| Sport and Discipline | | 6 FRI | 7 SAT | 8 SUN | 9 MON | 10 TUE | 11 WED | 12 THU | 13 FRI | 14 SAT | 15 SUN | Venue |
|--|--|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|---|
| ★ Welcome Ceremony | | | | | | | | | | | | Hazza Bin Zayed Stadium, Al Ain |
| ★ Farewell Ceremony | | | | | | | | | | | | Zayed Sports City Stadium |
| Archery | Target (P) | | | | | | | | | | | Abu Dhabi Cricket & Sports Hub |
| | Track & Field (P) | | | | | | | | | | | Tbd |
| 3 Athletics | Road Race (P) | | | | | | | | | | | Hudayriyat Island |
| Badminton | | | | | | | | | | | | Adnec, Abu Dhabi |
| Basketball | | | | | | | | | | | | Adnec, Abu Dhabi |
| Basketball (3×3) (P) | | | | | | | | | | | | Adnec, Abu Dhabi |
| ★. Bowling (P) | | | | | | | | | | | | Khalifa International Bowling Centre, Zayed Sports City, Abu Dhabi |
| Camel Racing (Traditional) | | | | | | | | | | | | Al Wathba Race Track, Abu Dhabi |
| Canoeing / Kayaking | Canoeing / Kayaking Sprint (200m) | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| | Canoeing / Kayaking Sprint (500m) | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| | Canoeing / Kayaking Sprint Team (500m) | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| | Canoeing / Kayaking Sprint (1000m) | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| | Canoeing / Kayaking Sprint (2000m) | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| | Dragon Boat Racing | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| Chess | | | | | | | | | | | | Adnec, Abu Dhabi |
| Cricket (P) | | | | | | | | | | | | Abu Dhabi Cricket & Sports Hub |
| Cricket (P) Cycling (P) Dhow (Traditional) | Road (Road Race) | | | | | | | | | | | Hudayriyat Island |
| | Road (Time Trial) | | | | | | | | | | | Hudayriyat Island |
| | Road (Time mai) | | | | | | | | | | | Start: Al Mirfa — Finish: Abu Dhabi Marine Sports Club, Abu Dhabi City |
| | | | | | | | | | | | | Al Wathba Race Track, Abu Dhabi |
| Endurance Horse Racing (Traditional) | | | | | | | | | | | | |
| Falconry (Traditional) Football | 11 v 11 | | | | | | | | | | | Al Falah Falconry Club, Abu Dhabi |
| | | | | | | | | | | | | Hudayriyat Island |
| Colf (D) | 7v7 | | | | | | | | | | | Abu Dhabi Cricket & Sports Hub Al Ain Equestrian, Shooting & Golf Club, Abu Dhabi Golf Club. |
| Golf (P) | | | | | | | | | | | | Al Ain Equestrian, Shooting & Golf Club, Abu Dhabi Golf Club, Yas Acres Golf Club, Yas Links Golf Club |
| Horse Jumping | | | | | | | | | | | | Abu Dhabi Equestrian Club |
| Judo (P) | | | | | | | | | | | | Mubadala Arena, Abu Dhabi |
| Jiu Jitsu (P) | | | | | | | | | | | | Mubadala Arena, Abu Dhabi |
| Karate | | | | | | | | | | | | Space 42 |
| Muay Thai | | | | | | | | | | | | Space 42 |
| Netball | | | | | | | | | | | | Abu Dhabi Cricket & Sports Hub |
| Obstacle Course Racing | 3km | | | | | | | | | | | Al Ain Adventure |
| | 5km | | | | | | | | | | | Al Ain Adventure |
| | 12–15km | | | | | | | | | | | Al Ain Adventure |
| Orienteering | Sprint (2–3.5km) | | | | | | | | | | | Abu Dhabi City |
| | Middle Distance (4-7km) | | | | | | | | | | | Abu Dhabi City |
| ** Padel | Padel Kingdom | | | | | | | | | | | Abu Dhabi Padel Kingdom |
| Rugby | 15s | | | | | | | | | | | Zayed Sports City, Abu Dhabi |
| | 10s/7s/Touch | | | | | | | | | | | Zayed Sports City, Abu Dhabi |
| | Ilca M/F | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| Shooting (R) | Sb20 M/F | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| | Kitesurfing | | | | | | | | | | | Abu Dhabi Marine Sports Club |
| Shooting (P) | | | | | | | | | | | | Al Ain Equestrian, Shooting & Golf Club |
| Squash | | | | | | | | | | | | Fatima Bint Mubarak Academy |
| Swimming (P) | Open Water | | | | | | | | | | | Hudayriyat Island |
| | Pool | | | | | | | | | | | Mohamed Bin Zayed City Swimming Pool, Abu Dhabi |
| Tennis (P) | | | | | | | | | | | | Zayed Sports City, Abu Dhabi |
| Table Tennis (P) Triathlon (P) | | | | | | | | | | | | Adnec, Abu Dhabi |
| | Sprint, Olympic | | | | | | | | | | | Hudayriyat Island |
| | Duathlon | | | | | | | | | | | Hudayriyat Island |
| | Aquathon | | | | | | | | | | | Hudayriyat Island |
| 🕏 Volleyball | Beach | | | | | | | | | | | Hudayriyat Island |
| | Indoor | | | | | | | | | | | Adnec, Abu Dhabi |
| Weightlifting | | | | | | | | | | | | Fatima Bint Mubarak Academy |
| Beach Wrestling (Traditional) | | | | | | | | | | | | Hudayriyat Island |
| | Ce | eremony | | Activ | ity | Alte | ernate Ve | nue | Re | eserve Da | ay | |