

Time	Athletics	Badminton	Basketball	Beach Volleyball	Cycling	Judo	Sailing	Clay Target	Pistol Full Bore	Pistol 25m	Pistol 50m	Target Shooting Rifle	Squash	Table Tennis	Tennis	Tenpin Bowling	Triathlon
08:00																	
08:30																	
09:00		Opening Ceremony															
09:30		Guernsey V Bermuda Jersey V Orkney Isle of Man V Isle of Wight Faroe Islands V Shetland Islands Menorca V Åland Greenland V Falkland Islands							NPA Police Pistol 1 - Team Detail 1	ISSF 25m Sport Pistol - Team - Women Detail 1	ISSF 50m Free Pistol - Team - Men Detail 1						
10:00				Court 1 Men Jersey2 V Bermuda2 Court 2 Women Saaremaa1 V Åland1					NPA Police Pistol 1 - Team Detail 2								Individual and Team Men's 8:00am start Individual and Team Women's 8:40am start
10:30				Court 1 Men Gibraltar V Åland1 Court 2 Women Cayman1 v Bermuda2					NPA Police Pistol 1 - Team Detail 3								
11:00	100m Women Heats 1-4 200m Men Heats 1-3 400m Women Heats 1-3		Mens' Jersey vs Faroe Islands Women's Isle of Man vs Guernsey							ISSF 25m Sport Pistol - Team - Women Detail 2							
11:30				Court 1 Men Gibraltar V Bermuda1 Court 2 Women Menorca1 V Saaremaa2							ISSF 50m Free Pistol - Team - Men Detail 2						
12:00				Court 1 Men Gotland1 V Menorca2 Court 2 Women Gotland1 V Hitra1		Welgh In' at the University of Gibraltar	Laser Standard Rig	Automatic Ball Trap Team - Open Olympic Skeet Team - Open									
12:30																	
13:00																	
13:30																	
14:00																	
14:30																	
15:00																	
15:30																	
16:00																	
16:30	Long Jump Women and High Jump Men Finals																
17:00																	
17:30	800m Men Heats 1-3																
18:00	1500m Women Heats 1-2																
18:30																	
19:00	MEDAL CEREMONY Long Jump Women and																
19:30	10,000m Mens																
20:00																	
20:30																	
21:00																	
21:30																	

Sunday



Time	ATHLETICS	Badminton	Basketball	Beach Volleyball	Judo	Sailing	Shooting	Shooting	Shooting	Shooting	Shooting	Squash	Swimming	T/Tennis	Tennis	Tenpin
08:00																
08:30																
09:00		Group Semi Finals														
09:30																
10:00																
10:30	400m Mens Hurdles Heat 1 and 2 100m Women Semi Final 1 and 2		Mens Saaremaa vs Jersey Womens Gotland vs Isle of Man				Revolver WA 1500 48 Shot-Max 6" Barrel Team Detail 1						Women's 400m Individual Medley Men's 200m Butterfly Women's 100m Butterfly Men's 100m Breaststroke Women's 50m Breaststroke Men's 50m Backstroke Women's 200m Freestyle Men's 200m Individual Women's 4 x 50m Freestyle Relay Medley Men's 4 x 50m Medley Relay Men's 1500m Freestyle	Quarter Finals		Women's Doubles
11:00	MEDAL CEREMONY						Revolver WA 1500 48 Shot-Max 6" Barrel Team Detail 2			ISSF 10m Air Pistol - Team - Women						
11:30																
12:00	800m Mens Semi Final 1 and 2 200m Mens Semi Final 1 and 2						Revolver WA 1500 48 Shot-Max 6" Barrel Team Detail 3									
12:30																
13:00		13th / 14th 15th / 16th Group Semi Finals														
13:30				Men's Isle of Wight vs Åland Women's Menorca vs Cayman Islands												
14:00																
14:30																
15:00				Group Matches	Men's 60kg to 74kg and women's 52kg to 63kg											
15:30																
16:00		3rd / 4th Bronze Playoff Team Event 5th / 6th 7th / 8th 9th / 10th 11th / 12th														
16:30																
17:00	Shot Putt Mens Final															
17:30	400m Hurdle Mens Final															
18:00	100m Womens Final															
18:30	200m Mens Final															
19:00	Medal Ceremony	FINAL	Men's Isle of Man vs Cayman Islands Women's Jersey vs Gibraltar													
19:30	400m Semi Finals Women															
20:00	3000m Mens Steeple Chase															
20:30	1000m Womens Final															
21:00		Medal Ceremony	Men's Gibraltar vs Menorca Men's Faroe Islands vs Guernsey													
21:30																

Monday



Time	Athletics	Badminton	Basketball	Beach Volley	Cycling	Judo	Sailing	Shooting	Shooting	Shooting	Shooting	Shooting	Squash	Swimming	T/TENNIS	Ten pin Bowling	TENNIS			
08:00															Tuesday					
08:30																				
09:00		Men and Women Singles and Doubles																		
09:30																				
10:00				Aland vs Cayman Islands Isle of Wight vs Isle of Man																
10:30									ISSF 50m 3 Position Smallbore Rifle - Team - Open	NPA Police Pistol 1 - Open Detail 1-3		ISSF 25m Standard Pistol - Women		ISSF 10m Air Pistol - Team - Men						
11:00am																				
11:30																				
12:00																				
12:30																				
13:00																				
13:30				Saaremaa vs Faroe Islands Guernsey vs Gotland																
14:00																				
14:30				GROUP GAMES																
15:00																				
15:30																				
16:00																				
16:30	Shot Putt Women Final Discus Men Final																			
17:00	4 x 100m Relay Women Heat 1 - 2																			
17:30	4 x 100m Relay Men Heat 1 - 2 10,000m Women																			
18:00	400m Women Finals 800m Men Finals																			
18:30			Menorca vs Gotland Jersey vs Guernsey																	
19:00	500m Women Finals																			
19:30	MEDAL CEREMONY																			
20:00	110m Hurdles Men Finals																			
20:30	110m Hurdles Women Finals																			
21:00																				
21:30																				



Time	Athletics	Badminton	Basketball	Beach Volley	Judo	Sailing	Shooting	Shooting	Shooting	Shooting	Shooting	Squash	Swimming	T/Tennis	Tennis	Ten Pin					
08:00																	<h1>Wednesday</h1>				
08:30																					
09:00		Men's and Women's singles and Doubles					Automatic Ball Trap Individual - Open Olympic Skeet Individual - Open											Singles and Double Matches Times TBC			
09:30																					
10:00	100m Men's Heat heat 1-3 200m Women Heats 1-3			Men's Basketball																	Men's Team Event
10:30																					
11:00																					
11:30	400m Men's Heat 1-3 800m Women's Heat 1-3				Men and Women Group stages																
12:00																					
12:30	1500m Men's Heat 1-2																				
13:00																					
13:30				Women's Basketball																	
14:00																					
14:30																					
15:00																					
15:30																					
16:00																					
16:30	High Jump Women Long Jump Men																				
17:00																					
17:30	4x400m Relay Women and Men's Heats 1-2																				
18:00	MEDAL CEREMONY																				
18:30	5000m Women's Final																				
19:00																					
19:30	MEDAL CEREMONY																				
20:00																					
20:30																					
21:00																					



Time	Athletics	Badminton	Basketball	Beach Volleyball	Cycling	Judo	Sailing	Shooting	Shooting	Shooting	Squash	Swimming	T/Tennis	Tennis	Ten Pin
08:00													Thursday		
08:30															
09:00															
09:30															
10:00	400m Men's			Women's Semi Finals								Women's 100m Individual Medley Men's 400m Freestyle Women's 200m Butterfly Men's 100m Backstroke Women's 100m Freestyle Men's 50m Freestyle Women's 50m Backstroke Men's 200m Breaststroke Women's 800m Freestyle Women's 4 x 100m Medley Relay Mixed 4 x 50m Freestyle Relay			
10:30	5000m MEDAL CEREMONY														
11:00am	400m Men's														
11:00am	200m Women		Womens Basketball												Women's Team Event
11:30															
12:00				Men's Semi Finals											
12:30															
13:00															
13:30						Men's Team Event									
14:00			Men and Women's Basketball												
14:30															
15:00		Mixed Doubles													
15:30					Women's Team and Individual										
16:00															
16:30															
17:00	Triple Jump Women Discus Women 400m Hurdles Women 100m Men 200m Women 400m Men														
17:30															
18:00															
18:00															
18:30	MEDAL CEREMONY			Men's and Women's Bronze Medal Match											Medal Ceremony
19:00															Medal Ceremony
19:30	3000m SteepleChase Women			Men's and Women's Gold Medal Match											
20:00	MEDAL CEREMONY								Medal Ceremony	Medal Ceremony					
20:30				Medal Ceremony				Medal Ceremony							
21:00					Medal Ceremony										



Time	Athletics	Badminton	Basketball	Shooting	Shooting	Shooting	Shooting	Squash	Table tennis	Tennis	TenPin Bowling	
08:00									Friday			
08:30												
09:00					ISSF 50m Prone Smallbore Rifle - Men							
09:30						ISSF 25m Centrefire - Men Detail 1						
10:00	HALF MARATHON Men & Women Finals		Women's Basketball 3rd and 4th Place				IPSC Standard and Team Division					
10:30												
11:00			Finals		ISSF 10m Air Rifle - Team - Mixed				Team Event	Men's Women's Mixed Doubles Men's and Women's Singles Semi Finals	Finals Times to be confirmed	Men's and Women's Masters Competition
11:30												
12:00					ISSF 25m Centrefire - Men Detail 2							
12:30			Men's Basketball 3rd and 4th Place	Olympic Trap Individual - Open	ISSF 10m Air Rifle - Team - Mixed		Team Event					
13:00												
13:30							Medal Ceremony					
14:00												
14:30					ISSF 10m Air Rifle - Team - Mixed							
15:00	Triple Jump Men's Final							Team Event			Medal Ceremony	
15:30	MEDAL CEREMONY AT LATHBURY		Women's Basketball Final									
16:00	4 x 100m Relay Women 4 x 100m Relay Men 800m Women 1,500m	Medal Ceremony										
16:30	Men 4 x 400m Relay Women 4 x 400m Relay Men				ISSF 10m Air Rifle - Team - Mixed							
17:00								Medal Matches	Medal Ceremony			
17:30	MEDAL CEREMONY AT LATHBURY		Men's Final Basketball							Medal Ceremony		
18:00				Medal Ceremony	Medal Ceremony							
18:30												
19:00			Medal Ceremony									
19:30												
20:00												
20:30												

