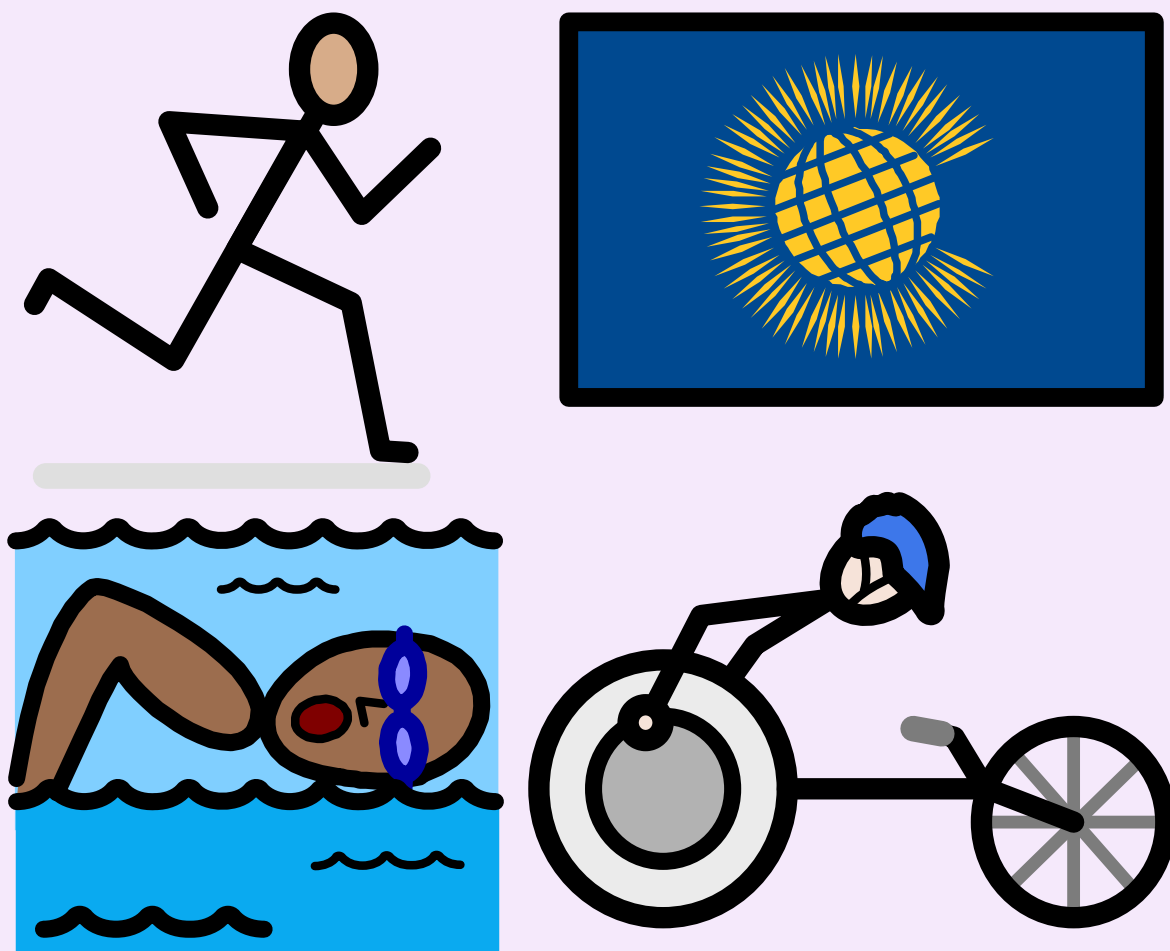




Commonwealth Games

2026



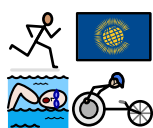
Made in InPrint

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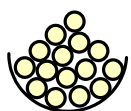
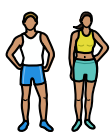
Widgit Symbols © Widgit Software 2002-2026



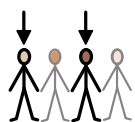
2026



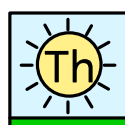
The 2026 Commonwealth Games will be in Glasgow.



Athletes come from many different Commonwealth countries.



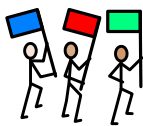
Some athletes have disabilities, and are called Para athletes.



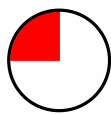
23rd



The Commonwealth Games begins on Thursday 23rd July.



The Opening Ceremony



includes



music,

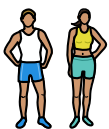


dancing,

and



a parade.



Athletes



walk in the parade,



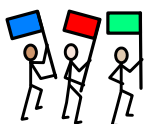
representing



their



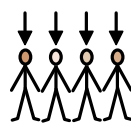
home country.



The Closing Ceremony



celebrates



everyone's



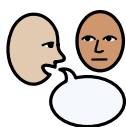
achievements.



It is a happy



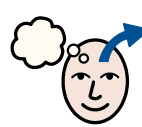
time



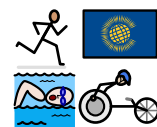
to say



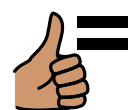
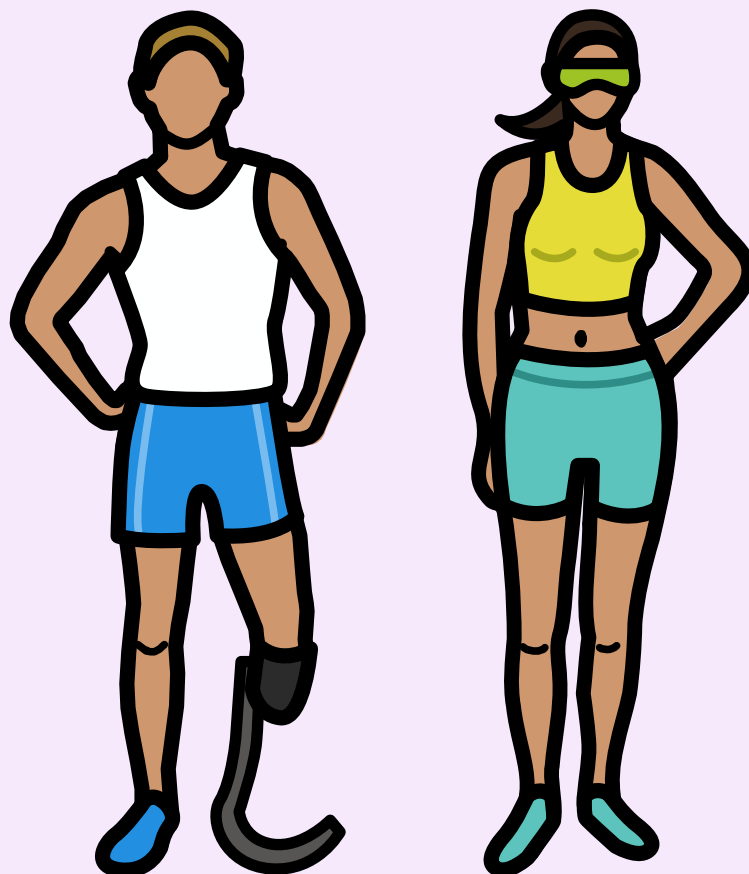
goodbye



and remember



the games.

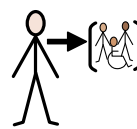


Some sports are changed so Para athletes can compete fairly.

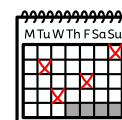
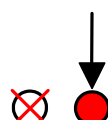
10



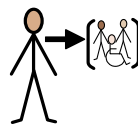
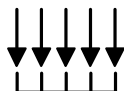
6



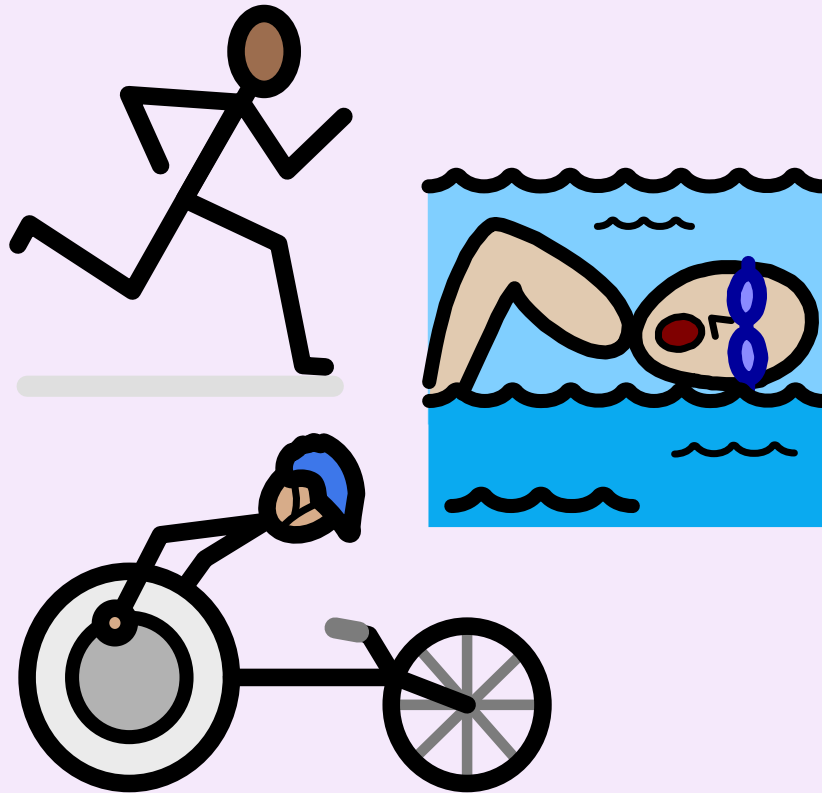
There are 10 sports at the games, and 6 include Para athletes.



Para sports take place at the same time as the other events.



This helps all athletes feel included.



10



The 10 sports at the Commonwealth Games are:



Athletics



3x3 Basketball



Track Cycling



Artistic
Gymnastics



Swimming



Boxing



Weightlifting



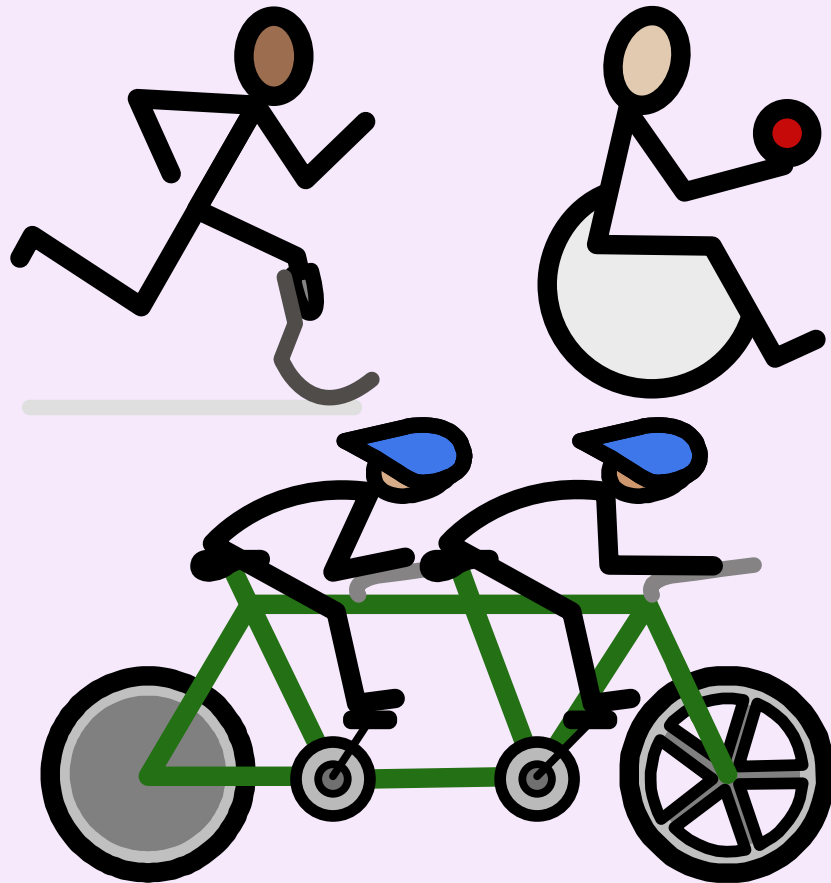
Judo



Lawn Bowls



Netball



6



The 6 Para sports are:



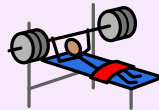
Para Athletics



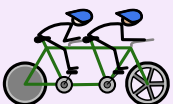
3x3 Wheelchair Basketball



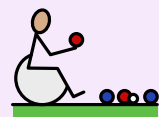
Para Swimming



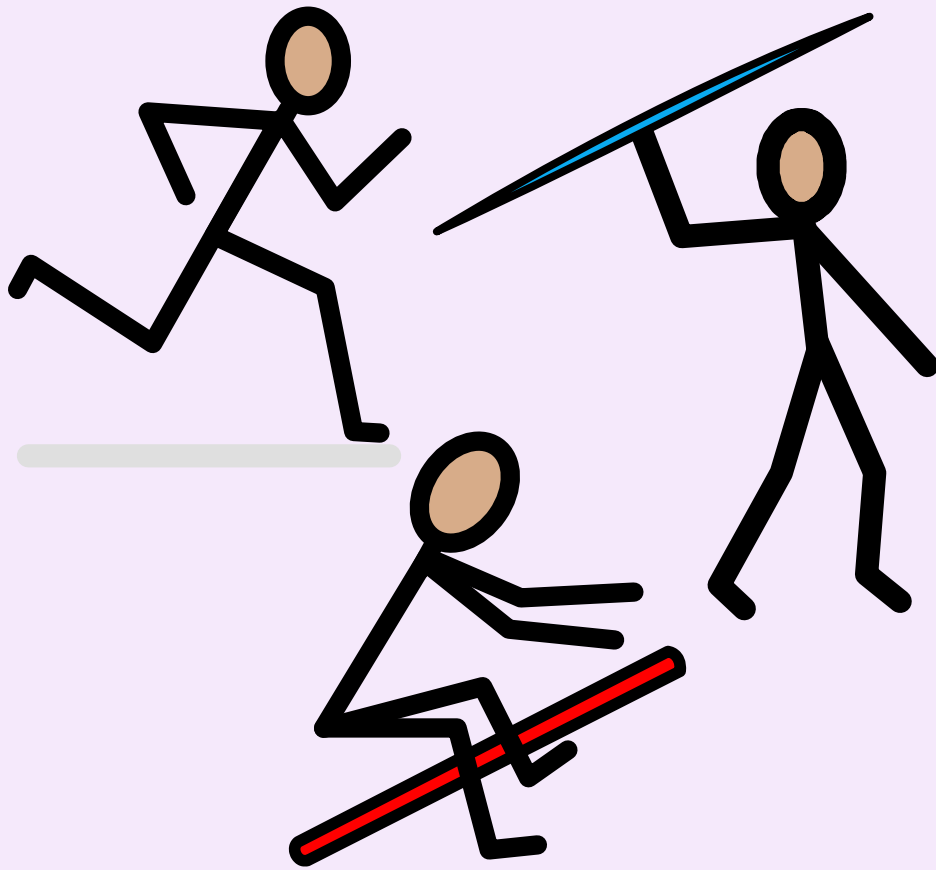
Para Powerlifting



Para Track Cycling



Para Lawn Bowls









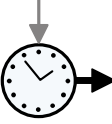
 Athletics is about running, jumping, and throwing.



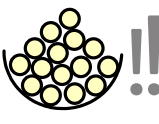


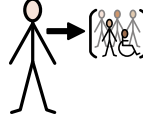
 Para athletics takes place alongside athletics.

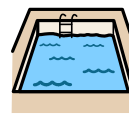
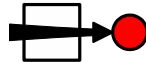
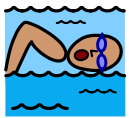
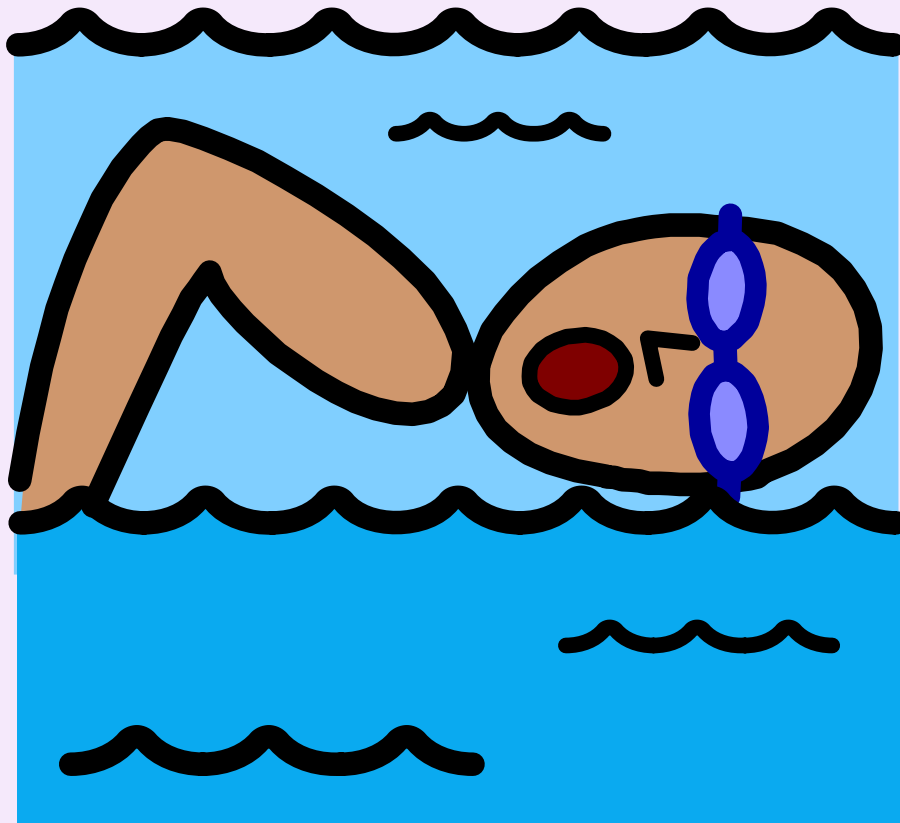




 1930
 Athletics has been part of the Commonwealth Games since 1930.





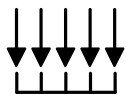

 Athletics is the sport with the most countries taking part.



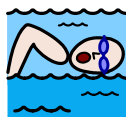
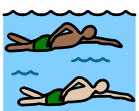
Swimming is when athletes race across a pool.



Swimmers use different swimming styles.



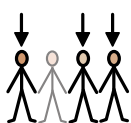
Each race tests how fast and skilful swimmers are.



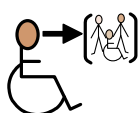
Para swimmers may start races in the water instead of diving in.



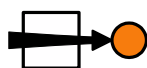
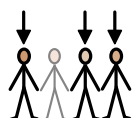
3



3x3 basketball has three players on each team.



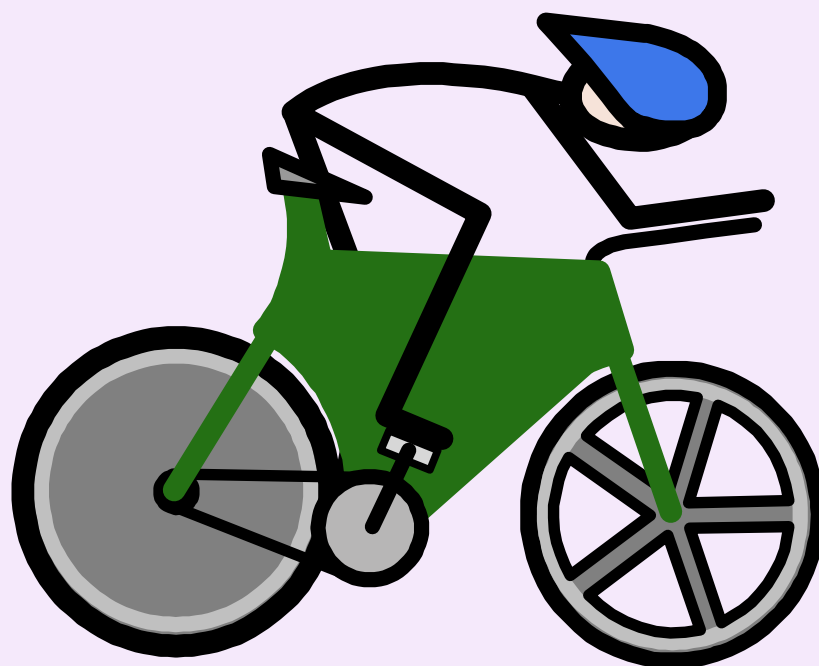
There is also 3x3 wheelchair basketball.



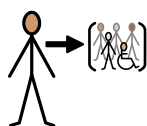
Players bounce, pass, and shoot the ball into the hoop.



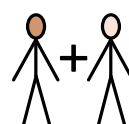
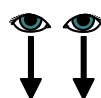
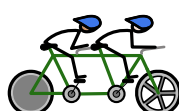
Games are quick.



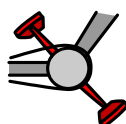
Track cycling is where cyclists ride on a track called a velodrome.



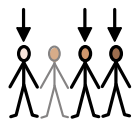
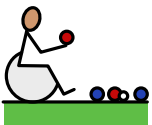
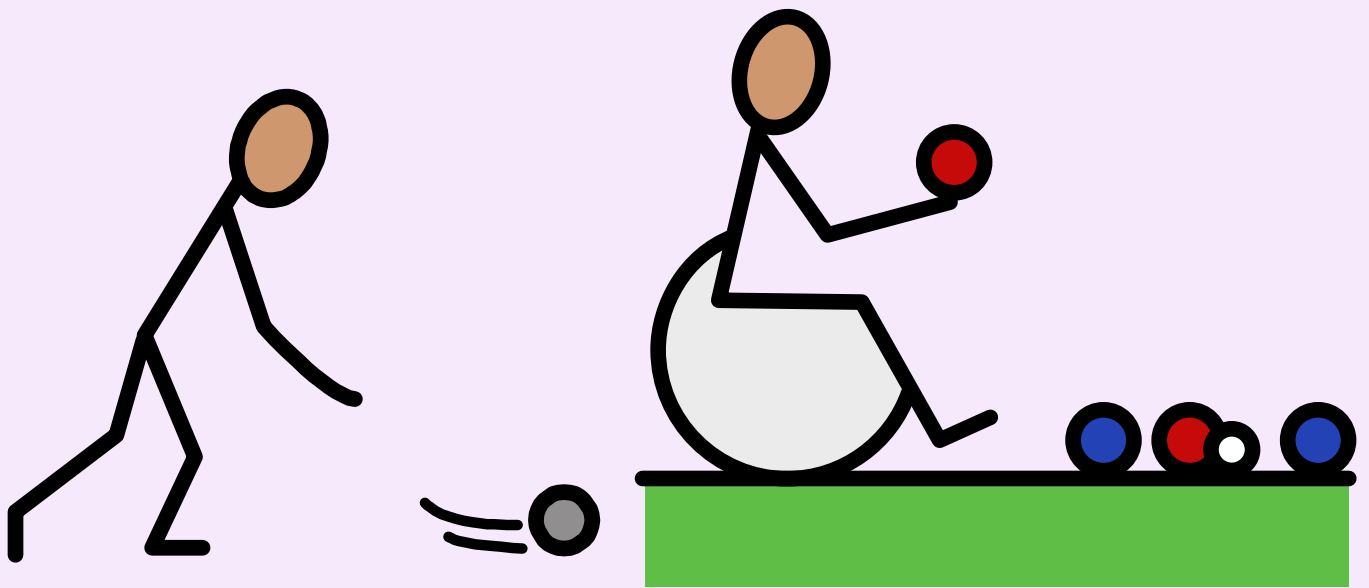
Para athletes also take part in track cycling events.



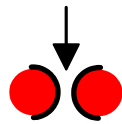
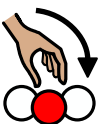
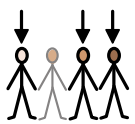
Visually impaired athletes ride with a sighted partner.



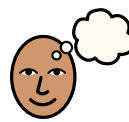
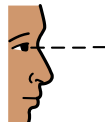
Riders pedal very fast to win.



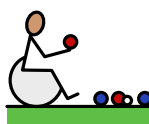
In lawn bowls, players roll balls towards a target.



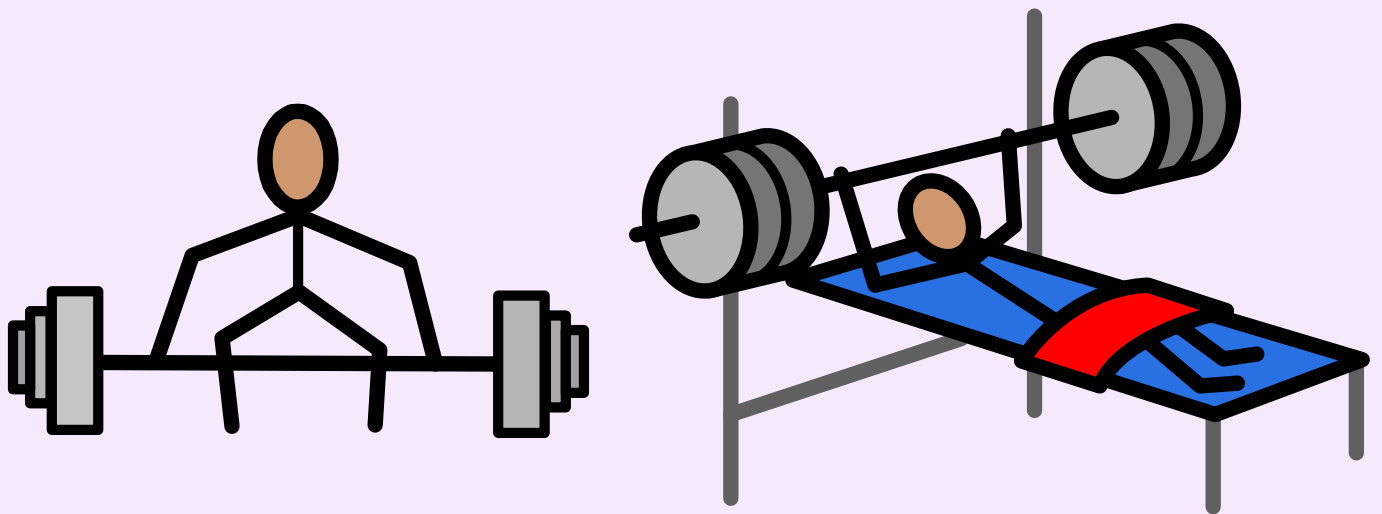
Players try to get their ball close to the jack.



The game needs careful aiming and thinking.



This year, lawn bowls and Para bowls will be played indoors.



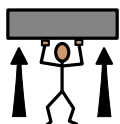


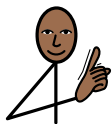



 Weight lifting is where athletes and Para athletes lift heavy weights.



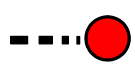
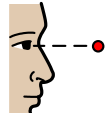


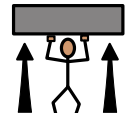

 They need to be strong and careful when lifting.

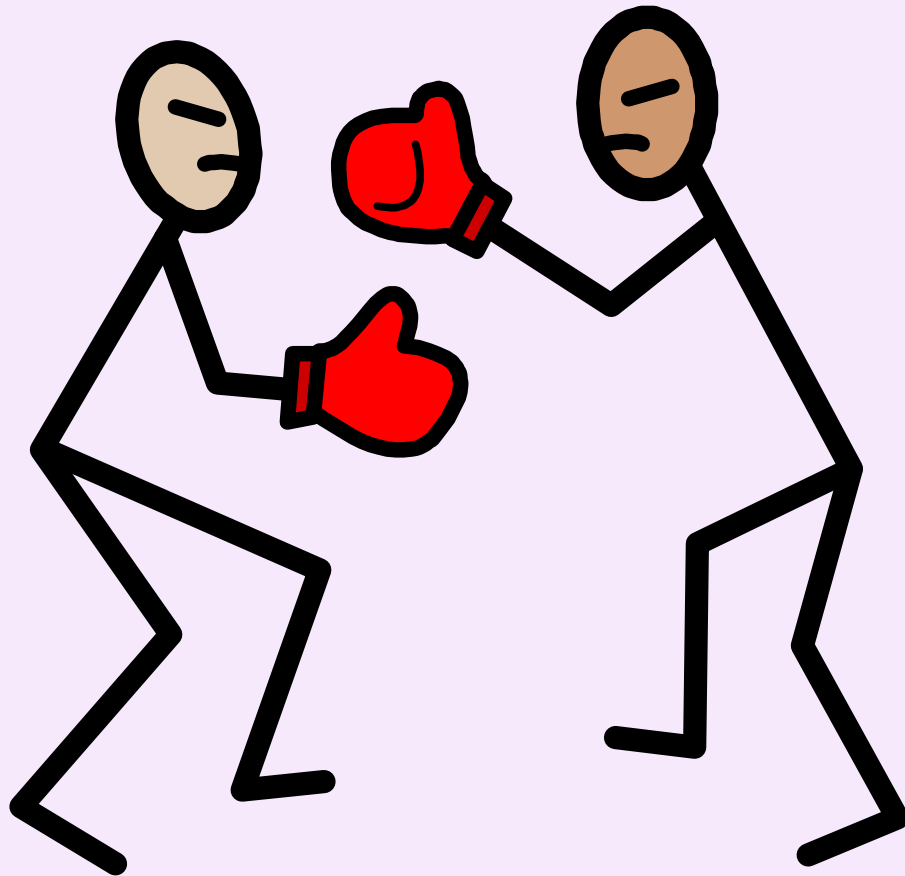




 They must keep good balance and control.


 Each lift is done slowly, with focus and careful movement.



Boxing



is where

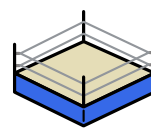
2



athletes



compete

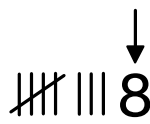


in a ring.



They wear gloves

and



score points

with



careful



punches.



Good

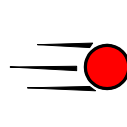


movement,



balance,

and



quick



reactions

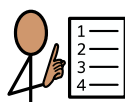


are important.



Boxing

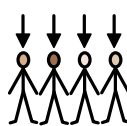
has



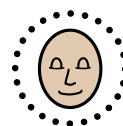
clear rules



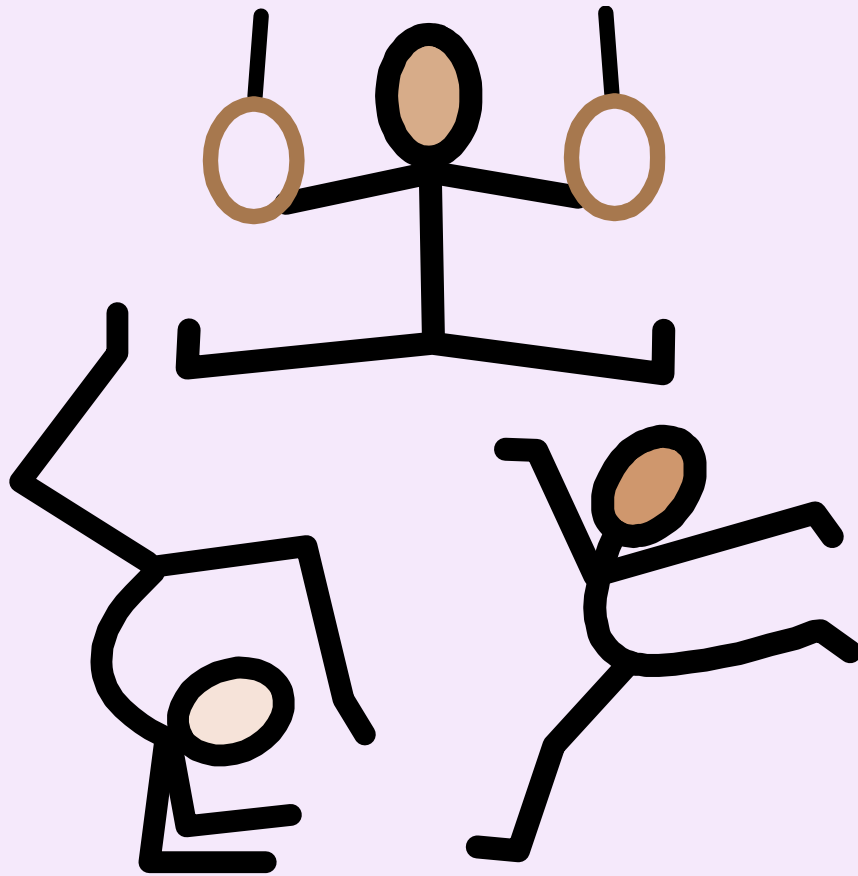
to help



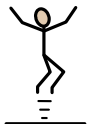
everyone



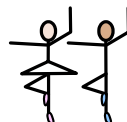
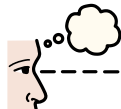
stay safe.



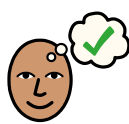
Artistic gymnastics uses strength, flexibility, and balance.



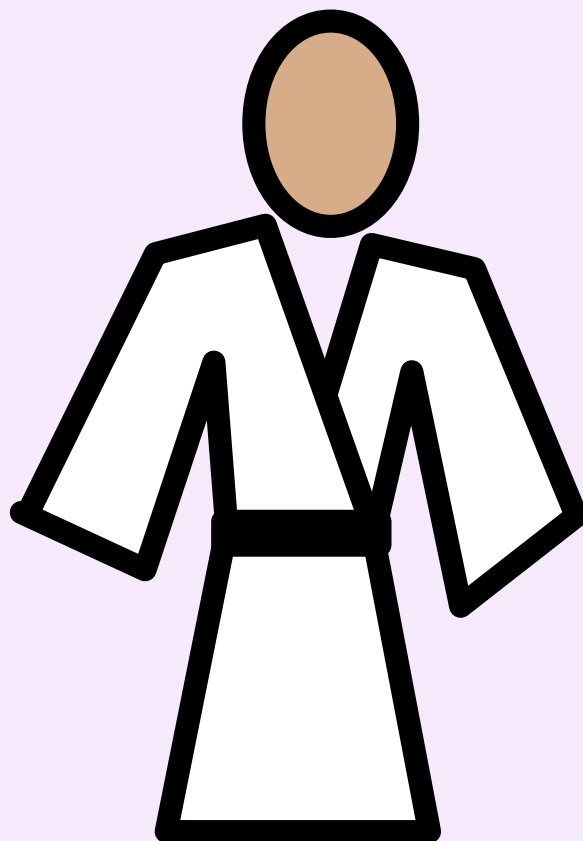
Gymnasts balance, spin, jump, and swing on different equipment.



They perform short routines that look like dancing and tricks.

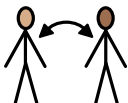
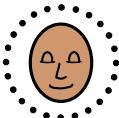


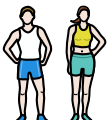
Gymnastics is known for impressive flips and smooth movements.

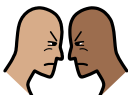




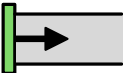
 In Judo athletes use balance and skill to move each other safely.
 



 Athletes try to throw their opponent onto a soft mat.
 



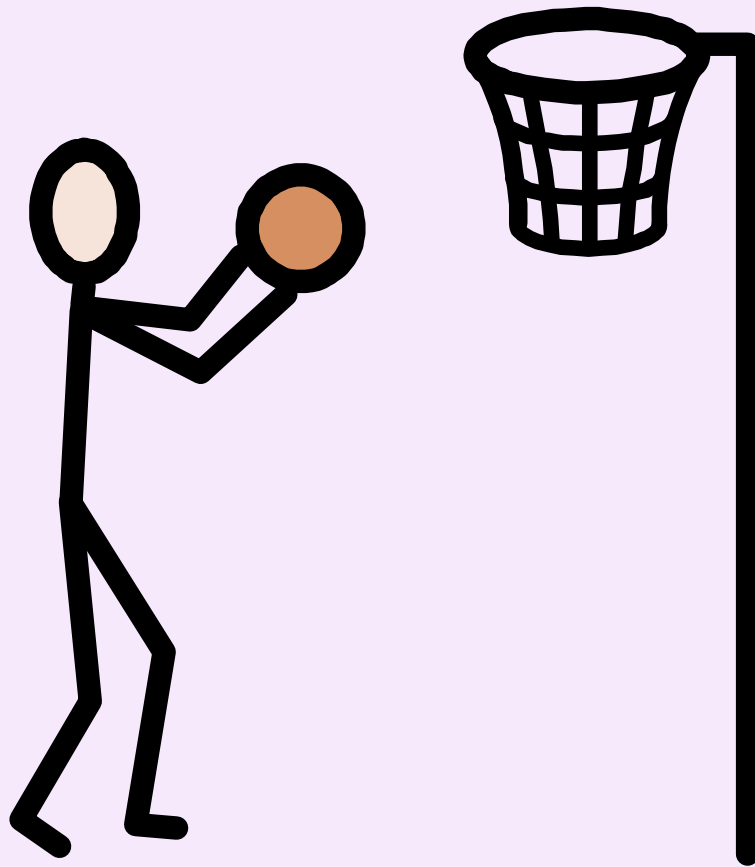



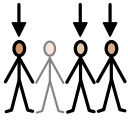
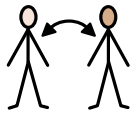
 Matches begin and end with a bow to show respect.
 

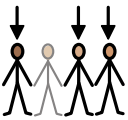
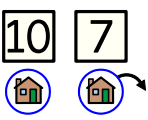
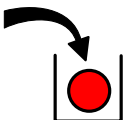


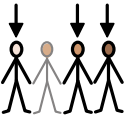
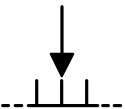
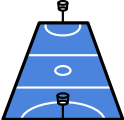



 In judo, control and technique are more important than strength.
 

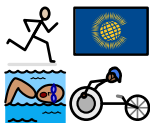
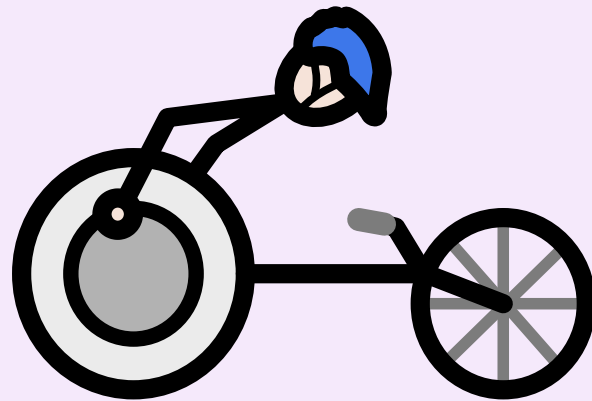
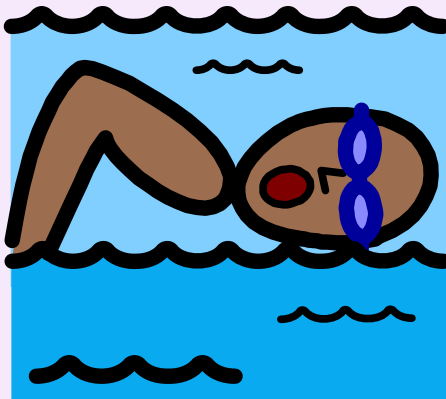



 Netball is a team sport where
 
 →
 
 players pass a ball to
 
 each other.


 Players score
 
 by shooting the ball
 
 into
 
 a high hoop.


 Each player has a special position
 
 on the court.
 

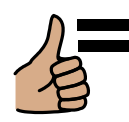
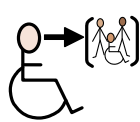
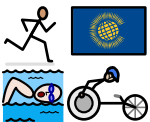

 Teamwork and
 
 quick thinking
 
 help
 
 teams
 
 play well together.



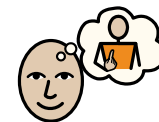
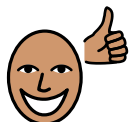
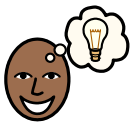
The Commonwealth Games brings athletes and Para athletes together.



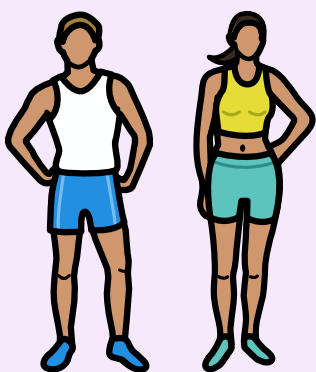
They compete in exciting sports and Para sports.



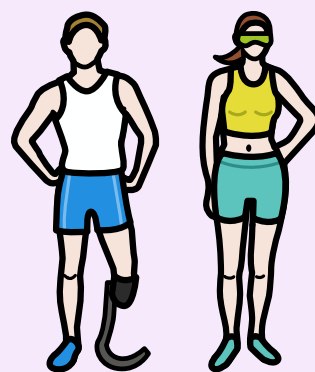
The games celebrate inclusion, friendship and fairness.



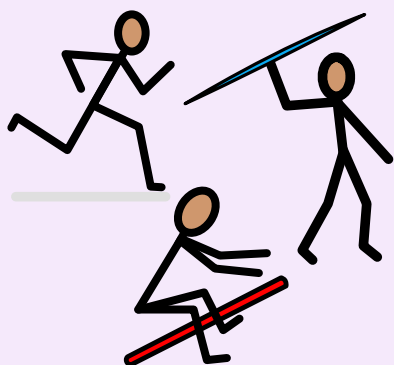
They inspire people to enjoy sport and believe in themselves.



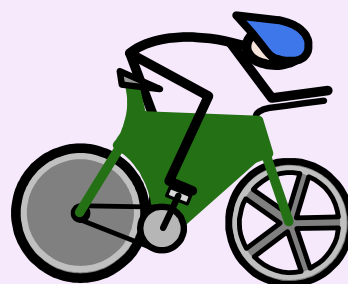
athletes



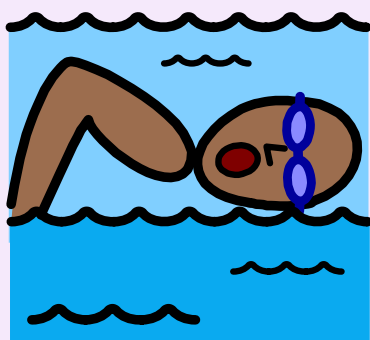
Para athletes



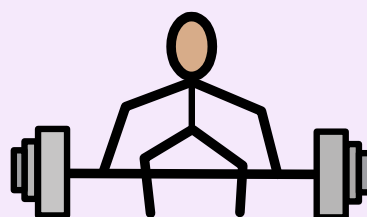
athletics



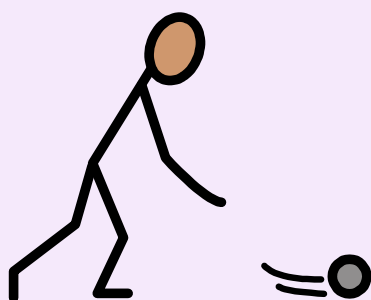
track cycling



swimming



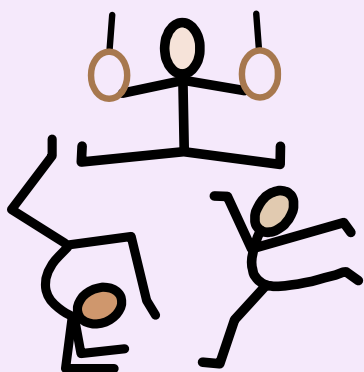
weightlifting



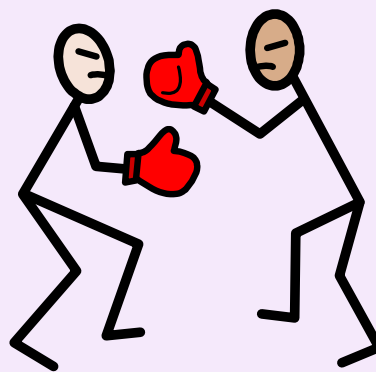
lawn bowls



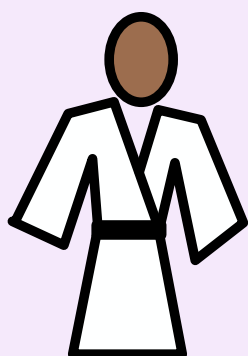
3x3 basketball



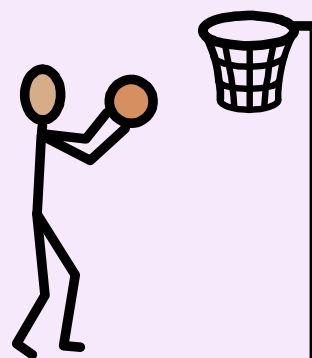
artistic gymnastics



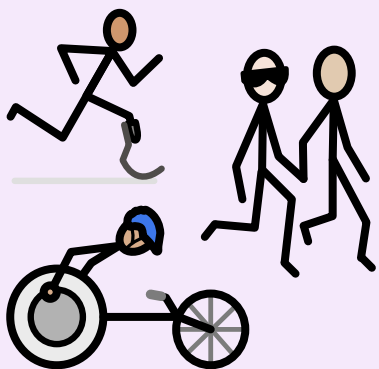
boxing



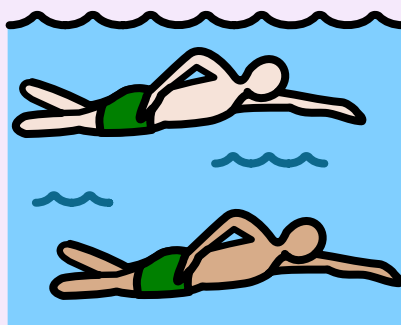
judo



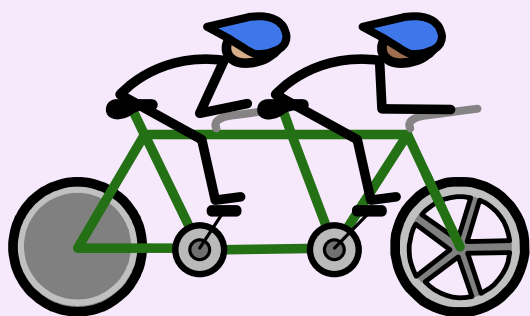
netball



Para athletics



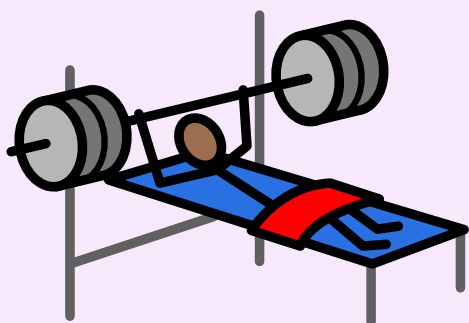
Para swimming



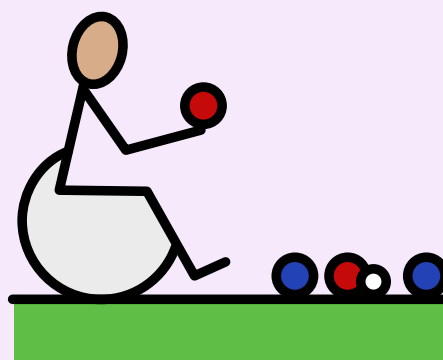
Para track cycling



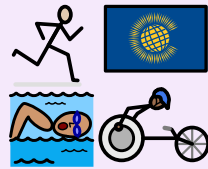
3x3 wheelchair
basketball



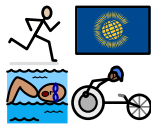
Para powerlifting



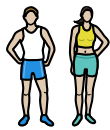
Para lawn bowls



Commonwealth Games Facts



The games in Scotland will last 11 days.



Athletes



can



win



gold,



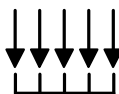
silver,



and bronze medals.



The games happen every 4 years.



every

4

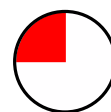
4



years.



Para sports are an important part of the games.





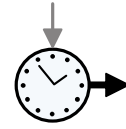
Para athletes



have been integrated



into teams



since

2002

2002.

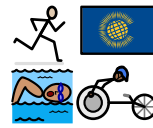


Glasgow



is

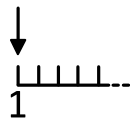
hosting



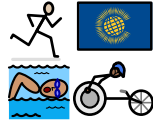
the games

2026

in 2026.



The first



games



were held



in Canada

1930

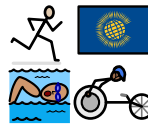
in 1930.



During



World War II



the games

were



cancelled.



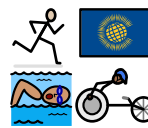
Australia



has won



the most



Commonwealth Games



medals.





2026



Timetable of the sporting events for the 2026 Commonwealth Games



All events, dates, and times are subject to change.

++



For more information about timetables and times, please visit www.glasgow2026.com



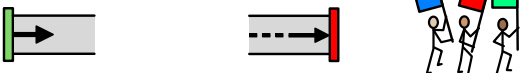
A tick means that the specific sporting event is taking place on that day.

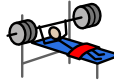


The medals means that the sport may include a medal contest and medal ceremony.

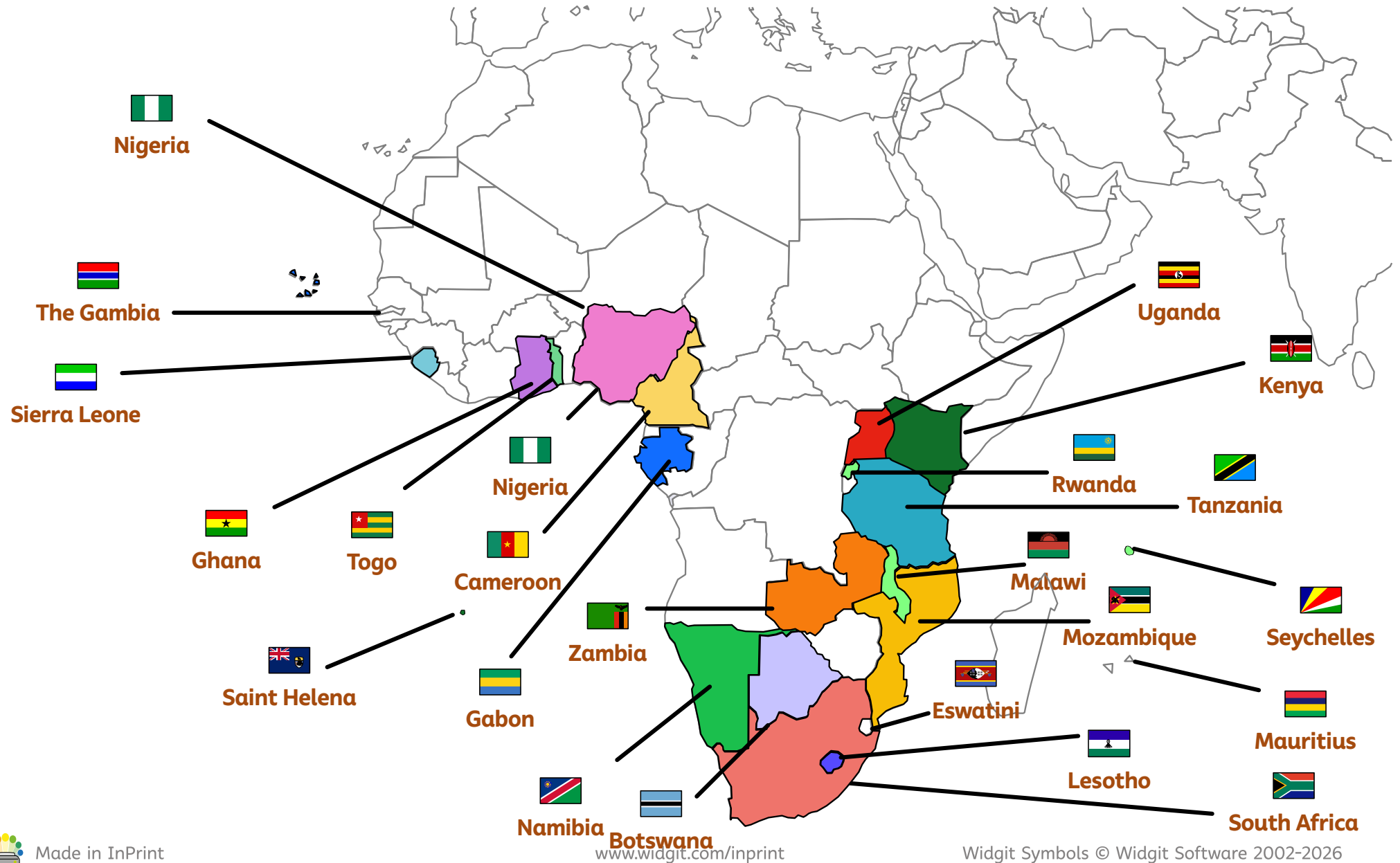


Go to www.glasgow2026.com for the most detailed and up-to-date information.

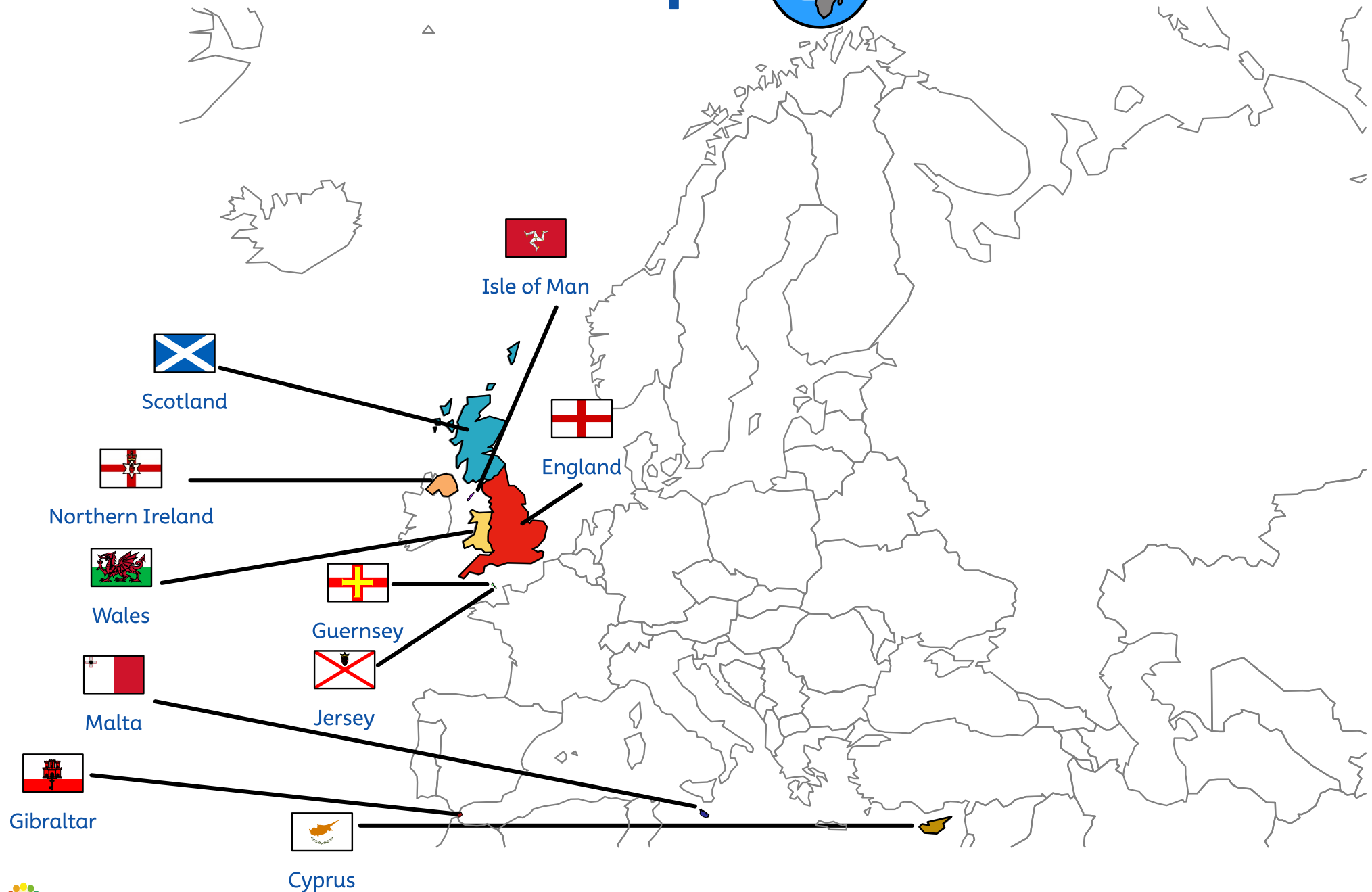
 Event	 23rd July	 24th July	 25th July	 26th July	 27th July	 28th July	 29th July	 30th July	 31st July	 1st August	 2nd August
 Opening and Closing Ceremonies											
 Netball			✓	✓	✓	✓	✓	✓	✓	✓	
 3x3 Basketball		✓	✓	✓	✓	✓					
 3x3 Wheelchair Basketball		✓	✓	✓	✓	✓					
 Boxing		✓	✓	✓	✓	✓	✓		✓		
 Judo											

 Event	 23rd July	 24th July	 25th July	 26th July	 27th July	 28th July	 29th July	 30th July	 31st July	 1st August	 2nd August
 Bowls and  Para Bowls		✓	✓	✓	✓		✓	✓	✓	✓	
 Artistic Gymnastics											
 Athletics and  Para Athletics											
 Para Powerlifting											
 Swimming and  Para Swimming											
 Track Cycling and  Para Track Cycling											
 Weightlifting											

Africa



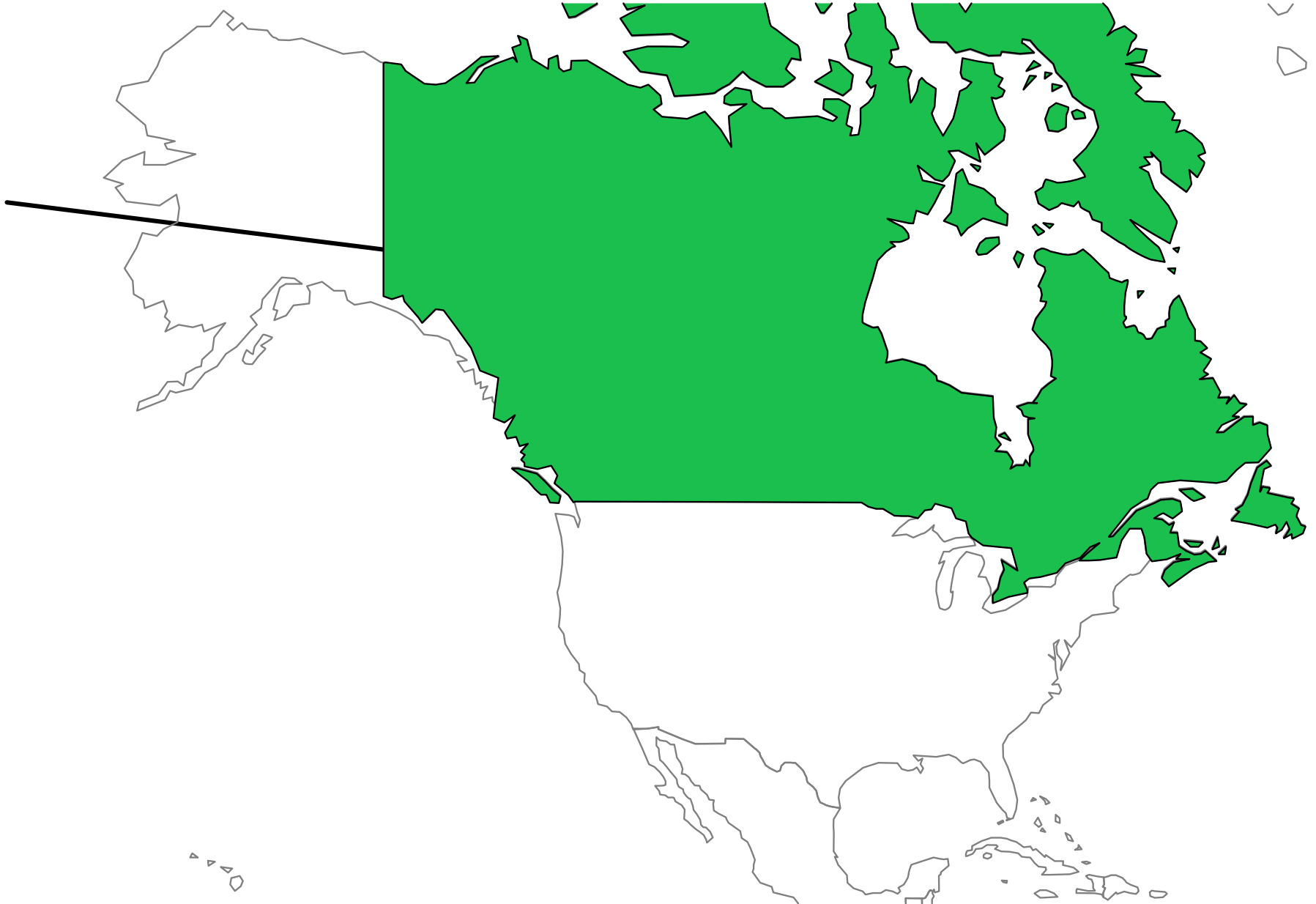
Europe



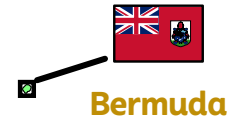
North America



Canada



Caribbean



Bermuda



Bahamas



Turks and Caicos Islands



Saint Kitts and Nevis



Anguilla



Antigua and Barbuda



Montserrat



Saint Lucia



Barbados



Grenada



Trinidad and Tobago



Saint Vincent and the Grenadines



Dominica



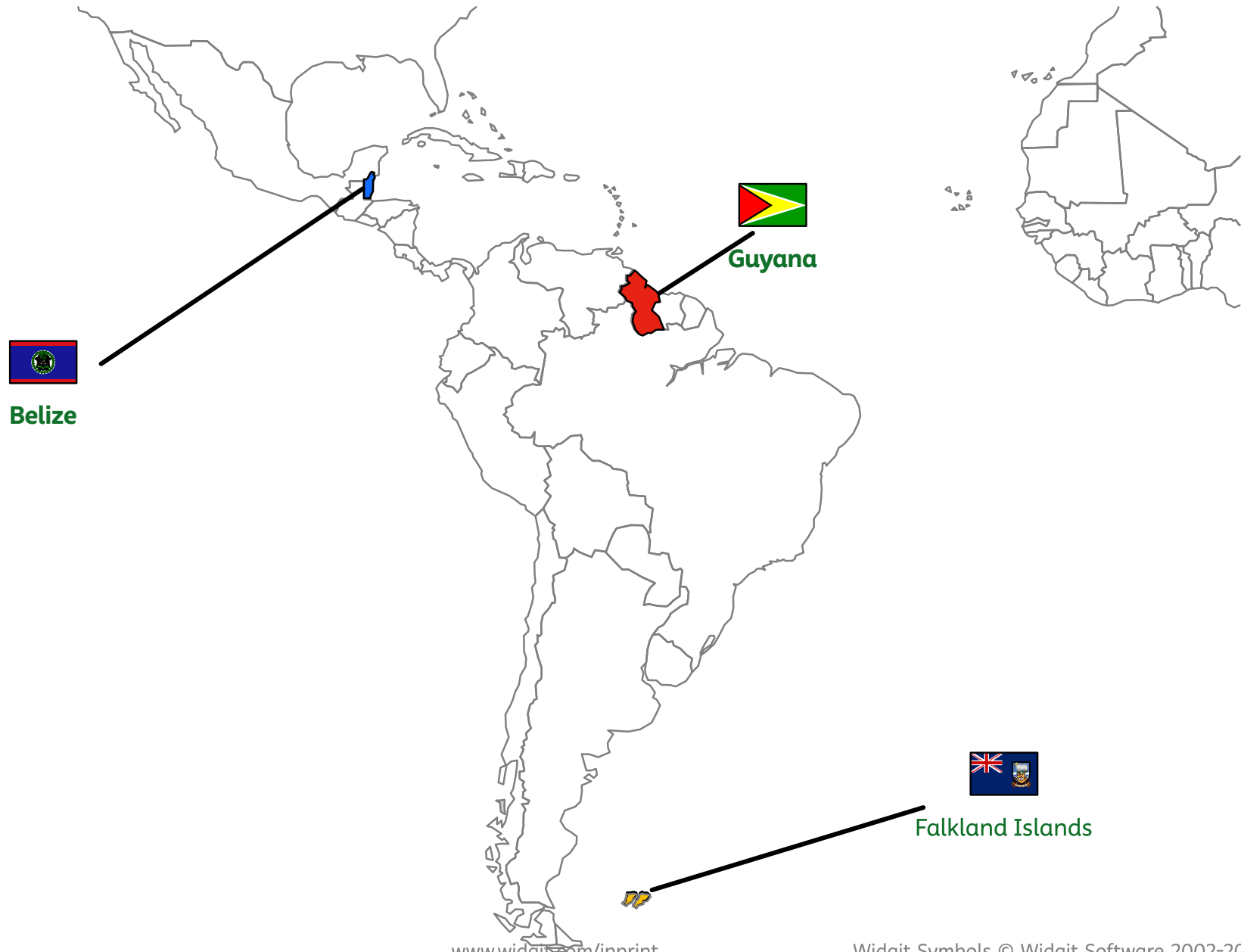
Cayman Islands



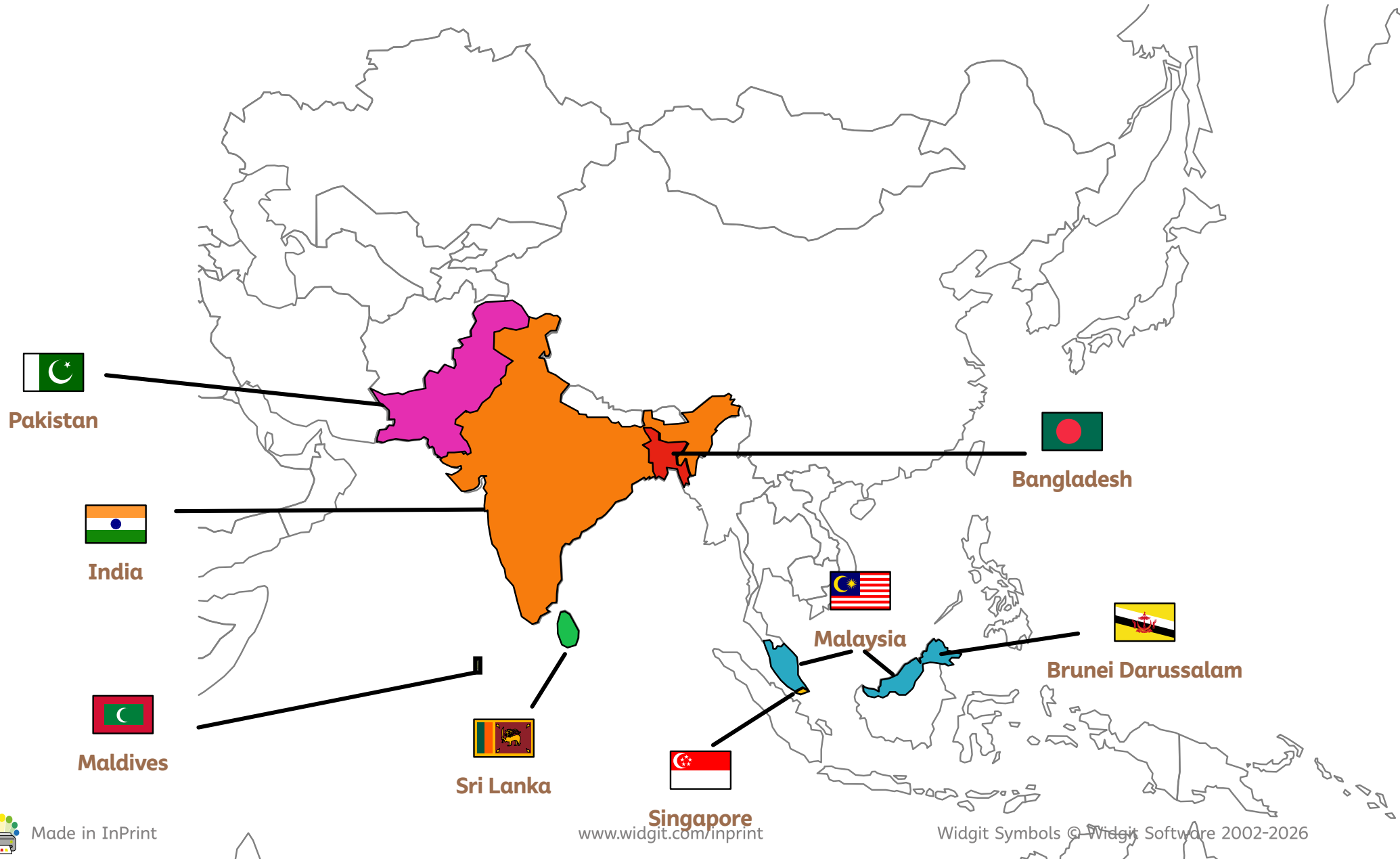
Jamaica



South America



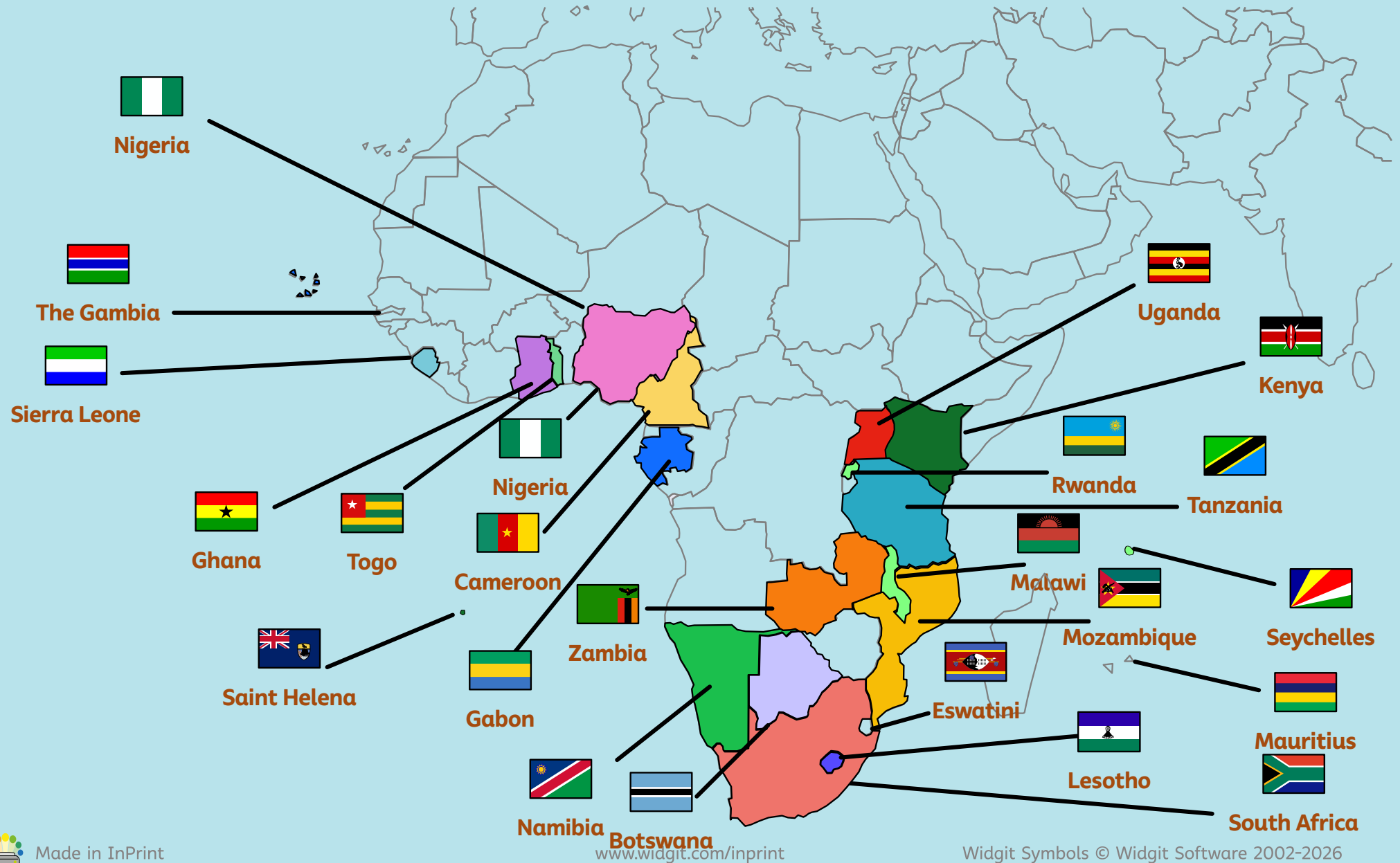
Asia



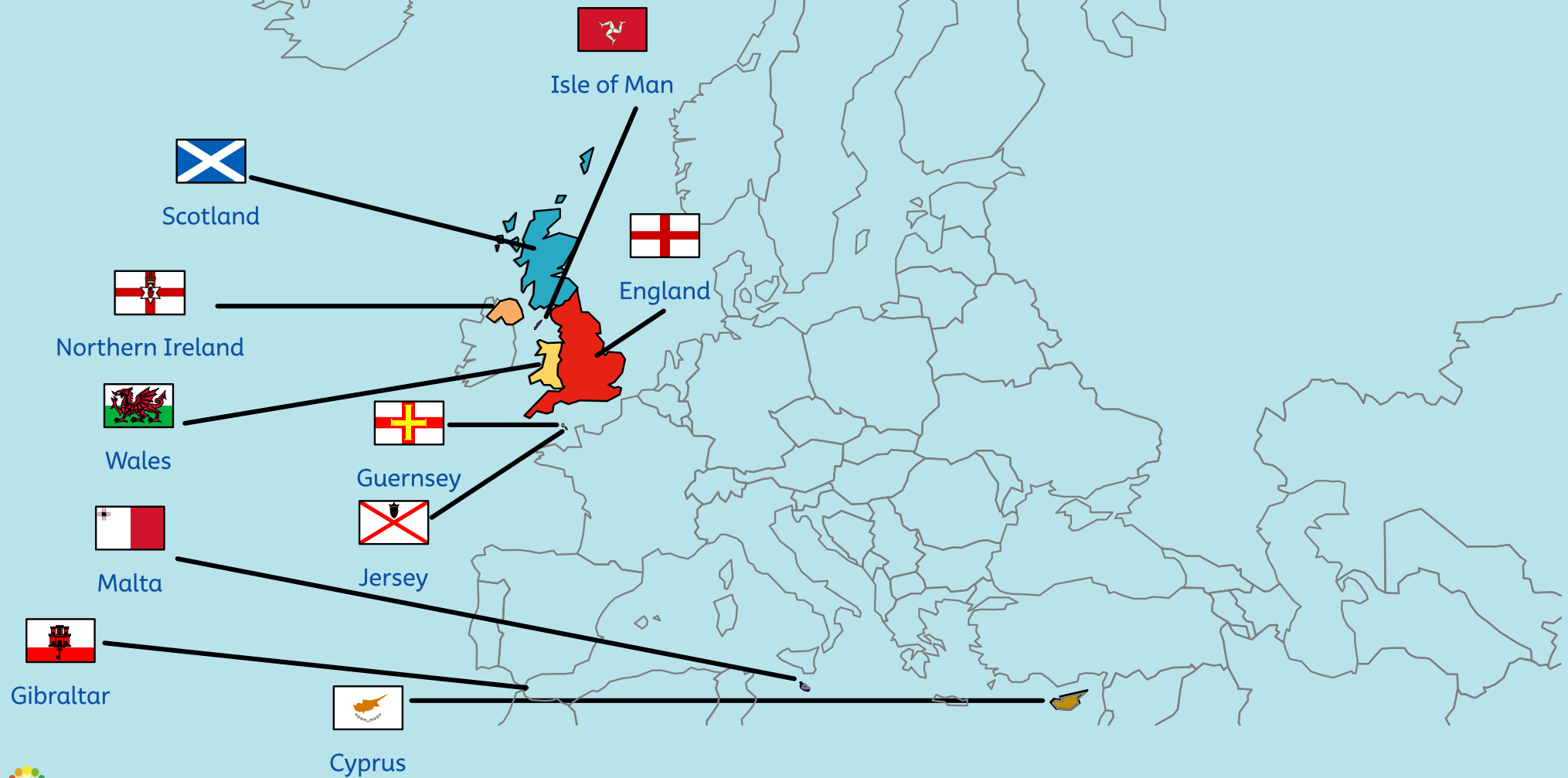
Oceania



Africa



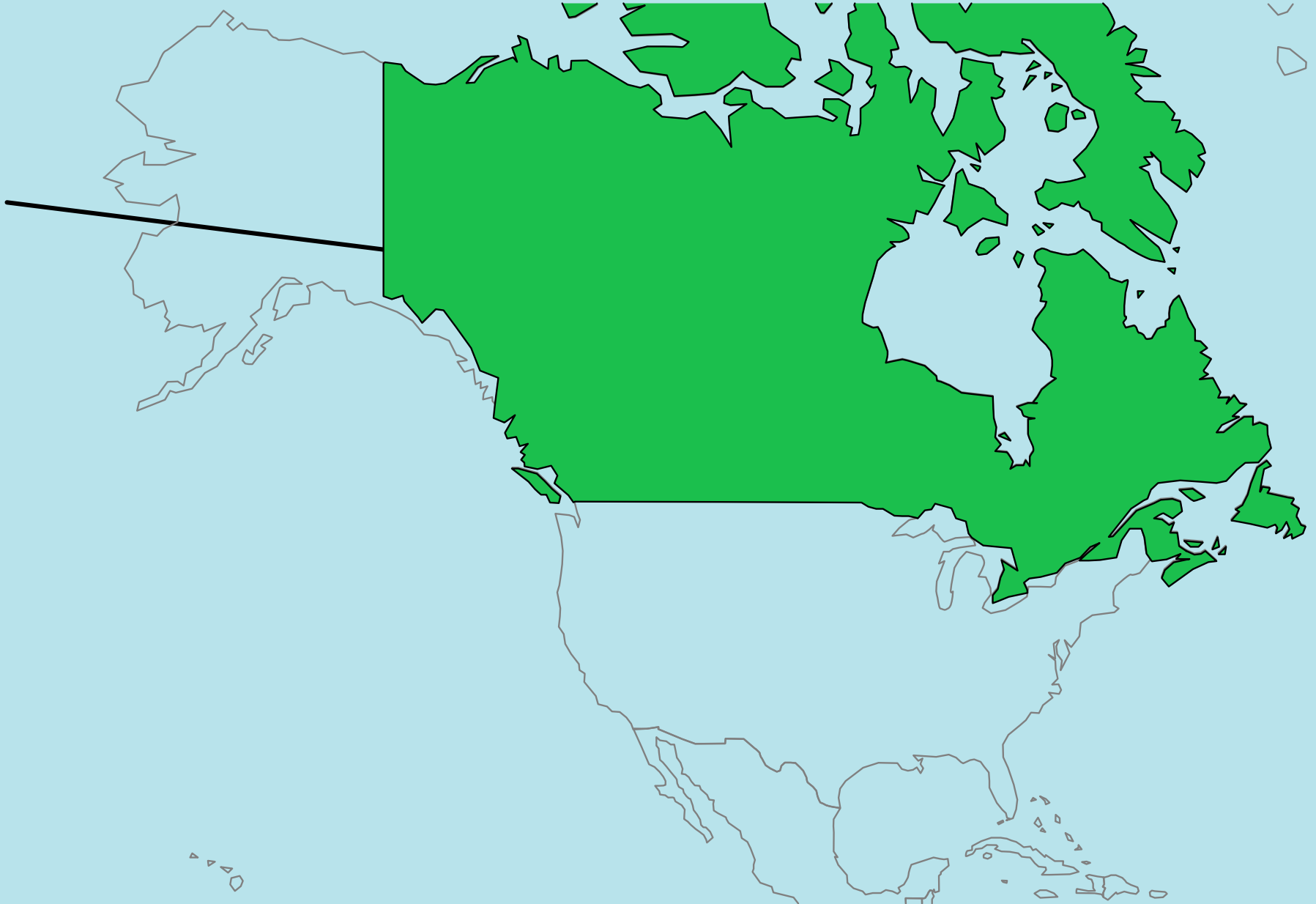
Europe



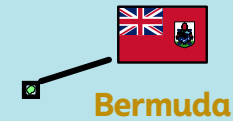
North America



Canada



Caribbean



Bermuda



Bahamas



Turks and Caicos Islands



Saint Kitts and Nevis



Anguilla



Antigua and Barbuda



Montserrat



Saint Lucia



Barbados



Grenada



Trinidad and Tobago



Saint Vincent and the Grenadines



Dominica

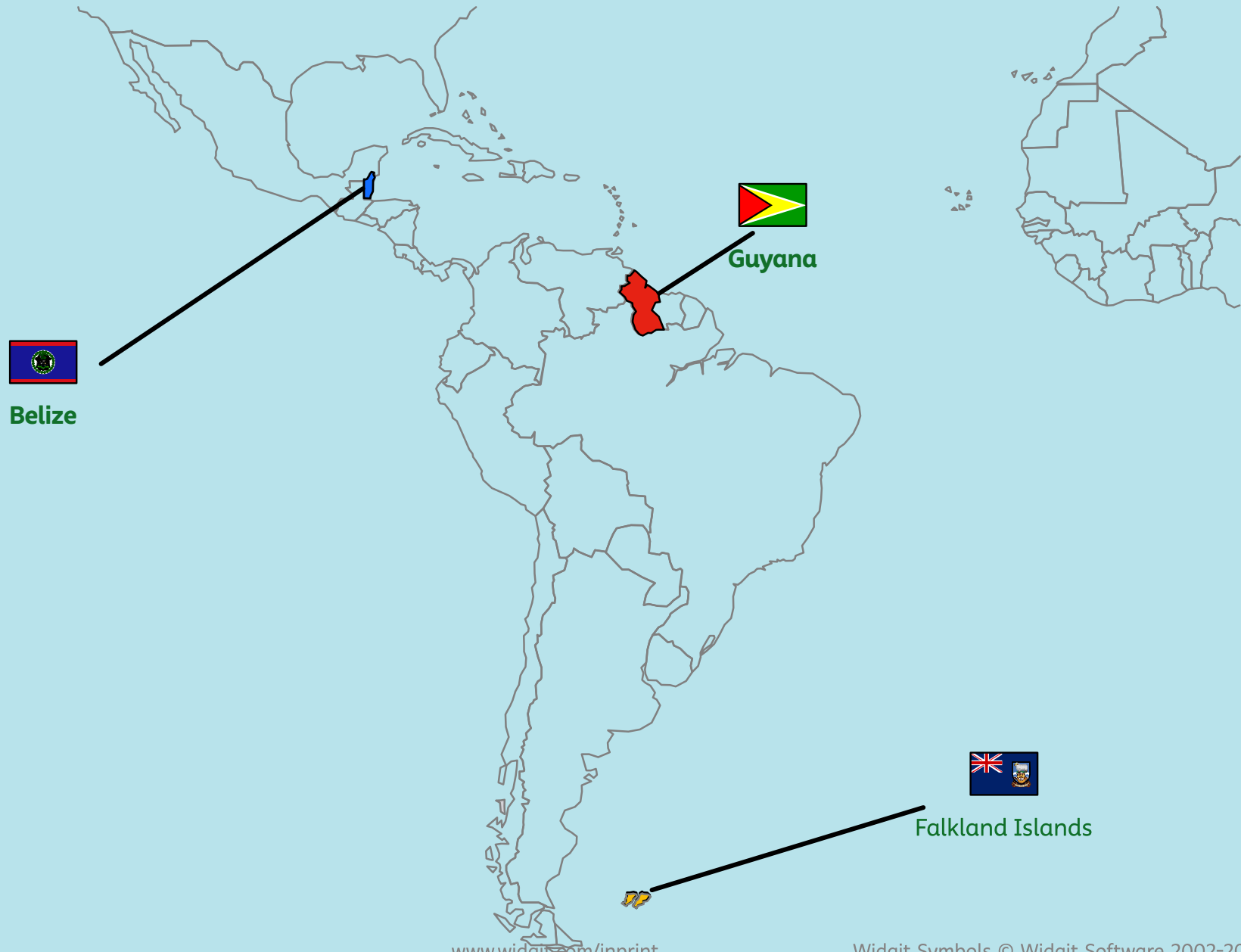


Cayman Islands



Jamaica

South America



Asia



Pakistan



India



Maldives



Sri Lanka



Singapore



Malaysia



Bangladesh



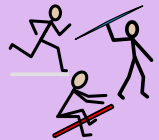
Brunei Darussalam



Oceania



Commonwealth Games Word Mat



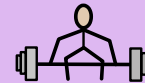
athletics



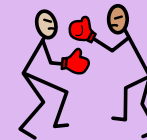
basketball



swimming



weightlifting



boxing



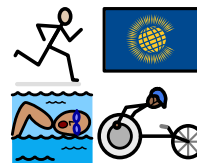
cycling



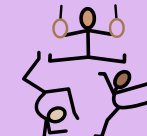
judo



netball



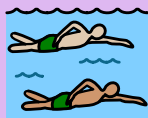
Commonwealth Games



gymnastics



bowls



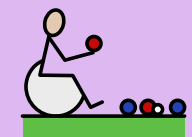
Para swimming



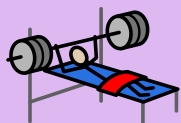
Para athletics



wheelchair
basketball



Para bowls



Powerlifting



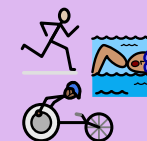
Para athletes



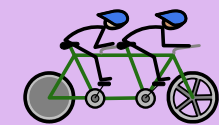
athletes



Para sports



sports



Para cycling

