

# Competition Schedule

Training

Competition

Medal Day

Rest Day

Reserve Day



**ORKNEY 2025**  
International Island Games XX

Sport	Venue	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	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	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	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	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	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	08:00–18:00	08:00–18:00	08:00–18:00	08:00–16:30	
Golf	Orkney GC, Kirkwall	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 09:00–16:30	09:00–20:00	10:00–14:00
Lawn Bowls	Kirkwall Bowling Club	09:00–20:30	09:00–21:00	08:30–20:30	08:30–20:30	08:30–18:00	Reserve Day
Sailing	Kirkwall Sailing Club	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 08:00–16:00	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	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	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