getting about during the week of the Games. Please ensure you plan accordingly if travelling to one of our events.

The usual options you take to venues may not be available (there is NO parking or drop off at Picky for example) so please look at the options below.



Park and Ride

A Park and Ride service will be in operation during Games time. It will run from Orkney Auction Mart (what3words – letter.alleyway.kicked) to the Pickaquoy Centre throughout the day.

Alternatively, you can park here and walk or cycle into Kirkwall.

For regular bus updates please check the Stagecoach app.



Accessible Parking

There will be some accessible parking spaces available at Orkney 2025 venues. There will be a limited number of these available and you must request a vehicle permit in advance by 4th July. These are only available for blue badge holders.

To park in the accessible spots at some Orkney 2025 venues, you will require a Vehicle Access Parking Permit.

To apply for one of these please operations@orkney2025.com for more information.



No parking or drop off at the Pickaquoy Centre for the duration of the Games. Please use Active Travel or the Park and Ride.



Active Travel

Why not walk or cycle to the venue as parking will be severely limited during the Games.

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Road Closures

Whilst there will be a lot of 'business as usual' in Orkney for Games week, to ensure safety and smooth running of the road-based events some temporary road closures will be required. We have provided some information below in advance so you can plan accordingly. We appreciate your support during this time.

Saturday 12 July

Event: Opening Ceremony & Athletes' Parade (Kirkwall)

Road Closure: 16:00 – 19:00



Sunday 13 July

Event: Triathlon (Stromness)

Road Closures (Ferry Road) from: 09:30 – 14:15

Remaining Road Closures: 11:00 – 14:15



Monday 14 July

Event: Cycling Time Trial (West Mainland)

Road Closures: 10:00 – 15:00



Wednesday 16 July

Event: Cycling Road Race (West Mainland)

Road Closures: 09:45 – 16:00



Friday 18 July

Event: Half Marathon

Road Closures: 08:00 – 11:45



Friday 18 July

Event: Cycling Criterium

Road Closures: 10:30 – 18:30



Active Travel

Orkney 2025 would like to champion Active Travel as much as possible during Games-time and the following maps should show how this can be made possible.



Opening Ceremony and Athletes' Parade

Saturday 12th July
Bignold Park

Hosted by:
Lorraine Kelly and Stewart Bain

The ceremony will be free to attend on a first come, first served basis and will be followed by the athletes' parade where all team members will march from Bignold Park down to St Magnus Cathedral.

The Games will officially be opened by HRH The Princess Royal during the opening ceremony.



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- 15:30** Public entry to Bignold Park opens
- 16:00** Entertainment on the Athletes route
- 16:00** Athletes' arrive
- 17:00** Opening Ceremony begins
- 17:30** Athletes' parade begins
- 18:30** Athletes' parade ends

Let the Games begin!

Athletes' Parade Entertainment

Saturday 12th July
Kirkwall

Pre-event entertainment on Athletes' Parade

- 16:00 – 17:30** Kirkjuvagr Dancers (top of Clay Loan)
- 16:00 – 16:15** Hoy dancers (School Place)
- 16:15 – 17:30** Orkney Rocks (School Place)
- 16:00 – 17:30** Orkney Gymnastics (Bishops & Earls Palace)
- 16:00 – 17:30** Just Dance (outside St Magnus Cathedral)
- 17:30 – 18:30** Move Orkney (West Castle Street)

Stromness Pipe band to lead parade from Bignold Park down to Broad Street.

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Closing Ceremony

Friday 18th July
Pickaquoy Centre

The Closing Ceremony will be open to family and friends of the Orkney Island Games, including competitors and team officials as well as family and friends of those doing entertainment.

It will not be accessible for members of the public.

Closing Ceremony

- 19:00** Athletes' arrive
- 19:30** Pre-entertainment from Just Dance Cheer Squad
- 20:00** Ceremony begins
- 20:30** Closing ceremony party (athletes only) – entertainment from Northern Limit



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	17:00 – 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						11:00–16:00	
Football Venue 1	Stromness Academy	Training	19:00 (W)	12:00 (W)	15:30 (W) 19:00 (M)	Rest Day	15:30 (M) 19:00 (W)	
Football Venue 2	Rendall		12:00 (M)	19:00 (M)	15:30 (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)	15:30 (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)	19:00 (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 07:00–15:00	Training 07:00–16:00	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

Sunday 13 July

Athletics (Pickaquoy Centre)	
14:00 – 18:30	
Men's High Jump	Final
Women's 400m	Heats
Men's 400m	Heats
Women's Triple Jump	Final
Women's 1500m	Heats
Men's 1500m	Heats
Women's 100m	Heats
Men's 100m	Heats
Women's 10000m	Final

Badminton (Pickaquoy Centre)	
09:00 – 09:30	Badminton Opening Ceremony
09:30 – 21:30	Team Event (Men & Women)

Football		
12:00	Hitra v Isle of Man (Men's)	Firth
12:00	Western Isles v Bermuda (Men's)	Rendall
12:00	Isle of Wight v Shetland (Women's)	KGS 2
15:30	Orkney v Froya (Women's)	KGS 1
15:30	Western Isles v Hitra (Women's)	Firth
15:30	Gozo v Shetland (Men's)	KGS 2
19:00	Orkney v Froya (Men's)	KGS 1
19:00	Bermuda v Jersey (Women's)	Stromness
19:00	Isle of Man v Gozo (Women's)	Dounby

Sunday 13 July

Lawn Bowls (Kirkwall Bowling Club)	
09:30	Men's Singles Session 1 Women's Pairs Session 1
11:45	Men's Pairs Session 2 Women's Singles Session 2
14:00	Men's Singles Session 3 Women's Pairs Session 3
16:15	Men's Pairs Session 4 Women's Singles Session 4
18:30	Men's Singles Session 5 Men's Pairs Session 5

Sailing (Orkney Sailing Club)	
09:30 – 12:30	ILCA 7, Day 1
13:50 – 17:00	ILCA 6, Day 1
09:30 – 17:00	Team Event, Day 1

Triathlon (Stromness Harbour)	
11:00	Open Category Individual Open category Triathlon Team
11:10	Women's Individual Women's Triathlon Team

Squash (Pickaquoy Centre)	
09:30 – 19:30	Men's and Women's Singles

All timings are subject to change.

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Come along and have a look around our Games Expo. We will be showcasing a variety of local organisations and charities who will be exhibiting and selling some of their unique products to spectators.

The Expo will be located in the marquee opposite the catering village at the Pickaquoy Centre.

Open 10am – 8pm daily between 13th – 17th July



Never miss out on the action! Orkney 2025 will be live streaming as many sports as possible. Just jump on our website for a full view of what's available – www.orkney2025.com

Monday 14 July

Archery (Pickaquoy Centre)	
09:00 - 17:00	Single WA 1440 Men's Recurve
09:00 - 17:00	Single WA 1440 Women's Recurve
09:00 - 17:00	Single WA 1440 Men's Compound
09:00 - 17:00	Single WA 1440 Women's Compound
09:00 - 17:00	Single WA 1440 Recurve Team
09:00 - 17:00	Single WA 1440 Compound Team

Athletics (Pickaquoy Centre)	
10:30 - 11:30	
Women's 400m	Semi
Men's 400m	Semi
17:00 - 20:30	
Men's 10000m	Final
Women's Javelin	Final
Men's Shot Put	Final
Women's 100m	Semi
Men's 100m	Semi
Women's 400m	Final
Men's 400m	Final
Women's 100m	Final
Men's 100m	Final

All timings are subject to change.

Badminton (Pickaquoy Centre)	
09:00 - 18:00	Team Event (Men & Women)
18:30 - 21:30	Team Event Final (Gold Medal Match)

Cycling	
11:00	Women's Time Trial
13:00	Open Category Time Trial

Football		
12:00	Jersey v Gozo (Men's)	Holm
12:00	Bermuda v Isle of Wight (Women's)	Stromness
15:30	Orkney v Hirta (Men's)	KGS 1
15:30	Isle of Man v Froya (Women's)	Holm
15:30	Jersey v Shetland (Women's)	KGS 2
15:30	Western Isles v Ynys Mon (Women's)	Dounby
19:00	Ynys Mon v Western Isles (Men's)	Rendall
19:00	Isle of Man v Froya (Men's)	Dounby
19:00	Orkney v Gozo (Women's)	KGS 1

Golf	
Round 1	Ladies Team & Individual competition at OGC
Round 1	Gents Team & Individual competition at SGC

Monday 14 July

Gymnastics (Stromness Academy)	
Set and Team Competitions	
Round 1: Men	
08:30 - 08:50	General Warm Up
09:00 - 11:00	Hall 1
11:00 - 13:00	Hall 2
Round 1: Women	
13:00 - 13:20	General Warm Up
13:30 - 16:00	Hall 1
Round 3: Women	
16:00 - 16:20	General Warm Up
16:30 - 19:00	Hall 1

Lawn Bowls (Kirkwall Bowling Club)	
09:00	Men's Singles Session 6 Women's Pairs Session 6
11:15	Men's Pairs Session 7 Women's Singles Session 7
13:30	Men's Singles Session 8 Women's Pairs Session 8
15:45	Men's Pairs Session 9 Women's Singles Session 9
18:00	Men's Singles Session 10 Men's Pairs Session 10

Sailing (Orkney Sailing Club)	
09:30 - 12:30	ILCA 6, Day 2
13:50 - 17:00	ILCA 7, Day 2
09:30 - 17:00	Team Event, Day 2

Squash (Pickaquoy Centre)	
09:30 - 19:30	Men's and Women's Singles

Swimming (Pickaquoy Centre)		
10:15 - 13:15		
1500m Freestyle (Male & Open)		Final
400m Individual Medley (Women's)		Heats
200m Butterfly (Male & Open)		Heats
100m Butterfly (Women's)		Heats
100m Breaststroke (Male & Open)		Heats
50m Breaststroke (Women's)		Heats
50m Backstroke (Male & Open)		Heats
200m Freestyle (Women's)		Heats
200m Individual Medley (Male & Open)		Heats
4 x 50m Freestyle Relay (Women's)		Heats
4 x 50m Medley Relay (Male & Open)		Heats
18:00 - 20:00		
1500m Freestyle (Male & Open)		Final
400m Individual Medley (Women's)		Final
200m Butterfly (Male & Open)		Final
100m Butterfly (Women's)		Semi
100m Breaststroke (Male & Open)		Semi
50m Breaststroke (Women's)		Final
50m Backstroke (Male & Open)		Final
200m Freestyle (Women's)		Final
200m Individual Medley (Male & Open)		Final
4 x 50m Freestyle Relay (Women's)		Final
4 x 50m Medley Relay (Male & Open)		Final

Tuesday 15 July

Archery (Pickaquoy Centre)	
09:00 – 13:30	Men's 720 Recurve
09:00 – 13:30	Women's 720 Recurve
09:00 – 13:30	Men's 720 Compound
09:00 – 13:30	Women's 720 Compound
13:45 – 17:00	Mixed Pairs Recurve Head-To-Head Team Knockout
13:45 – 17:00	Mixed Pairs Compound Head-To-Head Team Knockout

Athletics (Pickaquoy Centre)	
10:30 – 12:15	
Women's 400m Hurdles	Heats
Women's 200m	Heats
Men's 200m	Heats
17:00 – 20:00	
Men's Javelin	Final
Women's Long Jump	Final
Women's 400m Hurdles	Final
Men's 400m Hurdles	Final
Women's 200m	Semi
Men's 200m	Semi
Women's 1500m	Final
Men's 1500m	Final

Badminton (Pickaquoy Centre)	
09:00 – 20:00	Men's Singles Prelims
09:00 – 20:00	Women's Singles Prelims
09:00 – 20:00	Men's Doubles Prelims
09:00 – 20:00	Women's Doubles Prelims

Cycling	
14:15	Open Category MTB Criterium Race

Football		
15:30	Hitra v Ynys Mon (Women's)	Stromness
15:30	Bermuda v Shetland (Women's)	KGS 2
15:30	Isle of Wight v Jersey (Women's)	Rendall
15:30	Orkney v Isle of Man (Women's)	KGS 1
15:30	Gozo v Froya (Women's)	Firth
19:00	Ynys Mon v Bermuda (Men's)	Stromness
19:00	Orkney v Isle of Man (Men's)	KGS 1
19:00	Froya v Hitra (Men's)	Firth
19:00	Jersey v Shetland (Men's)	KGS 2

Golf	
Round 2	Ladies Team & Individual competition at SGC
Round 2	Gents Team & Individual competition at OGC

All timings are subject to change.

Tuesday 15 July

Lawn Bowls (Kirkwall Bowling Club)	
08:30	Men's Singles Session 11 Women's Pairs Session 11
10:45	Men's Pairs Session 12 Women's Pairs Session 12
13:45	Mixed Pairs Session 13
16:00	Men's Triples Session 14 Women's Triples Session 14
18:15	Men's Triples Session 15

Sailing (Orkney Sailing Club)	
09:30 – 12:30	ILCA 7, Day 3
13:50 – 17:00	ILCA 6, Day 3
09:30 – 17:00	Team Event, Day 3

Squash (Pickaquoy Centre)	
09:30 – 19:30	Men's, Women's and Mixed Doubles

Swimming (Pickaquoy Centre)	
10:00 – 13:00	
1500m Freestyle (Women's)	Final
400m Individual Medley (Male & Open)	Heats
200m Breaststroke (Women's)	Heats
100m Butterfly (Male & Open)	Heats
100m Backstroke (Women's)	Heats
50m Breaststroke (Male & Open)	Heats
50m Butterfly (Women's)	Heats

200m Freestyle (Male & Open)	Heats
200m Individual Medley (Women's)	Heats
4 x 50m Freestyle Relay (Male & Open)	Heats
4 x 50m Medley Relay (Women's)	Heats
18:00 – 20:30	
1500m Freestyle (Women's)	Final
400m Individual Medley (Male & Open)	Final
200m Breaststroke (Women's)	Final
100m Butterfly (Male & Open)	Finals
100m Backstroke (Women's)	Finals
50m Breaststroke (Male & Open)	Final
50m Butterfly (Women's)	Final
200m Freestyle (Male & Open)	Final
200m Individual Medley (Women's)	Final
4 x 50m Freestyle Relay (Male & Open)	Final
4 x 50m Medley Relay (Women's)	Final

Wednesday 16 July

Archery (Pickaquoy Centre)	
09:00 - 17:00	Individual Men's Recurve Head-To-Head Knockout
09:00 - 17:00	Individual Women's Recurve Head-To-Head Knockout
09:00 - 17:00	Individual Men's Compound Head-To-Head Knockout
09:00 - 17:00	Individual Women's Compound Head-To-Head Knockout

Athletics (Pickaquoy Centre)	
17:00 - 20:00	
Women's Shot Put	Final
Men's Long Jump	Final
Women's 800m	Heats
Men's 800m	Heats
Women's 200m	Final
Men's 200m	Final
Women's 5000m	Final

Badminton (Pickaquoy Centre)	
09:00 - 19:00	Men's Singles Prelims/Quarter & Semi Finals
09:00 - 19:00	Women's Singles Prelims/Quarter & Semi Finals
09:00 - 19:00	Men's Doubles Quarter & Semi Finals
09:00 - 19:00	Women's Doubles Quarter & Semi Finals
09:00 - 19:00	M/L Singles Plate (Men & Women) Prelims/Quarter & Semi Finals

Cycling	
10:00	Women's Road Race
13:15	Open Category Road Race

Golf	
Round 3	Ladies Team & Individual competition at OGC
Round 3	Gents Team & Individual competition at SGC

Lawn Bowls (Kirkwall Bowling Club)	
08:30	Mixed Pairs Session 16
10:45	Men's Triples Session 17 Women's Triples Session 17
13:45	Mixed Pairs Session 18
16:00	Men's Triples Session 19
18:15	Men's Triples Session 20

Wednesday 16 July

Sailing (Orkney Sailing Club)	
09:30 - 12:30	ILCA 6, Day 4
13:50 - 17:00	ILCA 7, Day 4
09:30 - 17:00	Team Event, Day 4

Squash (Pickaquoy Centre)	
09:30 - 19:30	Men's and Women's Singles

Swimming (Pickaquoy Centre)	
10:00 - 13:00	
100m Individual Medley (Male & Open)	Heats
400m Freestyle (Women's)	Heats
200m Backstroke (Male & Open)	Heats
100m Breaststroke (Women's)	Heats
100m Freestyle (Male & Open)	Heats
50m Freestyle (Women's)	Heats
50m Butterfly (Male & Open)	Heats
200m Backstroke (Women's)	Heats
800m Freestyle (HDW) (Male & Open)	Finals
4 x 100m Freestyle Relay (Women's)	Heats

4 x 100m Medley Relay (Male & Open)	Heats
4 x 50m Medley Relay (Mixed)	Heats
18:00 - 20:00	
100m Individual Medley (Male & Open)	Final
400m Freestyle (Women's)	Final
200m Backstroke (Male & Open)	Final
100m Breaststroke (Women's)	Finals
100m Freestyle (Male & Open)	Finals
50m Freestyle (Women's)	Final
50m Butterfly (Male & Open)	Final
200m Backstroke (Women's)	Final
800m Freestyle (HDW) (Male & Open)	Final
4 x 100m Freestyle Relay (Women's)	Final
4 x 50m Medley Relay (Male & Open)	Final
4 x 50m Medley Relay (Mixed)	Final

All timings are subject to change.

Thursday 17 July

Archery (Pickaquoy Centre)		
09:00 - 14:00	Recurve Head-To-Head Team Knockout	
09:00 - 14:00	Compound Head-To-Head Team Knockout	

Athletics (Pickaquoy Centre)		
17:00 - 20:30		
Men's 110m Hurdles	Final	
Women's 110m Hurdles	Final	
Men's Triple Jump	Final	
Women's High Jump	Final	
Men's 4 x 100m Relay	Heats	
Women's 4 x 100m Relay	Heats	
Men's 4 x 400m Relay	Heats	
Women's 4 x 400m Relay	Heats	
Men's 5000m	Final	

Badminton (Pickaquoy Centre)		
10:00 - 16:30	Mixed Doubles (Men & Women) Prelims	

Football		
12:00	Placing Play Offs 9 v 10 (Women's)	Holm
12:00	Placing Play Offs 7 v 8 (Women's)	Rendall
15:30	Placing Play Offs 5 v 6 (Women's)	Stromness
15:30	Placing Play Offs 9 v 10 (Men's)	Holm

15:30	Placing Play Offs 7 v 8 (Men's)	Dounby
19:00	Placing Play Offs 5 v 6 (Men's)	Stromness
12:00	Semi Final 1 (Women's)	KGS 1
12:00	Semi Final 1 (Women's)	KGS 2
17:00	Semi Final 1 (Men's)	KGS 1
17:00	Semi Final 1 (Men's)	KGS 2

Golf		
Final Round	Ladies Team & Individual competition at SGC	
Final Round	Gents Team & Individual competition at OGC	

Gymnastics (Stromness Academy)	
All Round Competitions	
Round 1: Women	
08:30 – 08:50	General Warm Up
09:00 – 11:00	Hall 1
Round 2: Women	
12:00 – 12:20	General Warm Up
12:30 – 15:00	Hall 1
Round 3: Men	
15:30 – 15:50	General Warm Up
16:00 – 18:00	Hall 2
18:00 – 20:00	Hall 1

Thursday 17 July

Lawn Bowls (Kirkwall Bowling Club)		
08:30	Mixed Pairs Session 21	
10:45	Men's Triples Session 22 Women's Triples Session 22	
13:45	Mixed Pairs Session 23	
16:00	Men's Triples Session 24	

Sailing (Orkney Sailing Club)		
09:30 - 12:30	ILCA 7, Day 5	
13:50 - 17:00	ILCA 6, Day 5	
09:30 - 17:00	Team Event, Day 5	

Squash (Pickaquoy Centre)		
09:00 - 21:00	Team Event	

Swimming (Pickaquoy Centre)		
10:00 - 13:00		
100m Individual Medley (Women's)	Heats	
400m Freestyle (Male & Open)	Heats	
200m Butterfly (Women's)	Heats	
100m Backstroke (Male & Open)	Heats	
100m Freestyle (Women's)	Heats	
50m Freestyle (Male & Open)	Heats	
50m Backstroke (Women's)	Heats	
200m Breaststroke (Male & Open)	Heats	

800m Freestyle (HDW) (Women's)	Finals
4 x 100m Freestyle Relay (Male & Open)	Heats
4 x 100m Medley Relay (Women's)	Heats
4 x 50m Freestyle Relay (Mixed)	Heats
18:00 - 20:30	
100m Individual Medley (Women's)	Finals
400m Freestyle (Male & Open)	Finals
200m Butterfly (Women's)	Finals
100m Backstroke (Male & Open)	Finals
100m Freestyle (Women's)	Finals
50m Freestyle (Male & Open)	Finals
50m Backstroke (Women's)	Finals
200m Breaststroke (Male & Open)	Finals
800m Freestyle (HDW) (Women's)	Finals
4 x 100m Freestyle Relay (Male & Open)	Finals
4 x 100m Medley Relay (Women's)	Finals
4 x 50m Freestyle Relay (Mixed)	Finals

Cycling		
11:15	Open Category MTB Cross Country Race	

All timings are subject to change.

Friday 18 July

Athletics (Pickaquoy Centre)

09:00 – 11:30

Men's Half Marathon	Final
Women's Half Marathon	Final

13:00 – 15:30

Women's 800m	Final
Men's 4 x 100m Relay	Final
Women's 4 x 100m Relay	Final
Men's 4 x 400m Relay	Final
Women's 4 x 400m Relay	Final

Badminton (Pickaquoy Centre)

10:00 – 15:00	Men's Singles Finals
10:00 – 15:00	Women's Singles Finals
10:00 – 15:00	Men's Doubles Finals
10:00 – 15:00	Women's Doubles Finals
10:00 – 15:00	Mixed Doubles (Men & Women) Finals

Cycling

13:00	Women's Criterium
14:30	Open Category Criterium

Football

11:00	Bronze Medal Game 3v4 (Women's)	KGS 2
12:00	Final (Women's)	KGS 1
14:30	Bronze Medal Game 3v4 (Men's)	KGS 2
15:30	Final (Men's)	KGS 1

Gymnastics (Stromness Academy)

Apparatus Finals

All Finalists

09:00 – 10:20	General Warm Up
10:30 – 12:30	Hall 1
12:30 – 14:00	Hall 2

Sailing (Orkney Sailing Club)

TBC	Fleet order to be confirmed if extra day required.
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Squash (Pickaquoy Centre)

09:00 – 16:30	Team Event
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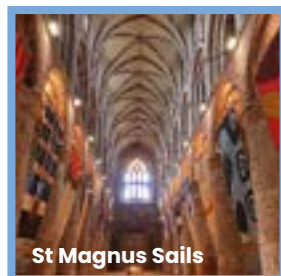
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All timings are subject to change.

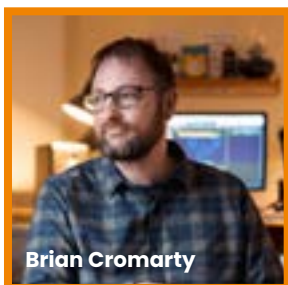
Places to visit – Kirkwall

St Magnus Sails

The Cathedral is sited in the heart of Kirkwall and is a jewel in Orkney's heritage crown. It will feature two key elements of the cultural offer. Firstly, the incredible St Magnus Sails hanging from the pillars that flank the nave. This is a collaborative work made in 1993 for the St Magnus Festival by four painters and a poet. The installation comprises fourteen free-hanging sails, painted with images inspired by a series of one-line poems, specially written for the project by George Mackay Brown, on the theme of Earl Rognvald's epic voyage to Jerusalem in 1151.



Musical Composition of Brian Cromarty



Alongside and informing this visual tour de force is the musical composition of Brian Cromarty, commissioned by Orkney Islands Council specifically for this event.

Brian is particularly known nationally and internationally for his bands The Chair and Saltfishforty and is a regular on the folk scene. Using field recordings taken of sports activities around Orkney and the wider sounds of Orkney, Brian has created a soundtrack of Orkney to take advantage of the acoustics of the Cathedral to underpin the Island Games and the pleasure Orkney has found hosting it. The sound work will run throughout the week of the Games (except during services).

Spoken Writings

Brian has also worked in partnership with Gaby Barnby, the Island Gamers Scrivener and Storygatherer, to produce short sound bites from submitted writings gathered from all the islands participating in the Island Games in 2025. These are hosted on the Orkney Museum Service website.

These sound bites will be recorded onto small panels placed at the foot of the Cathedral pillars and can be activated by visitors in order to hear the accents, languages and dialects from around the world that are part of the Island Games family. Come along and have a listen!



Places to visit – Stromness

The Street Gallery

Stromness will host a range of Orkney 2025 events and feature a Street Gallery showcasing visual art and writing on the theme of the "Games" celebrating Orkney's creative culture.

Waverly, 31 Victoria Street | 93 Victoria Street
96-100 Victoria Street | The Stromness Library
Sutherlands Pharmacy | 1 Manse Lane | 25 Graham Place
4 Dundas Street | 12 Dundas Street | 32 Dundas Street
36 Dundas Street | 44 & 47 Dundas Street | 45 Dundas Street
54 Dundas Street | 84 & 86 Dundas Street | 24 Alfred Street
44 Alfred Street | 42 Alfred Street | Stromness Museum



Northlight Gallery, Graham Place

The Northlight Gallery will host The Moti Collective, a local collective of artists creating works that reflect the Island Games and the cultural life of Orkney.

This experience will also include the Sound Artist's composition, a second opportunity to hear it play.

Island Games Island Voices

The island voices project was launched on July 12th 2024 a year ahead of the Orkney 2025 Island Games. People from across our Island Games Communities were asked to submit writing, whether prose, poetry or song for a souvenir book that will be given to all participants and volunteers. Details about submission are available online and the new writing is also being showcased by Orkney Islands Council's culture service here: <https://orkneymuseums.co.uk/>

This exciting project invites individuals from all participating islands to write something about the special communities where they belong. The project seeks to understand a bit more deeply where a sense of belonging comes from, what it means to individuals, how it nurtures and sometimes how it divides.

Look out for the fantastic Orkney 2025 volunteer Haiku and Poems On the Go in facilities all around Orkney during the Games. These short, fun and wide-ranging poems show the humour, warmth of welcome and love of place that abounds in Orkney.



Island Voices Online Open Mic
Tuesday 15th July 7-8:30pm

Contact gabybarnby@gmail.com to join



Island Voices Book Launch
Thursday 17th July 7-8:30pm

St. Magnus Centre, Kirkwall

A Selection of Local Events

Sunday 13th July

Peedie Pottery: Maeshowe Visitor Centre, Free

Kirkjuvagr Ceilidh Band

Afternoon Ceilidh, 2:30pm-5pm, Royal British Legion, Kirkwall. Entry £6 adult and £3 child.

NLV Pharos

Come and visit NLV Pharos that will be moored alongside Kirkwall Harbour. 9am-11am and 1pm-4pm (last admissions at 11am and 4pm).

Monday 14th July

Click Mill, Douby: Drop-In from 11am-3pm, Free

Tuesday 15th July

Grain Earth House, Hatson: Drop-In from 11am-3pm, Free

Wednesday 16th July

Cuween Chambered Cairn, Finstown Drop-In from 11am - 3pm, Free

Barry Nisbet & Donald Lindsay Concert

Doors 7pm at St Magnus Centre, Tickets £15 via Eventbrite or on the door.

Kirkjuvagr Ceilidh Band

Evening Ceilidh, 7:30pm-10pm, Royal British Legion, Kirkwall. Entry £6 adult and £3 child.

Thursday 17th July

Island Games Scrivener Book Launch hosted by Gaby Barnby: 7-8pm, St Magnus Centre, Free

Friday 18th July

Earl's Palace, Birsay: Drop-In from 11am-3pm, Free

Island Games Family Ceilidh

7pm at Stenness Community Centre. Tickets can be bought by contacting: stennessca@gmail.com

Ongoing Events

Orkney Museum Free Exhibits

- Exhibition of Orkney artist Jim Baikie in the gallery space. Open May - August 2025.
- Permanent exhibition of the Ba.
- New interactive Viking Galleries - Opening in May 2025.

'Dreams of the everyday: Paintings by Winifred Nicholson & Andrew Cranston'

The Pier Art Centre, Stromness, 21st June to 13th September.

Skara Brae Evening Tours

Mon to Thur, 45 minute tours starting from 5.30pm until 8pm. Adult - £19, Child - £10.

Westend Guesthouse

Food & Drinks daily, 12pm - 11pm, live streaming of the Games.

For a full list of What's On during the Games visit Orkney.com and Kirkwallbid.co.uk

Water Sculpture

Local craftsman, Kevin Gauld was selected, after fierce competition to design the Orkney 2025 water sculpture. His innovative design will feature in the Opening Ceremony's Water Ceremony - a longstanding tradition that represents the coming together of the 24 island communities participating in the Games.

The water ceremony, which involves mixing waters from each of the participating islands, symbolises united and shared culture. Kevin's sculpture will be on display for the ceremony and will later be relocated to the Pickaquooy Centre as a permanent reminder of the Island Games and Orkney's role as host.

Did you know?

1

It has been over 20 years since Scotland hosted the International Island Games

2

Orkney will be the 12th and smallest Island to ever host the Games

3

Over 900 local volunteers are on hand to make the Games a success

4

Orkney 2025 marks the 40th anniversary of the International Island Games

5

With 100+ athletes competing in the Games, Orkney has one of the largest teams

Meet our Mascot Ola!



Please welcome Ola the Orca as the Orkney 2025 official mascot!

Ola was the winning creation submitted by Sarah Sutcliffe, a pupil from Kirkwall Grammar School. The judging panel had a difficult decision after receiving 880 entries from children and young people across Orkney.

The mascot is a key part of the activity leading up to and during the Games week. Ola will be making appearances throughout the duration of the Games, so make sure you keep an eye out and please come and say hi if you spot Ola!

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We're proud to support this **once-in-a-lifetime** event for Orkney!

As a local company, we're excited to back the Games and support the athletes, volunteers, and all involved.

By enabling our team to volunteer, we hope to give everyone the opportunity to be part of this special event in a meaningful way.

Here's to a fantastic Games!



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