



Nelson Izu-shi Friendship Society

Tokyo 2020 Olympics & Paralympics Cycling

Izu-shi, Nelson's sister city in Japan, is a host city for cycling events for the Tokyo 2020 Olympics and Paralympics. Indoor cycling events will be held in the Izu Velodrome while a newly constructed 4100 metre course nearby will be the site of the mountain bike events.

Izu-shi has become a well-known destination for track cycling, road cycling, and mountain biking. The Friendship Society encourages the developing of new ties between our sister cities through cycling.

Olympic Cycling Mountain Bike Competition Venue: Izu MTB Course

- **Men's Cross-country**
- Mon July 26 15:00 - 17:00 (*Sun July 25 23:00 in Nelson*)
- **Women's Cross-country**
- Tue July 27 15:00 - 17:00 (*Mon July 26 23:00 in Nelson*)

Olympic Cycling Track Competition Venue: Izu Velodrome

- Mon Aug 2 15:30 - 18:30 to Sun Aug 8 10:00 - 13:15

Paralympic Cycling Track Competition Venue: Izu Velodrome

- Wed Aug 25 10:00 - 15:25 to Sat Aug 28 10:00 - 13:15

Times are Japan Standard Time (JST) = 16 hours ahead of Pacific Daylight Time

See www.olympics.com for detailed schedules.