

	Lundi 9 août	Mardi 10 août		Mercredi 11 août		Jeudi 12 août			Vendredi 13 août		Samedi 14 août		
7:00h	Participants' arrival Registration and accreditation résidence Lemieux										Breakfast (included) Athletes' Village Pavillon De Knoninck		
8:00h		Breakfast (included) Athletes' Village Pavillon De Knoninck		Breakfast (included) Athletes' Village Pavillon De Knoninck		Breakfast (included) Athletes' Village Pavillon De Knoninck			Breakfast (included) Athletes' Village Pavillon De Knoninck			Athletics and running	
9:00h			Practice golf	Cycling 5 km	Walk	Badminton	Golf	Tennis	Pétanque	Cycling 20km	Table tennis		
10:00h													
11:00h													Closing ceremonies
12:00h			Lunch Athletes' Village or lunch boxes		Lunch with donors' family and press conference Athletes' Village Pavillon De Knoninck		Lunch Athletes' Village or lunch boxes		Lunch Athletes' Village or lunch boxes				Free afternoon
13:00h													
14:00h													
15:00h			Bowling	Practice golf		Badminton	Golf	Tennis	Pétanque		Table tennis		
16:00h													
17:00h	Welcome diner Athletes' Village Pavillon De Knoninck		Free training: badminton	Diner at participant's expense Free evening	Free training: tennis	Diner (included) Athletes' Village Pavillon De Koninck	Diner fo golfer at the golf club (included)	Free training: swimming	Diner (included) Athletes' Village Pavillon De Koninck		Swimming	Diner at participant's expense Free evening	
18:00h													
19:00h	Opening ceremonies Pavillon Desjardins												
20:00h									Softball			Closing gala at 6:30 pm	

Légende

- : Québec streets
- : Université Laval
- : Club de golf Mont-Tourbillon
- : Parc St-Yves
- : Couvent des Ursulines
- : Parc St-Charles Garnier
- : Impérial de Québec
- : Boule O-Drome de Lévis
- : École les Compagnons de Cartier