

PARALYMPIC GAMES DAY BY DAY - Tokyo local dates & times

Monday, August 30		Tuesday, August 31		Wednesday, September 1		Thursday, September 2		Friday, September 3	
DAY 6		DAY 7		DAY 8		DAY 9		DAY 10	
PRELIMS 9:00-11:00 JST		PRELIMS 9:00-11:30 JST		PRELIMS 9:00-11:30 JST		PRELIMS 9:00-11:30 JST		PRELIMS 9:00-11:30 JST	
CAN SWIMMER HEATS* 9:06 - 10:36 JST		CAN SWIMMER HEATS* 9:00 -11:03 JST		CAN SWIMMER HEATS* 9:06 - 10:50 JST		CAN SWIMMER HEATS* 9:52 - 11:15 JST		CAN SWIMMER HEATS* 9:00 - 11:06 JST	
Women's 100m Backstroke - S7		Men's 400m Freestyle - S8		Women's 100m Breaststroke - SB7		Women's 100m Backstroke - S10		Men's 200m Ind. Medley - SM10	
CAMILLE BERUBE	01:24.77	ZACH ZONA	04:42.05	ABI TRIPP	01:33.99	AURELIE RIVARD	01:10.69	ALEXANDER ELLIOT	02:12.90
DANIELLE DORRIS	01:23.91								
Women's 100m Freestyle - S3		Men's 200m Ind. Medley - SM14		Men's 400m Freestyle - S10		Women's 100m Backstroke - S14		Women's 200m Ind. Medley - SM10	
NIKITA ENS	02:32.70	NICHOLAS BENNETT	02:15.56	ALEXANDER ELLIOT	04:07.69	ANGELA MARINA	01:13.26	AURELIE RIVARD	02:32.80
ALY VAN WYCK-SMART	02:27.00	Women's 200m Ind. Medley - SM14		Women's 400m Freestyle - S10		Women's 4x100 Medley Relay - 34 pts		Women's 100m Backstroke - S6	
		ANGELA MARINA	02:37.81	AURELIE RIVARD	04:30.42			SHELBY NEWKIRK	01:19.99
		Women's 50m Breaststroke - SB3		Women's 200m Ind. Medley - SM9				Women's 100m Butterfly - S8	
		TAMMY CUNNINGTON	01:12.55	KATARINA ROXON	02:41.85			MORGAN BIRD	01:20.87
		Women's 100m Freestyle - S7		Women's 50m Freestyle - S8					
		CAMILLE BERUBE	01:19.04	MORGAN BIRD	00:32.03				
		SABRINA DUCHESNE	01:16.04						
		SHELBY NEWKIRK	01:14.88						
		Men's 100m Butterfly - S10							
		ALEXANDER ELLIOT	00:59.50						
		Women's 100m Freestyle - S9							
		KATARINA ROXON	01:07.10						
FINALS start at 17:00 JST	Time*	FINALS start at 17:00 JST	Time*	FINALS start at 17:00 JST	Time*	FINALS start at 17:00 JST	Time*	FINALS start at 17:00 JST	Time*
Women's 100m Backstroke - S7	17:07	Men's 400m Freestyle - S8	17:00	Women's 100m Breaststroke - SB7	17:07	Women's 100m Backstroke - S10	17:43	Men's 200m Ind. Medley - SM10	17:00
Women's 100m Freestyle - S3	19:26	Men's 200m Ind. Medley - SM14	17:34	Men's 400m Freestyle - S10	17:21	Women's 100m Backstroke - S14	18:11	Women's 200m Ind. Medley - SM10	17:07
		Women's 200m Ind. Medley - SM14	17:42	Women's 400m Freestyle - S10	17:31	Women's 4x100 Medley Relay - 34 pts	20:00	Women's 100m Backstroke - S6	17:23
		Women's 50m Breaststroke - SB3	18:14	Women's 200m Ind. Medley - SM9	18:32			Women's 100m Butterfly - S8	17:37
		Women's 100m Freestyle - S7	18:42	Women's 50m Freestyle - S8	19:37			Women's 50m Butterfly - S7	18:04
		Men's 100m Butterfly - S10	18:49					Women's 50m Backstroke - S4	18:31
		Women's 100m Freestyle - S9	19:16					Men's 100m Butterfly - S11	19:43

*Times subject to change by Tokyo 2020