

DAY 1	DAY 2		DAY 3		DAY 4		DAY 5		DAY 6	DAY 7	DAY 8
SAT 17TH AUG	SUN 18TH AUG		MON 19TH AUG		TUE 20TH AUG		WED 21ST AUG		THURS 22ND AUG	FRI 23RD AUG	SAT 24TH AUG
ARRIVAL & REGISTRATION	GOLF (Close House)	5k ROAD RACE (Town Moor / Exhibition Park)	SWIMMING (Sunderland)	GOLF (Close House)		SWIMMING (Sunderland)	ATHLETICS (GIS)	GOLF TEAM (Close House)	ATHLETICS (GIS)	ATHLETICS (GIS)	DEPARTURES
	SQUASH (N-Land Tennis Club)	Gift of Life RUN / WALK (Town Moor / Exhibition Park)		SQUASH (N-Land Tennis Club)	ATHLETICS (GIS)	CYCLING 30K (Hetton Lyons Country Park)	TABLE TENNIS SINGLES (Sport Central)	SWIMMING (Sunderland)	TABLE TENNIS SINGLES (Sport Central)	TABLE TENNIS DOUBLES (Sport Central)	
		VOLLEYBALL (GIS)	BADMINTON SINGLES (Sport Central)	CYCLING TT CYCLING TEAM (Quayside)	TENNIS (N-Land Tennis Club)	BADMINTON SINGLES (Sport Central)		TENNIS SINGLES (N-Land Tennis Club)	TENNIS DOUBLES (N-Land Tennis Club)		
ARCHERY TRAINING (GIS)		ARCHERY INDIVIDUAL (GIS)		PETANQUE DOUBLES (Sage Gateshead)		BOWLING PAIRS (Washington / NAMCO)		BADMINTON DOUBLES (Sport Central)			
VOLLEYBALL TRAINING (GIS)	FOOTBALL (GIS)	PETANQUE SINGLES (Sage Gateshead)		FOOTBALL (GIS)							
PETANQUE TRAINING (Sage Gateshead)	BOWLING TRAINING (Washington / NAMCO)			BOWLING INDIVIDUAL (Washington / NAMCO)	BASKETBALL (Eagles Venue)			BASKETBALL (Eagles Venue)			
				ARCHERY TEAM (GIS)							
								DARTS (St James' Park)			
OPENING CEREMONY (Sport Central)						CULTURAL EVENING (Centre for Life)				GALA CELEBRATION (Utilita Arena)	

COMPETITION  
 TRAINING  
 SOCIAL EVENT