

2026 ASIAN GAMES DAY-BY-DAY CALENDAR

HOST Aichi-Nagoya, Japan	DATES Sep 19 – Oct 4	SPORTS 43 • 469 events	NATIONS 45 NOCs
-----------------------------	-------------------------	---------------------------	--------------------

COMPETITION CALENDAR (WRITE IN THE FINALS YOU ARE FOLLOWING)

Sep 19 SAT OPENING	Sep 20 SUN	Sep 21 MON	Sep 22 TUE
Sep 23 WED	Sep 24 THU	Sep 25 FRI	Sep 26 SAT
Sep 27 SUN	Sep 28 MON	Sep 29 TUE	Sep 30 WED
Oct 1 THU	Oct 2 FRI	Oct 3 SAT	Oct 4 SUN CLOSING

New for 2026: six sports make their Asian Games debut – freestyle BMX, mixed martial arts, padel, surfing, teqball, and virtual taekwondo – alongside cricket and 11 esports events. Opening and closing ceremonies are at Paloma Mizuho Stadium in Nagoya.

MEDAL TABLE					
#	NATION	 GOLD	 SILVER	 BRONZE	TOTAL
1	China				
2	Japan				
3	South Korea				
4	India				
5	Uzbekistan				
6	Iran				
7	Chinese Taipei				
8	Thailand				
9	Kazakhstan				
10	North Korea				
11					
12					
13					
14					
15					
16					

How to use: a few likely medal leaders are pre-filled – add the nations you are following in the blank rows, then tally gold, silver, and bronze as the Games go on. The table is usually ranked by golds first, then total medals.

SPORTS ON THE 2026 PROGRAM

- AthleticsSwimmingBasketballFootballVolleyballBadmintonTable TennisCricketEsportsShooting
- ArcheryJudoWrestlingBoxingGymnasticsKabaddiSepak TakrawWushuSurfingMMA
- BMX FreestylePadelTeqballSkateboarding

 MY MEDAL-TABLE PREDICTIONS

Most golds

Most total medals

Surprise nation

Watching from the US? The Asian Games are not on traditional US TV; coverage is mostly via international streaming and the Olympic Council of Asia broadcast partners. Check regional listings for your sport.