



**COMMONWEALTH
GAMES 26**

Media Release

Tuesday, 14 April 2026

100 days to go until Glasgow 2026 Commonwealth Games

Live, free and exclusive on Seven and 7plus Sport from Friday, 24 July

The Seven Network is set to welcome Australia's biggest sporting stars back to its screens, today officially marking 100 days to go until the **Glasgow 2026 Commonwealth Games**, live, free and exclusively on Seven and [7plus Sport](#) from Friday, 24 July, to Monday, 3 August.

The **Glasgow 2026 Commonwealth Games** will bring together over 3,000 athletes from 74 nations, with the largest-ever integrated para-sport program, featuring a streamlined 10-sport program.

Glasgow 2026 will feature 10-days of jam-packed action, consisting of athletics and Para athletics (track and field), swimming and Para swimming, artistic gymnastics, track cycling and Para track cycling, netball, weightlifting and Para powerlifting, boxing, judo, bowls and Para bowls, and 3x3 basketball and 3x3 wheelchair basketball.

More than 200 gold medals will be up for grabs across the 10 days of sporting competition including the biggest track cycling and swim programs ever seen at a Commonwealth Games, with 26 medal events in the velodrome and 56 medal events in the pool.

The Aussies dominated the **Birmingham 2022 Commonwealth Games**, topping the medal table by winning 67 gold and 178 total medals, ahead of England and Canada who rounded out the podium and will be looking to take the mantle off Australia in Glasgow.

Whether it was Olli Hoare's remarkable 1500m victory, Emma McKeon claiming six individual gold medals, 18-year-old Mollie O'Callaghan announcing herself on the biggest stage or the Diamonds winning gold in netball and notching Australia's 1,000th Commonwealth Games gold medal, there was no shortage of highlights for Aussies back home to cheer on. Glasgow 2026 is set to deliver more unforgettable memories and unmissable sporting action for Australians live, free and exclusive on Seven and 7plus Sport.

Some of Australia's most prominent athletes have already qualified for the upcoming Commonwealth Games, including Paris 2024 Olympic Bronze medallist in men's





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discus throw, Matt Denny; Paris 2024 Olympic Silver medallist in 1500m, Jessica Hull; 2022 Birmingham Commonwealth Games Silver medallist in 800m, Peter Bol; and Olympic 800m runner Abbey Caldwell.

Legendary sports commentator, Bruce McAvaney, said: “The Commonwealth Games remains one of the premier events on the sport calendar and we are in for a golden campaign in Glasgow. Whether it’s in the pool, on the athletics track, or the magic our Diamonds bring on the netball court, we know we perform well on the world stage, and this year will be no different.

“If the Australian Athletics Championships this weekend past is anything to go by, we are in for a special event.

“For Lachlan Kennedy, to do what he did twice is extraordinary. When he ran 9.96 on the Saturday night in the final, conditions weren't great for sprinting, so that was absolutely world class. Jess Hull was the whole story of the weekend, with the fall, and then not being fit enough to run, to then come back and win the 5000 metres. What a performance. We’re only just getting to know 19-year-old Cam Myers, how brilliant was he in the 1,500 metres?,” he said.

“As commentators, we are in such a privileged position. We are so lucky to be there as our Australian athletes break world records and add to our medal tally. We cannot wait to share those historic moments with Australian viewers 100 days from now, live and free on Seven and 7plus Sport.”

To mark the milestone, 7plus has today unveiled the first episode of **The Pursuit of Unstoppable**, a six-part Green2Gold2Great documentary series with Commonwealth Games Australia and AAMI. A fly-on-the-wall experience that goes beyond medals and moments, the series reveals the people, personalities and passion driving the green and gold campaign, offering a candid look at the ambition, grit and innovation shaping Australian athletes and the teams around them.

Featuring athletics, basketball 3x3, cycling, netball, para swimming and triathlon, each episode will take viewers inside the training environments and high-performance programs of Australian sport. Led by athletes and offering rare access, the series explores what it takes to succeed at the highest level – from cutting-edge equipment and data insights to sports psychology, Para sport classification, youth pathways and the pressures of preparation, with the launch coinciding with the release of the cycling episode, the first instalment in a rolling release ahead of Glasgow 2026.

Seven’s all-star commentary team for the **Glasgow 2026 Commonwealth Games** will be announced in the coming months.





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For more information, please contact:

Emma Francis
Head of Communications – Sport
M: +61 415 721 413
E: efrancis@seven.com.au

Billy Cooke
Communications and Marketing Executive – Sport
M: +61 452 461 499
E: bcooke@seven.com.au

Neil Shoebridge
M: + 61 417 511 012
E: neil@skmediagroup.com.au

