

Rugby Seven 25-27 June, 2023 Henryk Reyman Stadium

| Date | Time | Туре | Competition Phase |
|----------------------------------|-------------|-------------------|-----------------------|
| Sunday, 25th June 2023 | | Competition Day 1 | |
| | 10:00-12:12 | Women | Pool Phase Block 1 |
| | 12:30-14:42 | Men | Pool Phase Block 1 |
| | 16:00-18:12 | Women | Pool Phase Block 2 |
| | 18:30-20:42 | Men | Pool Phase Block 2 |
| Monday, 26th June 2023 | | Competition Day 2 | |
| | 10:00-12:12 | Women | Pool Phase Block 3 |
| | 12:30-14:42 | Men | Pool Phase Block 3 |
| | 16:00-16:44 | Women | Ranking 9-12 |
| | 16:44-18:12 | Women | Quarter-Finals |
| | 18:30-19:14 | Men | Ranking 9-12 |
| | 19:14-20:42 | Men | Quarter-Finals |
| Tuesday, 27th June 2023 | | Competition Day 3 | |



| 7/10 | | |
|-------------|-------|-----------------|
| 10:00 | Women | 11th Place |
| | | Game |
| 10:22 | Women | 9th Place |
| | | Game |
| 10:44-11:28 | Women | Semi-Finals 5-8 |
| 11:28-12:12 | Women | Semi-Finals 1-4 |
| 12:30 | Men | 11th Place |
| | | Game |
| 12:52 | Men | 9th Place |
| | | Game |
| 13:14-13:58 | Men | Semi-Finals 5-8 |
| 13:58-14:42 | Men | Semi-Finals 1-4 |
| 18:45 | Women | 7th Place |
| | | Game |
| 19:07 | Men | 7th Place |
| | | Game |
| 19:29 | Women | 5th Place |
| | | Game |
| 19:51 | Men | 5th Place |
| | | Game |
| 20:13 | Women | 3rd Place |
| | | Game |
| 20:35 | Men | 3rd Place |
| | | Game |
| 21:05 | Women | Final |
| 21:35 | Men | Final |
| 22:00-22:15 | Women | Medal |
| | | Ceremony |
| 22:15-22:30 | Men | Medal |
| | | Ceremony |
| | | |