

Key Dates

Thursday 22 nd July		Athlete's Villages Officially Open
Thursday 28 th July	20:00	Opening Ceremony – Alexander Stadium
Friday 29 th July	10:30	Aquatics: Men's 400m Freestyle Heats – Alex Bregazzi Women's 200m Freestyle Heats – Kiera Prentice Men's 50m Butterfly Heats – Peter Allen, Harry Robinson & Joel Watterson Women's 50m Breaststroke Heats – Laura Kinley Men's 100m Backstroke Heats – Harry Robinson Mixed 4 x 100m Freestyle Relay Heats – Team IOM
	11:00	Triathlon – Men's Sprint Niall Caley & Will Draper
	12:00	Boxing – Men's and Women's Round of 32 Jade Burden & Jamie Devine
	19:00	Aquatics: Men's 400m Freestyle Final – <i>Alex Bregazzi</i> Women's 200m Freestyle Final – <i>Kiera Prentice</i> Men's 50m Butterfly Semi Final – <i>Peter Allen, Harry Robinson & Joel Watterson</i> Women's 50m Breaststroke Semi Final – <i>Laura Kinley</i> Men's 100m Backstroke Semi Final – <i>Harry Robinson</i> Mixed 4 x 100m Freestyle Relay Final – <i>Team IOM</i>
Saturday 30 th July	07:00	Athletics – Men's & Women's Marathon Ollie Lockley & Sarah Webster
	09:00	Gymnastics – Women's Qualification Tara Donnelly
	10:30	Aquatics: Men's 200m Freestyle Heats – Peter Allen & Alex Bregazzi Women's 100m Backstroke Heats – Emma Hodgson & Kiera Prentice Men's 4 x 100m Freestyle Relay Heats – Team IOM
	12:00	Boxing – Men's and Women's Round of 16 <i>Jade Burden & Jamie Devine</i>
	19:00	Aquatics: Men's 50m Butterfly Final – <i>Peter Allen, Harry Robinson & Joel Watterson</i> Women's 50m Breaststroke Final – <i>Laura Kinley</i> Men's 200m Freestyle Final – <i>Peter Allen & Alex Bregazzi</i> Women's 100m Backstroke Semi Final – <i>Emma Hodgson & Kiera Prentice</i>

		Men's 100m Backstroke Final – <i>Harry Robinson</i> Men's 4 x 100m Freestyle Relay Final – <i>Team IOM</i>
Sunday 31 st July	10:00	Cycling – Track – Men's 15km Scratch Race Qualification Matthew Bostock
	10:30	Aquatics: Men's 200m Butterfly Heats – Peter Allen Men's 50m Backstroke Heats – Harry Robinson Men's 100m Freestyle Heats – Alex Bregazzi, Harry Robinson, Joel Watterson
	12:00	Boxing – Men's and Women's Round of 16 <i>Jade Burden & Jamie Devine</i>
	14:30	Gymnastics – Women's All Around Final Tara Donnelly
	15:00	Cycling – Track – Men's 15km Scratch Race Final Matthew Bostock
	19:00	Aquatics: Men's 200m Butterfly Final – <i>Peter Allen</i> Men's 50m Backstroke Semi Final – <i>Harry Robinson</i> Men's 100m Freestyle Semi Final – <i>Alex Bregazzi, Harry Robinson, Joel Watterson</i> Women's 100m Backstroke Final – <i>Emma Hodgson & Kiera Prentice</i>
Monday 1 st August	10:30	Aquatics: Women's 200m Backstroke Heats – Kiera Prentice Men's 100m Butterfly Heats – Peter Allen Women's 100m Breaststroke Heats – Laura Kinley Men's 4 x 200m Freestyle Heats – Team IOM
	12:00	Boxing – Men's and Women's Round of 16 <i>Jade Burden & Jamie Devine</i>
	13:00	Gymnastics – Women's Vault & Bars Finals Tara Donnelly
	14:00	Cycling – Track – Men's 40km Points Race – Qualification & Final Matthew Bostock
	19:00	Aquatics: Men's 100m Freestyle Final – <i>Alex Bregazzi, Harry Robinson, Joel Watterson</i> Women's 200m Backstroke Final – <i>Kiera Prentice</i> Men's 100m Butterfly Semi Final – <i>Peter Allen</i> Men's 50m Backstroke Final – <i>Harry Robinson</i> Women's 100m Breaststroke Semi Final – <i>Laura Kinley</i> Men's 4 x 200m Freestyle Final – <i>Team IOM</i>
Tuesday 2 nd August	10:30	Aquatics:

		Men's 50m Freestyle Heats - Harry Robinson & Joel Watterson Women's 50m Backstroke Heats – Emma Hodgson & Kiera Prentice Mixed 4 x 100m Medley Relay Heats – Team IOM
	12:00	Boxing – Men's and Women's Round of 16 <i>Jade Burden & Jamie Devine</i>
	13:00	Gymnastics – Women's Beam & Floor Finals Tara Donnelly
	19:00	Aquatics: Men's 100m Butterfly Final – <i>Peter Allen</i> Women's 100m Breaststroke Final – <i>Laura Kinley</i> Men's 50m Freestyle Semi Finals - <i>Harry Robinson & Joel Watterson</i> Women's 50m Backstroke Semi Finals – <i>Emma Hodgson & Kiera Prentice</i> Mixed 4 x 100m Medley Relay Final – <i>Team IOM</i>
Wednesday 3 rd August	08:00 16:30	Badminton – Women's Singles R128 & R64 Jessica Li
	10:30	Aquatics: Women's 400m Freestyle Heats – Kiera Prentice
	12:00 18:00	Boxing – Men's and Women's Quarter Finals <i>Jade Burden & Jamie Devine</i>
	19:00	Aquatics: Women's 400m Freestyle Final – <i>Kiera Prentice</i> Men's 50m Freestyle Final - <i>Harry Robinson & Joel Watterson</i> Women's 50m Backstroke Final – <i>Emma Hodgson & Kiera Prentice</i>
Thursday 4 th August	09:00 16:30	Badminton – Women's Singles R32 Jessica Li
	10:00	Cycling – Women's Time Trial Jess Carridge, Lizzie Holden & Becky Storrie
	10:00	Cycling – Men's Time Trial Tyler Hannay & Max Walker
	11:25	Athletics – Men's 1,500m Round 1 Heats David Mullarkey
	12:00 18:00	Boxing – Men's and Women's Quarter Finals <i>Jade Burden & Jamie Devine</i>
	15:00	Para Powerlifting – Lightweight Competition Kim Dean
Friday 5 th August	11:00 17:30	Badminton – Women's Singles R16 Jessica Li
	11:05	Athletics – Woman's 1,500m Round 1 Heats

		Rachael Franklin
	12:30	Athletics – Men’s Javelin Throw Qualifying Joe Harris
Saturday 6 th August	10:30 14:30 19:00	Boxing – Men’s and Women’s Semi Finals <i>Jade Burden & Jamie Devine</i>
	11:00 16:30	Badminton – Women’s Singles Quarter Finals Jessica Li
	13:10	Athletics – Men’s 1,500m Final David Mullarkey
	19:10	Athletics – Men’s Pole Vault Final Glen Quayle
	20:10	Athletics – Men’s 5,000m Final David Mullarkey
Sunday 7 th August	08:00	Cycling – Women’s Road Race Jess Carridge, Anna Christian, Lizzie Holden, Amelia Sharpe & Becky Storrie
	08:00	Cycling Men’s Road Race Matthew Bostock, Sam Brand, Mark Cavendish, Mark Christian, Tom Mazzone, Ben Swift
	09:00 17:00	Badminton – Women’s Singles Semi Finals & Bronze Medal Match Jessica Li
	10:30 14:30 19:00	Boxing – Men’s and Women’s Finals <i>Jade Burden & Jamie Devine</i>
	19:20	Athletics – Woman’s 1,500m Final Rachael Franklin
	19:40	Athletics – Men’s Javelin Throw Final Joe Harris
	19:40	Athletics – Woman’s 5,000m Final Sarah Astin & Rachael Franklin
Monday 8 th August	08:00	Badminton – Women’s Singles Gold Medal Match Jessica Li
Monday 8 th August	20:00	Closing Ceremony – Alexander Stadium

* Athletes shown in italics are events where participation would be via qualification in earlier rounds