



ORKNEY 2025

12 – 18 July 2025

International Island Games

One Year To Go

All details correct at time of print – June 2024.



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**Inspire.
Encourage.
Involve.**

Message From Our Chair

Since the very first competition held almost 40 years ago, Orcadian athletes across many sporting disciplines have competed at every single International Island Games, setting new records, winning medals, improving performance and forging lasting friendships. We may not have known it at the time, but these decades of dedication and commitment by so many of our coaches, competitors, officials, families and supporters paved the way for Orkney's time to shine.

After many years of planning and even more dreaming, we are delighted to finally be approaching a key milestone in the history of this prestigious event. In July, we in Orkney will look forward with excitement to marking our 'Year to Go' and triggering the final countdown towards the 20th International Island Games, Orkney 2025.

Our teams are training hard, our already excellent facilities are being finessed and our army of volunteers, without whom there would be no Games, are signing up in their droves and preparing to help make Orkney 2025, which let's not forget, will be the biggest event to ever be held in our Islands, a huge success.

Of course, none of this would be possible without the foresight and long-term commitment demonstrated by our key funders, Orkney Islands Council, EventScotland and sportscotland, the leadership of the IIGA Executive Committee, the engagement of the Member Islands

and indeed the support of our growing list of sponsors and partners, whose generosity will ensure a positive and lasting legacy across our communities.

Orkney 2025 creates the perfect platform for our talented athletes from across the globe to push beyond their limits and compete at the very highest level but also provides Orkney with an unprecedented opportunity to showcase to you, our international friends and colleagues, our beautiful islands with their rich history and warm Orcadian hospitality and so this July we are looking forward with enthusiasm to welcoming you all to our shores as we celebrate Orkney 2025 Year to Go.



Gordon Deans
Chair

Orkney International Island Games 2025

Welcome to the 20th International Island Games! From 12-18 July 2025 our beautiful island group will provide the perfect stage for six days of competition, across 12 different sports.

Whether a competitor, coach or loyal team supporter, we can't wait to extend a warm Orcadian welcome to you.

Our Mission

- 1** Provide a competitive sporting programme in excellent facilities.
- 2** Create a meaningful legacy for local sport and communities.
- 3** Involve communities and businesses as much as possible.
- 4** Celebrate the best of Orkney: place, produce and people.
- 5** Make the 2025 Games as environmentally friendly as possible.

Get to know Orkney!

Orkney is an archipelago off the North East coast of Scotland, forged by 5000 years of unique history.

Did you know?



The largest landowner in Orkney is the RSPB, which has 113 reserves here.



Orkney is Scotland's busiest cruise ship port, with around 70 ships visiting a year.



Orkney has 90 islands and islets, with the main town being Kirkwall.



In midsummer, the sun is above the horizon for 18 hours a day.



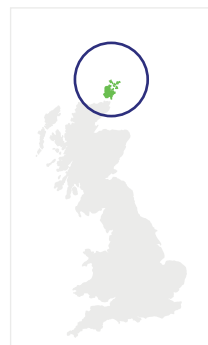
Orkney is closer to the Arctic Circle than to London.



15% of the world's seal population can be found in Orkney.



Orkney Islands



Our Sports



Archery



Athletics



Badminton



Cycling



Football



Golf



Gymnastics



Lawn Bowls



Sailing



Squash



Swimming



Triathlon

Funders



Sponsors



Partners



























































Peedie Sponsors



Deadlines



Draft Timetable

Sport	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri
Ceremonies								
Archery			P					
Athletics		P						
Badminton	P	P						
Cycling			P					
Football	P	P						
Golf		P	P					
Gymnastics		P	P			P		
Lawn Bowls		P	P					
Sailing		P						
Swimming	P	P	P					
Squash	P	P						
Triathlon		P						

Archery

Key Contact: Ian Brough – archery@orkney2025.com

Events

Men & Women's 1440 Recurve.
Men & Women's 1440 Compound.
Team 1440 Recurve.
Team 1440 Compound.
Men & Women's 720 Recurve.
Men & Women's 720 Compound.
Mixed Team Head to Head Knockout.
Individual Head to Head Knockout.
Team Head to Head Knockout.

Training & Warm Up

Practice will take place the day before the competition commences.

Equipment

All equipment should be as per World Archery Rules governing Target Archery.

40 foam targets inside an area covering 160m wide by 200m long.

On-site storage facilities for targets and individual Archery equipment.

Venue Information

The Outfield, Pickaquoy Centre.

Venue Address

Pickaquoy Centre, Muddisdale Road,
Kirkwall, KW15 1LR.

Venue Description

Outdoor venue on the grounds of the Pickaquoy Centre. Close proximity to toilets and access to catering facilities.

Notes

Full Judges' Kit Inspection will be held on the first morning of the competition.



Competition Schedule

Date		Events	
13 Jul	All Day	M/W	Practice Day
14 Jul	All Day	M/W	Single WA 1440 Recurve
	All Day	M/W	Single WA 1440 Compound
	All Day	X	Single WA 1440 Recurve Team
	All Day	X	Single WA 1440 Compound Team
15 Jul	Morning	M/W	720 Compound
	Morning	M/W	720 Recurve
	Afternoon	X	Mixed Recurve Head-to-Head Team Knockout
	Afternoon	X	Mixed Compound Head-to-Head Team Knockout
16 Jul	All Day	M/W	Recurve Head-to-Head Knockout
	All Day	M/W	Compound Head-to-Head Knockout
17 Jul	All Day	X	Recurve Head-to-Head Team Knockout
	All Day	X	Compound Head-to-Head Team Knockout
	Evening		Medal Ceremony

Key:

M: Men's W: Women's
X: Mixed/Team

Note:

The competition schedule is a working document and is still subject to further modification.

Athletics

Key Contact: Aly MacPhail – athletics@orkney2025.com

Events

Total of 36 medal events.

Men's and Women's Track Events:
100m, 200m, 400m, 800m, 1500m,
5000m, 10000m, 110m/100m Hurdles,
400m Hurdles, 4 x 100m Relay,
4 x 400m Relay.

Men's and Women's Field Events:
High Jump, Long Jump, Triple Jump,
Shot Put, Javelin.

Men's, Women's and Team Road
Event: Half Marathon.

Competition Format

We will follow the six day T&F
Timetable One as set out in the IIGA
By-Laws with the Half Marathon road
race on the final day of competition.

Training & Warm Up

Training sessions will be available daily.
Arrangements for all training sessions
will be announced in due course.

Equipment

All equipment necessary for the
holding of all events will be supplied
including starting blocks (IAAF Rule
161) and all field event equipment
although competitors will be
allowed to use their own equipment
subject to IAAF Rule 187.

Venue Information

Pickaquoy Centre.

Venue Address

Pickaquoy Centre, Muddisdale Road,
Kirkwall, KW15 1LR.

Venue Description

400m six lane track.

8 sprint lanes one directional.

One Long Jump/Triple Jump Pit.

One Shot Put Circle.

Two Javelin Runways.

Grass Warm Up Zone.

Notes

The Half Marathon event will take
place on a closed road, looped
course around Kirkwall.



Competition Schedule

Date					Date				
Events					Events				
13 Jul	PM	H	M/W	100m	16 Jul	PM	F	M	Long Jump
		H	M/W	1500m			H	M/W	800m
		F	W	Triple Jump			F	W	5000m
		H	M/W	400m			F	W	Shot Put
		F	M	High Jump			F	M/W	200m
		F	W	10000m			H	M/W	110m/100m Hurdles
14 Jul	AM	SF	M/W	400m	17 Jul	PM	F	M/W	110m/100m Hurdles
		SF	M/W	100m			SF	M/W	800m
	PM	F	M	10000m			F	W	High Jump
		F	W	Javelin			F	M	Triple Jump
		F	M	Shot Put			F	M	5000m
		F	M/W	400m			H	M/W	4x400m Relay
		F	M/W	100m			H	M/W	4x100m Relay
15 Jul	AM	H	M/W	200m	18 Jul	AM	F	M/W	Half Marathon
		H	M/W	400m Hurdles			F	M/W	800m
	PM	F	M	Javelin		PM	F	M/W	4x400m Relay
		SF	M/W	200m			F	M/W	4x100m Relay
		F	W	Long Jump					
		F	M/W	1500m					
		F	M/W	400m Hurdles					

Please be aware:

- Specific event times & order within the sessions will only be set once numbers of athletes in each event are submitted by each island.
- This version is not for public release. It is still subject to further analysis and modification once entry numbers are known.

Key:

H: Heats SF: Semi Final
F: Finals M: Men's W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Badminton

Key Contact: Elaine Gray – badminton@orkney2025.com

Events

Men’s Singles.
Men’s Doubles.

Women’s Singles.
Women’s Doubles.

Mixed/Open Medal Event:
Team Event.
Mixed Doubles.

Men’s and Women’s Plate Event.

Competition Format

The details are set out in the competition By-Laws.

Training & Warm Up

Courts will be made available for visiting teams for practice on Friday 11 July & Saturday 12 July. Once entries are received all Badminton Team Managers will be contacted by the Badminton Co-ordinator to arrange a suitable time slot.

Equipment

All equipment necessary for the holding of all events will be supplied and top-grade feathered shuttles will be used throughout the competition.

Venue Information

Pickaquoy Centre.

Venue Address

Pickaquoy Centre, Muddisdale Road,
Kirkwall, KW15 1LR.

Venue Description

8 wooden semi-sprung flooring courts, 6 of which will be used for competition overlaid with badminton court mats.

Changing Rooms M/F.

Toilets M/F/Accessible.

Showers M/F.

Catering area – café serving food, hot & cold drinks.

Vending machines containing drinks and confectionery.

Cold water bottle refill station.



Competition Schedule

Date		Events		
11 Jul	All Day	T	M/W	Team Practice Session
12 Jul	All Day	T	M/W	Team Practice Session
13 Jul	Morning			Badminton Opening Ceremony
	All Day	P	M/W	Team Event
14 Jul	All Day	P	M/W	Team Event
	Evening	F	M/W	Team Event
	Evening			Medal Ceremony
15 Jul	All Day	P	M	Men's Singles
	All Day	P	W	Women's Singles
	All Day	P	M	Men's Doubles
	All Day	P	W	Women's Doubles
16 Jul	All Day	P/SF	M	Men's Singles
	All Day	P/SF	W	Women's Singles
	All Day	P/SF	M	Men's Doubles
	All Day	P/SF	W	Women's Doubles
	Evening			Badminton Social
17 Jul	All Day	P/SF	M/W	Mixed Doubles
18 Jul	All Day	F	M	Men's Singles
	All Day	F	W	Women's Singles
	All Day	F	M	Men's Doubles
	All Day	F	W	Women's Doubles
	All Day	F	M/W	Mixed Doubles

Key:

T: Training P: Preliminary SF: Semi Final F: Finals M: Men's W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Cycling

Key Contact: Mervyn Walker – cycling@orkney2025.com

Events

Men & Women's Time Trial.

Men & Women's Team Time Trial.

Men, Women's & Team Criterium.

Men, Women's & Team Road Race.

Men's, Women's MTB Short Course & XC.

Training & Warm Up

Both the Time Trial and Road Race courses will be available on an open road basis prior to the event. Course maps will be made available in the race manual.

Equipment

Competitors are expected to have their own bicycle in addition to appropriate safety equipment. All equipment to be UCI compliant.

Venue Information

Time Trial: West Mainland, Firth Primary School to Swannay.

Road Race: West Mainland, commencing from Harray Hall.

Road Criterium: Kirkwall Town Centre.

MTB Short Course and XC: Kirkwall Mountain Bike Centre.

Venue Description

Time Trial: The race starts and finishes at Firth Primary School, following a hilly out-and-back route along the northern main road of West Mainland, past Swannay Brewery. Race HQ is at the Firth Community Centre.

Road Race: A mass start event from Harray Hall, where riders complete multiple laps of a course in the West Mainland, covering Dounby and Sandwick. Each lap includes a 2km climb with a 3.9% gradient. The race finishes at Milestone Kirk in Dounby.

Road Criterium: Competed on town centre course of 1.2km passing the iconic St Magnus Cathedral on every lap. These races are based on time, not a specific number of laps.

Mountain Bike (MTB) Events: Held at the newly created MTB Centre in Kirkwall, with state of the art courses very recently completed.



Competition Schedule

Date		Events	
13 Jul	All Day	M/W	MTB Trail Training
14 Jul	All Day	M/W	Time Trial
15 Jul	Evening	M	MTB Short Course: 18:00–19:30
		W	MTB Short Course: 19:30–21:00
16 Jul	All Day	M/W	Road Race
17 Jul	All Day		Rest Day
18 Jul	All Day	M	MTB XC: 8:00–11:00
		W	MTB XC: 11:00–14:00
	Afternoon	M/W	Criterium

Key:

M: Men's W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Football

Key Contact: Kirsty Brown (Women's), Karl Adamson (Men's) - football@orkney2025.com

Events

Mini-league round robin format.

Competition Format

The top team from each group will progress to a semi-final. All other teams will play a 'placing game' after the groups.

Training & Warm Up

Training pitches will be available to pre-book with footballs and cones provided for all competing teams.

Equipment

Warm up footballs provided pre-match at the venues.

Venue Information

Across Mainland Orkney.

Venue Address

Pitches are located at:

Stromness Academy
Rendall
Firth
Dounby
Bignold Park
Kirkwall Grammar School x2
St Andrews
Holm
St Margaret's Hope



Competition Schedule

Date		Events		
13 Jul	All Day	P	M/W	Preliminary Round Matches
14 Jul	All Day	P	M/W	Preliminary Round Matches
15 Jul	All Day	P	M/W	Preliminary Round Matches
16 Jul	All Day			Rest Day
17 Jul	All Day	PL/SF	M/W	Placings and Semi-Final Matches
18 Jul	Lunch Time	3/4F	M/W	3rd and 4th Place Finals
	Afternoon	1/2F	M/W	Final

Key:

P: Preliminary Round Matches
PL: Placings SF: Semi-Final F: Final
M: Men's W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Golf

Key Contact: Stewart Fotheringham – golf@orkney2025.com

Events

Total of 4 medal events.

Men's Medal Events:
Individual
Team

Women's Medal Events:
Individual
Team

Competition Format

The Individual events will be decided by the lowest aggregate score. Team events will consist of four players per team with the best three scores from each round (taken from the Individual events) to count for Team medals. In the event of a tie for any medal the players will take part in a sudden death playoff until a winner is found as per the By-Laws.

Training & Warm Up

Both clubs have warm up nets as well as practice chipping & putting areas. The Kirkwall course also has a three bay indoor practice building.

Equipment

Competitors are expected to have their own clubs. Trolleys will be available.

Venue Information

Orkney Golf Club, Kirkwall.

Stromness Golf Club, Stromness.

Venue Address

Orkney GC Grainbank, Kirkwall,
KW15 1RD.

Stromness GC Ness Road,
Stromness, KW16 3DW.

Venue Description

Changing Rooms M/F.

Toilets M/F.

Showers M/F.

Catering on-site.

Car Park.



Competition Schedule

Date		Events		
12 Jul	All Day	P	M	Stromness Golf Club
			W	Orkney Golf Club
13 Jul	All Day	P	M	Orkney Golf Club
			W	Stromness Golf Club
14 Jul	All Day	I/T	M	Individual & Team Round 1 - Stromness Golf Club
			W	Individual & Team Round 1 - Orkney Golf Club
15 Jul	All Day	I/T	M	Individual & Team Round 2 - Orkney Golf Club
			W	Individual & Team Round 2 - Stromness Golf Club
16 Jul	All Day	I/T	M	Individual & Team Round 3 - Stromness Golf Club
			W	Individual & Team Round 3 - Orkney Golf Club
17 Jul	All Day	I/T	M	Individual & Team Round 4 - Orkney Golf Club
			W	Individual & Team Round 4 - Stromness Golf Club
	Afternoon		M	Medal Ceremony at Orkney Golf Club, approx 6pm
			W	Medal Ceremony at Stromness Golf Club, approx 4pm
18 Jul	All Day		M/W	Free Day

Key:

I: Individual T: Team P: Practice
M: Men's W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Gymnastics

Key Contact: Elspeth McLellan - gymnastics@orkney2025.com

Events

Women's Artistic Gymnastics (Four-Piece).

Men's Artistic Gymnastics (Six-Piece).

Gymnastics Competitions:

Set & Team Events Four-Piece (WAG) and Two-Piece (MAG).

FIG Overall Competition (WAG and MAG).

FIG Apparatus Finals (WAG and MAG).

Training & Warm Up

There will be alternate training and competition days. Training days will be scheduled in advance and competing islands notified of their times and rotations for each session.

There will be a gymnasium available for basic stretches and warm up during the competition days with full warm ups on these days taking place on the competition apparatus according to the schedule which will be communicated in advance.

Venue Information

Stromness Academy.

Venue Address

Stromness Academy, Stromness, KW16 3JS.

Venue Description

The competition will be spilt across two halls as follows:

- Floor, Vault, Beam, A Bars and High Bar
- Rings, Pommel, Parallel Bars

Equipment

With funding from sportscotland and Orkney Islands Council, Community Development Fund almost in place, a purchase to Gymnova to upgrade all WAG equipment is imminent. This will give us brand new and fully FIG approved apparatus.

The additional equipment required for MAG competition is being loaned to us from Scottish Gymnastics.



Competition Schedule

Date		Events		
13 Jul	Morning	T	M/W	Training Day: Group 1: 9:30 – 12:00
	Afternoon	T	M/W	Training Day: Group 2: 12:00 – 14:30 Group 3: 14:30 – 17:00
	Evening			Official Photo: 19:00 – 19:30
				Pre-Technical Meeting: 19:30 – 20:30
14 Jul	Morning		M/W	Set & Team Competition Round 1: 8:30 – 12:00
	Afternoon		M/W	Set & Team Competition Round 2: 13:00 – 16:30 Round 3: 16:30 – 19:30
	Evening		M/W	Presentation Ceremony: 19:40 – 20:00
15 Jul	All Day			Rest Day
	Evening			Social Evening
16 Jul	Morning	T	M/W	Training Day Group 1: 9:30 – 12:00
	Afternoon	T	M/W	Training Day Group 2: 12:00 – 14:30 Group 3: 14:30 – 17:00
17 Jul	Morning		M/W	All Round Competition Round 1: 8:30 – 12:00
	Afternoon		M/W	All Round Competition Round 2: 13:00 – 16:30 Round 3: 16:30 – 19:30
	Evening		M/W	Presentation Ceremony: 19:40 – 20:00
18 Jul	Morning	F	M/W	Apparatus Finals: 10:00 – 14:30
	Afternoon		M/W	Presentation Ceremony: 14:40 – 15:00
				Post Technical Meeting: 15:30 – 16:30
	Evening			Closing Ceremony: 20:00 – 21:00
				Closing Party: 21:00

Key:

T: Training F: Finals M: Men's
W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Lawn Bowls

Key Contact: info@orkney2025.com

Events

Total of 8 medal events.

Men's Medal Events:
Singles, Pairs, Triples.

Women's Medal Events:
Singles, Pairs, Triples.

Mixed Pairs.
Team Events.

Competition Format

As set out in By-Laws and subject to technical committee agreement.

Training & Warm Up

Use of the green grass two days prior to the event.

Use of artificial green for warm up throughout.

Equipment

Each competitor shall provide their own bowls, all other equipment will be provided. Bowls must comply with the laws including the requirement to display an in date world bowl stamp from a licensed manufacturer and tester. Any colour of smooth bowling shoes can be worn. It may also be worth bringing waterproofs.

Venue Information

Kirkwall Bowling Club.

Venue Address

Brandyquoy Bowling Green And Clubhouse, Palace Road, Kirkwall, KW15 1PA.

Venue Description

Eight-Rink Championship Grass Green.

Six-Rink Artificial Surface.

Club House.

Toilets M/F.

Changing Facilities.

Equipment Storage.



Competition Schedule

Date		Events		
13 Jul	All Day	P	M	Triples
			W	Triples
14 Jul	All Day	P,F	M	Triples
			W	Triples
15 Jul	All Day	P	M	Pairs & Singles
			W	Pairs & Singles
16 Jul	All Day	P,F	M	Pairs & Singles
			W	Pairs & Singles
17 Jul	All Day	P	M/W	Mixed Pairs
18 Jul	All Day	P,F	M/W	Mixed Pairs

Key:

P: Heat / Preliminary / Pool /
Qualification F: Finals M: Men's
W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Sailing

Key Contact: Ian Rushbrook – sailing@orkney2025.com

Events

Total of 3 medal events:

ILCA 7.

ILCA 6.

Sailing Team Event.

Competition Format

Details are set out in the By-Laws. The notice of race can be found on www.orkney2025.com.

Sailing to take place in waters North of Kirkwall Bay.

Training & Warm Up

Boats will be available on Saturday 12 prior to the competition commencing and a practice race for each class will be held on this date weather permitting.

Equipment

Boats will be provided by the organising committee and will be in accordance with World Sailing Requirements and Class Rules.

Venue Information

Orkney Sailing Club

Venue Address

Hatston Slip, Grainshore Road,
Kirkwall, KW15 1FL.

Venue Description

Changing Rooms M/F.

Showers M/F.



Competition Schedule

Date		Events		
10 Jul	Afternoon			Registration and allocation of boats
11 Jul	All Day			Registration and allocation of boats
12 Jul	All Day			Registration and allocation of boats
		P		Practice Race
13 Jul	Morning	F	O	ILCA7 2 Races
	Afternoon	F	O	ILCA6 2 Races
14 Jul	Morning	F	O	ILCA6 2 Races
	Afternoon	F	O	ILCA7 2 Races
15 Jul	Morning	F	O	ILCA7 2 Races
	Afternoon	F	O	ILCA6 2 Races
16 Jul	Morning	F	O	ILCA6 2 Races
	Afternoon	F	O	ILCA7 2 Races
17 Jul	Morning	F	O	ILCA7 2 Races
	Afternoon	F	O	ILCA6 2 Races
18 Jul	All Day			Reserve Day

Key:

O: Open F: Final P: Practice Race

Note:

The competition schedule is a working document and is still subject to further modification.

Squash

Key Contact: Matthew Wylie – squash@orkney2025.com

Events

Men & Women's Singles.
Men & Women's Doubles.
Mixed Doubles.
Team Event.

Competition Format

Both the Men's and Women's Singles events shall be played using the Monrad System. In the case of more than 32 players, a preliminary knock-out system will be adopted. Matches are the best of five games. Best of three may be used for all matches except the final, semi-finals and third/fourth place play off if the entry is greater than 32 players.

Training & Warm Up

Courts will be made available prior to the competition commencing for practice and training sessions.

Venue Information

Pickaquoy Centre.

Venue Address

Pickaquoy Centre, Muddisdale Road, Kirkwall, KW15 1LR.

Venue Description

Changing Rooms M/F.

Toilets M/F/Accessible.

Showers M/F.

Catering Area – Cafe serving food, hot & cold drinks.

Vending Machines.

Cold water bottle refill station.

Equipment

Only approved WSF balls will be used throughout the competition and will be provided. Regulation eye-wear must be worn for all double events and is expected to be provided by the competitor.



Competition Schedule

Date		Events		
13 Jul	All Day	MR	M/W	Singles
14 Jul	All Day	MR	M/W	Singles
15 Jul	All Day	MR/QF	M/W	Singles
16 Jul	All Day	SF/F	M/W	Singles
17 Jul	All Day	QF/SF/F	M/W/X	Doubles / Mixed Doubles
18 Jul	Morning	QF/SF	M/W	Team Event
	Afternoon	F	M/W	

Key:

MR: Monrad SF: Semi Final
QF: Quarter Final F: Finals
M: Men's W: Women's X: Mixed

Note:

The competition schedule is a working document and is still subject to further modification.

Swimming

Key Contact: Helen Rothnie – swimming@orkney2025.com

Events

Men's + Women's Events:

50m all strokes.
100m all strokes + individual medley.
200m all strokes + individual medley.
400m freestyle + individual medley.
800m freestyle (Heat Declared Winner).
1500m freestyle (Heat Declared Winner).

4 x 50m freestyle + medley relay.
4 x 100m freestyle + medley relay.

Mixed Events:

4 x 50m freestyle relay.
4 x 50m medley relay.

Competition Format

The competition details are as set out in the IIGA Swimming By-Laws.

Training & Warm Up

Pre and post-competition training available at the six-lane competition pool.

Warm ups will take place in the competition pool prior to heats and finals session on each of the competition days.

Venue Information

Pickaquoy Centre.

Venue Address

Pickaquoy Centre, Muddisdale Road, Kirkwall, KW15 1LR.

Venue Description

Six-lane 25m competition pool with moveable floor.

Village Style Changing Area.

Tiered Seated Spectator Gallery.

Separate dry land warm-up/cool down area.

Glazed viewing gallery overlooking pool area.

Equipment

Track-start diving blocks.

Backstroke ledges.

Swiss Timing Quantum electronic timing system.

3.5 x 2m LED display board.

Competition Schedule

Date					Events				
14 Jul	AM	H	M	1500m Freestyle (HDW)	15 Jul	AM	H	W	1500m Freestyle (HDW)
		H	W	400m Individual Medley			H	M	400m Individual Medley
		H	M	200m Butterfly			H	W	200m Breaststroke
		H	W	100m Butterfly			H	M	100m Butterfly
		H	M	100m Breaststroke			H	W	100m Backstroke
		H	W	50m Breaststroke			H	M	50m Breaststroke
		H	M	50m Backstroke			H	W	50m Butterfly
		H	W	200m Freestyle			H	M	200m Freestyle
		H	M	200m Individual Medley			H	W	200m Individual Medley
		H	W	4 x 50m Freestyle Relay			H	M	4 x 50m Freestyle Relay
	PM	F	M	1500m Freestyle (HDW)		PM	F	W	1500m Freestyle (HDW)
		F	W	400m Individual Medley			F	M	400m Individual Medley
		F	M	200m Butterfly			F	W	200m Breaststroke
		F	W	100m Butterfly			F	M	100m Butterfly
		F	M	100m Breaststroke			F	W	100m Backstroke
		F	W	50m Breaststroke			F	M	50m Breaststroke
		F	M	50m Backstroke			F	W	50m Butterfly
		F	W	200m Freestyle			F	M	200m Freestyle
		F	M	200m Individual Medley			F	W	200m Individual Medley
		F	W	4 x 50m Freestyle Relay			F	M	4 x 50m Freestyle Relay
		F	M	4 x 50m Medley Relay			F	W	4 x 50m Medley Relay

Competition Schedule continued overleaf...

Competition Schedule Continued

Date		Phase	Gender	Events	Date		Phase	Gender	Events
16 Jul	AM	H	M	100m Individual Medley	17 Jul	AM	H	W	100m Individual Medley
		H	W	400m Freestyle			H	M	400m Freestyle
		H	M	200m Backstroke			H	W	200m Butterfly
		H	W	100m Breaststroke			H	M	100m Backstroke
		H	M	100m Freestyle			H	W	100m Freestyle
		H	W	50m Freestyle			H	M	50m Freestyle
		H	M	50m Butterfly			H	W	50m Backstroke
		H	W	200m Backstroke			H	M	200m Breaststroke
		H	M	800m Freestyle (HDW)			H	W	800m Freestyle (HDW)
		H	W	4 x 100m Freestyle Relay			H	M	4 x 100m Freestyle Relay
		H	M	4 x 100m Medley Relay			H	W	4 x 100m Medley Relay
		H	X	4 x 50m Medley Relay			H	X	4 x 50m Freestyle Relay
	PM	F	M	100m Individual Medley		PM	F	W	100m Individual Medley
		F	W	400m Freestyle			F	M	400m Freestyle
		F	M	200m Backstroke			F	W	200m Butterfly
		F	W	100m Breaststroke			F	M	100m Backstroke
		F	M	100m Freestyle			F	W	100m Freestyle
		F	W	50m Freestyle			F	M	50m Freestyle
		F	M	50m Butterfly			F	W	50m Backstroke
		F	W	200m Backstroke			F	M	200m Breaststroke
		F	M	800m Freestyle (HDW)			F	W	800m Freestyle (HDW)
		F	W	4 x 100m Freestyle Relay			F	M	4 x 100m Freestyle Relay
		F	M	4 x 100m Medley Relay			F	W	4 x 100m Medley Relay
		F	X	4 x 50m Medley Relay			F	X	4 x 50m Freestyle Relay

Key:

H: Heats F: Finals X: Mixed
M: Men's W: Women's

Note:

The competition schedule is a working document and is still subject to further modification.

Meet our Mascot – Ola the Orca!



Designed By:

Sarah Sutcliffe

Aged 12

Triathlon

Key Contact: Bob Newton – triathlon@orkney2025.com

Events

Open Category Standard Distance.

Women's Standard Distance.

Team events will be incorporated into the individual competitions based on IIGA sports By-Laws.

Competition Format

Swim: Deep water start for a 2 x 750m lap circuit.

Bike: Undulating 8km circuit of 5 laps.

Run: Around and through Stromness, 4 laps each of 2.5km.

Finish: Ferry Terminal Concourse.

Training Information

Indoor swim facilities at Stromness Leisure Centre.

Swim Familiarisation: Saturday 12 July, Stromness Marina Slipway 13:00 – 14:00.

Bike Course Familiarisation: Saturday 12 July, depart Stromness Marina Slipway 14:15 – 14:45.

Venue

Stromness Marina Slipway.

Venue Address

Race HQ: The Warehouse Buildings, Stromness, KW16 3AA.

Equipment

All competitors must provide their own clothing and equipment to be compliant with ITU Rules & Regulations.



Competition Schedule

Date		Events
12 Jul	Afternoon	Stromness Marina Swim and Bike Familiarisation
	Early Evening	Pickaquooy Centre Registration, Race Briefing & Pack Issue
13 July	Morning	Check-in: The Warehouse Building
		Transition Open: 9:00-10:30
		Start Line Up: 10:45
		Slipway Swim Entry: 10:55
		Open Category Start: 11:00
		Female Category Start: 11:15
	Afternoon	Presentations: Ferry Terminal Concourse 14:30

Note:

The competition schedule is a working document and is still subject to further modification.

Sports Venues



Kirkwall



Pickaquoys Centre

Muddisdale Road, Kirkwall,
KW15 1LR



Kirkwall Bowling Centre

Brandyquoys Bowling Green and
Clubhouse, Palace Road, Kirkwall,
KW15 1PA



Orkney Sailing Club

Hatston Slip Training
Centre, Hatston, Kirkwall,
KW15 1FL



Orkney Golf Club

Grainbank, Kirkwall
KW15 1RD

Stromness



Stromness Academy

Stromness
KW16 3JS



Stromness Golf Club

Ness Road, Stromness
KW16 3DW

Mainland Orkney



Firth Community Centre

Maitland Place, Finstown,
KW17 2EQ



Harray Hall

Harray
KW17 2LB

Pickaquoy Centre



Swimming

- A six lane 25m swimming pool with moveable floor.
- A tiered seating area overlooking the main pool.
- A glazed spectator seating area overlooking the leisure pool.
- Village style changing area.



Athletics

- A floodlit, all weather 400m, six lane track / eight sprint lanes with two javelin runways, one triple / long jump pit and one shot put circle.



Badminton

- Eight wooden semi-sprung flooring courts, six of which will be used for the competition overlaid with badminton court mats.
- Spectator seating available.



Squash

- Home to three glass-backed courts, identical to those which featured at the 2014 Commonwealth Games in Glasgow, with retractable walls which allow two doubles courts to be created.
- Two spectator areas – a seating area directly in front of Centre Court and a balcony that gives spectators a great view of all the action.



Archery

- Outdoor grass shooting area located on the Pickaquoy Rugby/ Football pitches approximately 300m from the main building.
- 12 covered gazebo/tents with seating, giving shelter for use by Archers & Judges.
- Designated spectator area.
- On-site storage facilities for targets and individual Archery equipment.



Located in Kirkwall town centre and a short drive from the airport and can be accessed by foot, bus or car from the pier.



The Pickaquoy Centre, know locally as the 'Picky' is recognised as a first class sports facility and was opened in 1999.



Kirkwall Bowling Centre



Lawn Bowls

- Kirkwall Bowling Club, Eight-Rink Championship grass green, Six-Rink artificial surface and Club House.
- Toilet facilities for male, female and disabled.
- Use of rooms close-by for additional space to facilitate changing and storage of bowlers' equipment.



Kirkwall Bowling Centre is located in Kirkwall Town Centre, a couple minutes walk from the Cathedral.



The club benefits from being immediately next door to the Bishop and Earls Palace in Kirkwall, where the 12th-century palace provides a striking backdrop for bowls competitions.

Orkney Sailing Club



Sailing

- Orkney Sailing Club welcomes all visitors to the port of Kirkwall whether in a visiting yacht or just a tourist in the Islands.
- The Hatston Slip Training Centre will host the competition.
- Toilets, showers and kit-hanging facilities are available.
- The club has a very conveniently located social club on the harbour front in a listed building known as "The Girnol" in Harbour Street.



Orkney Sailing Club is based in the port of Kirkwall.



The club was founded in 1889 and has welcomed visitors from all over the world, proving a popular destination to stop off en-route to Shetland or Norway.

Orkney Golf Club



Golf

- One of two golf courses which will be used for the Games.
- Significant work has been undertaken to refurbish the course including a complete rebuild of the 1st and 3rd greens and surrounds.
- Modern clubhouse and good short game facilities.
- The eighteen hole course offers a challenging and fair test of golf, course length a little shy of 6000yds.



Orkney Golf Club lies on the side of Wideford Hill, situated 1 mile west of Kirkwall.



The eighteen-hole course opened in 1923, with the current day clubhouse in operation since 1992. The course offers beautiful panoramic views across Kirkwall and the Northern Isles.

Stromness Academy



Gymnastics

- The Gymnastics facilities include a games hall, gym hall, training area and changing facilities.
- All equipment for the women's competition will be upgraded between now and the Games.



Stromness Academy is located in the west of the Mainland, a short 20-min drive from the main town.



Rebuilt in the 1980s, the school was moved to the outskirts of the town, including extensive sporting and social facilities. In 2010, a large extension opened housing a new fitness suite.

Stromness Golf Club



Golf

- One of two golf courses which will be used for the Games.
- Some upgrade work has taken place at the course to add several bunkers and new tees.
- Modern clubhouse and good short game facilities.
- At just over 4800yds, the course is a fair but tough challenge.
- With undulating greens, the course offers breathtaking views that will certainly keep your mind off the score.



Stromness Golf Club can be found at the southern entrance to the harbour town.



Established in 1890, the course is one of the best on offer on Scotland's Islands with views not only of the town but also across to the islands of Hoy and Graemsay as well as the world famous Scapa Flow.

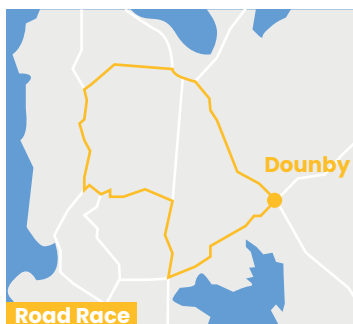


Across Mainland Orkney



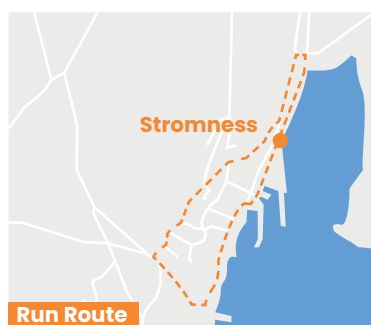
Cycling

- Road Race: A circular route around Orkney's West Mainland.
- Time Trial: Will follow a one-way route along the east coast of West Mainland.
- Criterium: Through Orkney's largest town, Kirkwall.
- Mountain Bike: Pickaquoy Centre.



Triathlon

- The triathlon will take place in Stromness.



Note: The routes are correct at June 2024 but remain subject to change.



Football

- Up to 10 grass pitches in various locations across Orkney Mainland and connected South Isles will be utilised for the Games.
- The Grammar School in the heart of Kirkwall will be the main hub for Football, offering a high standard grass pitch as well as an all-weather pitch.
- The two 3G pitches on the Island will be available for training and as a back-up if required.



Arrival Transport

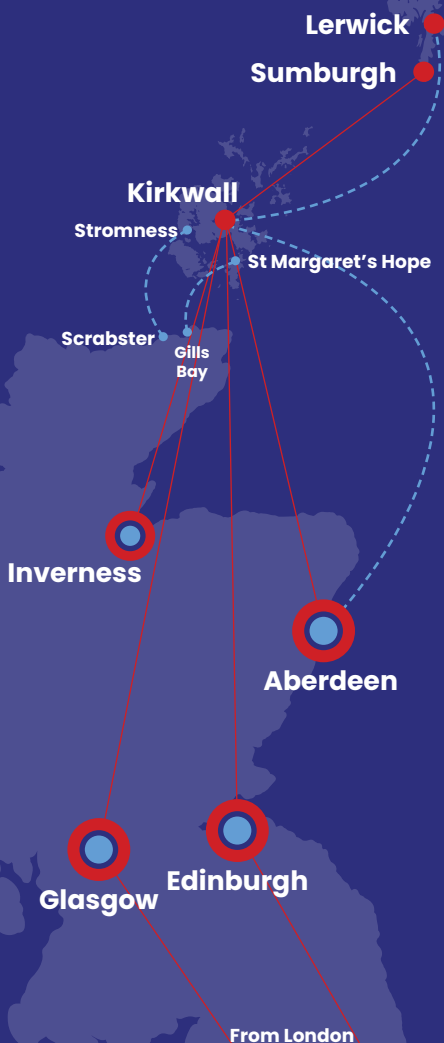
You can choose to travel to Orkney by ferry or flight from a variety of destinations, with plenty of options available when you're planning your visit.

Sea -----

Air -----



Connections to
other UK and
International
Airports



**Official Accommodation &
Travel Partner**

www.nirvanaeurope.com

NIRVANA

EVENT TRAVEL, ACCOMMODATION & LOGISTICS

Ferries

There are three main ferry routes to and from Orkney. NorthLink Ferries sail between Aberdeen and Kirkwall, with an onward connection to Lerwick in Shetland too. The company also operates a shorter crossing between Scrabster and Stromness.

Pentland Ferries run sailings between Gills Bay and St Margaret's Hope, with its purpose-built catamaran the most environmentally-friendly passenger ferry of its type in Scotland. Both NorthLink Ferries and Pentland Ferries accept foot passengers and push bikes too.

Route	Time
Scrabster – Stromness	90 mins
Aberdeen – Kirkwall	6 hours
Lerwick – Kirkwall	6 hours
Gills Bay – St Margaret's Hope	60 mins



Visit:
www.northlinkferries.co.uk
www.pentlandferries.co.uk

Flights

There are opportunities to charter flights to Kirkwall Airport, which has a maximum capacity of ATR 72. Or for larger aircraft, charter flights are available to Aberdeen airport with onwards travel to Orkney with Northlink ferries, which is how the Orkney delegation travelled to Guernsey 2023.

Flights to and from Orkney are operated by Loganair. The airline manages scheduled flights to Kirkwall from Aberdeen, Edinburgh, Glasgow, Inverness, Dundee and now London Heathrow. These airports all have excellent links to the rest of the UK and the wider world.



**Flights to and from Orkney
are operated by Loganair:**
www.loganair.co.uk

Route	Time
Aberdeen – Kirkwall	50 mins
Dundee – Kirkwall	50 mins
Edinburgh / Glasgow – Kirkwall	60 mins
Inverness – Kirkwall	45 mins
London Heathrow – Kirkwall (with connections)	3–4 hours
Sumburgh – Kirkwall	35 mins

Games Transport

Games Bus Service

We will be offering an enhanced service of buses outside of the normal local timetable named the G1 which will run every 15 minutes between Kirkwall and Stromness, stopping off at designated stops, the locations of which will be published once confirmed.

There will also be sport specific shuttles for transferring teams to out of town venues. Details to be published once confirmed.

Attaché Provision

Each Island will have the use of a car and attaché who will look after them and act as a guide from venue to venue as well as an advisor to assist throughout the event. The attaché will be a volunteer member from the corporate programme.



For the local bus timetables please visit:
www.stagecoachbus.com/timetables

Catering

Involving communities and businesses as much as possible whilst celebrating the best of Orkney produce is at the heart of the 2025 Games catering provision. Whether it's using the existing in-house facilities throughout the Games venues or mobile caterers, our intention is to provide varied, balanced and locally sourced food and drink options throughout the event.

The Pickaquoy Centre Kirkwall is the hub sporting venue, and our intention is to create a catering village serving breakfast, lunch and dinner based within its grounds.



For further information on local food and drink visit:
www.orkney.com



Accommodation

Orkney 2025 will offer a range of accommodation package options to suit all budgets. We will work in partnership with an experienced Accommodation Management Agency to manage, contract and allocate all accommodation for the delegates of the Orkney 2025 International Island Games.

We will do our best to facilitate your preferences however it may be necessary to allocate accommodation which may mean we are not able to guarantee island or sports are accommodated together.



Official Accommodation & Travel Partner

www.nirvanaeurope.com

NIRVANA

EVENT TRAVEL, ACCOMMODATION & LOGISTICS

Accommodation Packages



Hostel



Dormitory



Self Catering



Flexotel



Bed & Breakfast



Halls of Residence



Hotels



Hostel
£65pp

Several hostels across Orkney in Kirkwall, Stromness and Birsay are available to accommodate visitors.

- Private and shared rooms available.
- No meals are included, but full cooking facilities are available, and supermarkets/local suppliers are nearby in Kirkwall and Stromness.
- Price is £65 per person per night.



Dormitory
£75pp

School Dormitories will be offered in both Kirkwall and Stromness, in some cases, will offer the opportunity to be near to the sporting venues.

- Facilities include toilets and showers, possibly in temporary external blocks. Wardrobes or drawers are not provided.
- Price is £75 per person per night, including breakfast & dinner.



**Self
Catering**
£110pp

Self-catering accommodations are ideal for events outside Kirkwall, offering single, twin, triple, or double rooms.

- No meals are included, but full cooking facilities are available, and supermarkets/local suppliers are nearby in Kirkwall and Stromness.
- Price is £110 per person per night.



Flexotel
£130pp

Flexotel offers the world's first foldable hotel rooms in two locations in Kirkwall, featuring two beds, towels, power outlets, lighting, storage space, a mirror, a table, and two chairs.

- External toilet and shower facilities are provided.
- Price is £130 per person per night, including breakfast & dinner.



B&B
£135pp

Similar to the Hotel option but with rooms provided in smaller establishments across Kirkwall, Stromness and Orkney Mainland.

- Single, twin, triple or double rooms are available and should be specified when booking.
- Price is £135 per person per night, including breakfast.



**Halls of
Residence**
£150pp

Delegates can stay in modern school halls of residence in Kirkwall. Rooms are available in twin, triple, or quad configurations with single beds.

- Ensuite or nearby toilet and shower facilities, and lockable rooms or lockers are provided.
- Price is £150 per person per night, including breakfast & dinner.



Hotels
£175pp

We will be offering a range of rooms at hotels in Kirkwall, Stromness and across the Orkney Mainland.

- Single, twin, triple or double rooms are available and should be specified when booking.
- Price is £175 per person per night, including breakfast.

Additional Information

Please note that volunteers will be available to assist you during the Orkney International Island Games 2025. If you need any help, they will be happy to guide you.

Official Accommodation & Travel Partner

Nirvana will have a large diverse range of travel and accommodation options available to support the Orkney 2025 International Island Games. From meeting a team's accommodation requirements through to offering assistance with chartering aircraft and any additional travel support, Nirvana will be able to help every step of the way.

NIRVANA

EVENT TRAVEL, ACCOMMODATION & LOGISTICS

For more information, email:

orkney2025@nirvanaeurope.com



Visit Orkney

Visit www.orkney.com for information including:

- Eating Out
- Shopping
- Local Shops and Services
- Maps and Getting Around
- Visitor Guides
- Things To Do
- Exploring Orkney



Car Hire

There are a range of hire car companies in Orkney; we recommend booking as soon as possible:

www.shearersorkney.co.uk
www.orkneycarhire.co.uk
www.driveorkney.com
www.avis.co.uk



Laundry

Lauderama: 47 Albert Street
Kirkwall, KW15 1HQ.
Opening Hours:
Mon-Sat, **9am-5pm**
Tel: 01856 872982



Emergencies

In case of emergencies use **999**.
For non-emergencies use **111**.



Cash Points

Cash Points are available at:

Tesco Superstore: Pickaquoy
Road, Kirkwall, KW15 1RP

Royal Bank of Scotland: 1 Victoria
Street, Kirkwall, KW15 1DN

Also available at: 99 Victoria
Street, Stromness KW16 3BU



Pharmacies

Boots Pharmacy Kirkwall: 49-51
Albert Street, Kirkwall, KW15 1HQ
Opening Hours:
Mon-Sat: **9am-5:30pm**
Tel: 01856 872097

Sutherlands Kirkwall: 43 Victoria
Street, Kirkwall, KW15 1DN
Opening Hours:
Mon-Sat: **9am-5:30pm**
Tel: 01856 873240

Sutherlands Stromness: 74
Victoria Street, Stromness, KW16 3BS
Opening Hours:
Mon-Fri: **9am-5pm**, Sat: **9am-2pm**
Tel: 01856 850338



Groceries

Tesco Superstore: Pickaquoy
Road, Kirkwall, KW15 1RP
Opening Hours: **6am-12am**

Coop Stromness: Ferry Road,
Stromness, KW16 3AE
Opening Hours: **7am-10pm**



Weather

Keep up to date with the latest
weather forecast on the **BBC
Weather App**.

All information is correct at the time of going to print in June 2024.
Orkney 2025 reserves the right to make operational changes as required.





ORKNEY 2025

www.orkney2025.com