

| Date | Match No. | Pool | Match | Location | New Zealand Time | UK | France / Italy / SA | Australia (Sydney) |
|--|-----------|------|-----------------------------|--------------------------|------------------|-------|---------------------|--------------------|
| Fri Sept 9 | | | Opening Ceremony | Auckland - Eden Park | 19.30 (tbc) | 08.30 | 09.30 | 17.30 |
| Fri Sept 9 | 1 | A | New Zealand v Tonga | Auckland - Eden Park | 20.30 | 09.30 | 10.30 | 18.30 |
| Sat Sept 10 | 2 | B | Scotland v Play-off winner | Invercargill | 13.00 | 02.00 | 03.00 | 11.00 |
| Sat Sept 10 | 3 | D | Fiji v Namibia | Rotorua | 15.30 | 04.30 | 05.30 | 13.30 |
| Sat Sept 10 | 4 | A | France v Japan | Auckland - North Harbour | 18.00 | 07.00 | 08.00 | 16.00 |
| Sat Sept 10 | 5 | B | Argentina v England | Christchurch | 20.30 | 09.30 | 10.30 | 18.30 |
| Sun Sept 11 | 6 | C | Australia v Italy | Christchurch | 15.30 | 04.30 | 05.30 | 13.30 |
| Sun Sept 11 | 7 | C | Ireland v USA | New Plymouth | 18.00 | 07.00 | 08.00 | 16.00 |
| Sun Sept 11 | 8 | D | South Africa v Wales | Wellington | 20.30 | 09.30 | 10.30 | 18.30 |
| Wed Sept 14 | 9 | D | Samoa v Namibia | Rotorua | 14.30 | 03.30 | 04.30 | 12.30 |
| Wed Sept 14 | 10 | A | Tonga v Canada | Whangarei | 17.00 | 06.00 | 07.00 | 15.00 |
| Wed Sept 14 | 11 | B | Scotland v Georgia | Dunedin | 19.30 | 08.30 | 09.30 | 17.30 |
| Thurs Sept 15 | 12 | C | Russia v USA | New Plymouth | 19.30 | 08.30 | 09.30 | 17.30 |
| Fri Sept 16 | 13 | A | New Zealand v Japan | Hamilton | 20.00 | 09.00 | 10.00 | 18.00 |
| Sat Sept 17 | 14 | B | Argentina v Play-off winner | Invercargill | 15.30 | 04.30 | 05.30 | 13.30 |
| Sat Sept 17 | 15 | D | South Africa v Fiji | Wellington | 18.00 | 07.00 | 08.00 | 16.00 |
| Sat Sept 17 | 16 | C | Australia v Ireland | Auckland - Eden Park | 20.30 | 09.30 | 10.30 | 18.30 |
| Sun Sept 18 | 17 | D | Wales v Samoa | Hamilton | 15.30 | 04.30 | 05.30 | 13.30 |
| Sun Sept 18 | 18 | B | England v Georgia | Christchurch | 18.00 | 07.00 | 08.00 | 16.00 |
| Sun Sept 18 | 19 | A | France v Canada | Napier | 20.30 | 09.30 | 10.30 | 18.30 |
| Tues Sept 20 | 20 | C | Italy v Russia | Nelson | 19.30 | 08.30 | 09.30 | 17.30 |
| Wed Sept 21 | 21 | A | Tonga v Japan | Whangarei | 19.30 | 08.30 | 09.30 | 17.30 |
| Thurs Sept 22 | 22 | D | South Africa v Namibia | Auckland - North Harbour | 20.00 | 09.00 | 10.00 | 18.00 |
| Fri Sept 23 | 23 | C | Australia v USA | Wellington | 20.30 | 09.30 | 10.30 | 18.30 |
| Sat Sept 24 | 24 | B | England v Play-off winner | Dunedin | 18.00 | 07.00 | 08.00 | 16.00 |
| Sat Sept 24 | 25 | A | New Zealand v France | Auckland - Eden Park | 20.30 | 09.30 | 10.30 | 18.30 |
| Change to New Zealand daylight saving time (GMT+13) | | | | | | | | |
| Sun Sept 25 | 26 | D | Fiji v Samoa | Auckland - Eden Park | 15.30 | 03.30 | 04.30 | 12.30 |
| Sun Sept 25 | 27 | C | Ireland v Russia | Rotorua | 18.00 | 06.00 | 07.00 | 15.00 |
| Sun Sept 25 | 28 | B | Argentina v Scotland | Christchurch | 20.30 | 08.30 | 09.30 | 17.30 |
| Mon Sept 26 | 29 | D | Wales v Namibia | New Plymouth | 19.30 | 07.30 | 08.30 | 16.30 |
| Tues Sept 27 | 30 | A | Canada v Japan | Napier | 17.00 | 05.00 | 06.00 | 14.00 |
| Tues Sept 27 | 31 | C | Italy v USA | Nelson | 19.30 | 07.30 | 08.30 | 16.30 |
| Wed Sept 28 | 32 | B | Georgia v Play-off winner | Palmerston North | 19.30 | 07.30 | 08.30 | 16.30 |
| Fri Sept 30 | 33 | D | South Africa v Samoa | Auckland - North Harbour | 20.30 | 08.30 | 09.30 | 17.30 |
| Sat Oct 1 | 34 | C | Australia v Russia | Christchurch | 15.30 | 03.30 | 04.30 | 12.30 |
| Sat Oct 1 | 35 | A | France v Tonga | Wellington | 18.00 | 06.00 | 07.00 | 15.00 |
| Sat Oct 1 | 36 | B | England v Scotland | Auckland - Eden Park | 20.30 | 08.30 | 09.30 | 17.30 |
| Change to Eastern Australia daylight saving time (GMT+11) | | | | | | | | |
| Sun Oct 2 | 37 | B | Argentina v Georgia | Palmerston North | 13.00 | 01.00 | 02.00 | 11.00 |
| Sun Oct 2 | 38 | A | New Zealand v Canada | Wellington | 15.30 | 03.30 | 04.30 | 13.30 |
| Sun Oct 2 | 39 | D | Wales v Fiji | Hamilton | 18.00 | 06.00 | 07.00 | 16.00 |
| Sun Oct 2 | 40 | C | Ireland v Italy | Dunedin | 20.30 | 08.30 | 09.30 | 18.30 |
| Sat Oct 8 | 41 | | QF1: W Pool C v RU Pool D | Wellington | 18.00 | 06.00 | 07.00 | 16.00 |
| Sat Oct 8 | 42 | | QF2: W Pool B v RU Pool A | Christchurch | 20.30 | 08.30 | 09.30 | 18.30 |
| Sun Oct 9 | 43 | | QF3: W Pool D v RU Pool C | Wellington | 18.00 | 06.00 | 07.00 | 16.00 |
| Sun Oct 9 | 44 | | QF4: W Pool A v RU Pool B | Christchurch | 20.30 | 08.30 | 09.30 | 18.30 |
| Sat Oct 15 | 45 | | SF1: W QF1 v W QF2 | Auckland - Eden Park | 21.00 | 09.00 | 10.00 | 19.00 |
| Sun Oct 16 | 46 | | SF2: W QF3 v W QF4 | Auckland - Eden Park | 21.00 | 09.00 | 10.00 | 19.00 |
| Fri Oct 21 | 47 | | Bronze Final | Auckland - Eden Park | 20.30 | 08.30 | 09.30 | 18.30 |
| Sun Oct 23 | 48 | | Final | Auckland - Eden Park | 21.00 | 09.00 | 10.00 | 19.00 |

The highest ranked team is listed first (based on the seedings used at the Pool Allocation Draw on December 1, 2008)