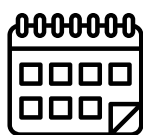




22ND ASIAN U20 ATHLETICS CHAMPIONSHIPS 2026

SCHEDULE



28-31 May 2026



***Hong Kong,
China***

DAY 1 SCHEDULE

28TH MAY



Event No	Time	Event	Round Name	Category	Round
101	08:30 AM	Decathlon	100m - Decathlon	U20-Boys	Heat
102	08:40 AM	5000mW	Final	U20-Girls	Final
103	09:10 AM	Hammer Throw	Final	U20-Boys	Final
104	09:15 AM	100m	Heat	U20-Girls	Heat
105	09:20 AM	Decathlon	Long Jump - Decathlon	U20-Boys	Heat
106	09:40 AM	100m	Heat	U20-Boys	Heat
107	10:15 AM	400m	Heat	U20-Girls	Heat
108	10:40 AM	400m	Heat	U20-Boys	Heat
109	10:45 AM	Decathlon	Shot Put - Decathlon	U20-Boys	Heat
110	16:30 PM	Hammer Throw	Final	U20-Girls	Final
111	16:40 PM	Decathlon	High Jump - Decathlon	U20-Boys	Heat
112	16:45 PM	100m	Semi-Final	U20-Boys	Heat
113	17:05 PM	3000m	Final	U20-Boys	Final
114	17:30 PM	Shot Put	Final	U20-Boys	Final
115	17:50 PM	400mH	Heat	U20-Boys	Heat
116	18:30 PM	1500m	Final	U20-Girls	Final
117	19:00 PM	400m	Semi-Final	U20-Boys	Heat
118	19:17 PM	Decathlon	400m - Decathlon	U20-Boys	Heat
119	19:40 PM	100m	Final	U20-Girls	Final
120	19:50 PM	100m	Final	U20-Boys	Final



athleticsindia.com



ATHLETICS MEET SCHEDULE

DAY 2 (29TH MAY)

Event No	Time	Event	Round Name	Category	Round
201	08:30 AM	Decathlon	100mH - Decathlon	U20-Boys	Heat
202	08:40 AM	5000mW	Final	U20-Boys	Final
203	09:10 AM	Decathlon	Discus Throw - Decathlon	U20-Boys	Heat
204	09:20 PM	800m	Heat	U20-Girls	Heat
205	09:36 AM	800m	Heat	U20-Boys	Heat
206	10:00 AM	Triple Jump	Final	U20-Girls	Final
207	10:10 AM	200m	Heat	U20-Girls	Heat
208	10:35 AM	200m	Heat	U20-Boys	Heat
209	10:53 AM	Decathlon	Pole Vault - Decathlon	U20-Boys	Heat
210	11:25 AM	110mH	Heat	U20-Boys	Heat
211	16:40 PM	Triple Jump	Final	U20-Boys	Final
212	16:45 PM	High Jump	Final	U20-Girls	Final
213	16:50 PM	Shot Put	Final	U20-Girls	Final
214	16:55 PM	Decathlon	Javelin Throw - Decathlon	U20-Boys	Heat
215	17:40 PM	100mH	Final	U20-Girls	Final
216	17:55 PM	110mH	Final	U20-Boys	Final
217	18:10 PM	Discus Throw	Final	U20-Girls	Final
218	18:20 PM	3000mSC	Final	U20-Girls	Final
219	18:40 PM	Decathlon	1500m - Decathlon	U20-Boys	Heat
220	18:55 PM	400m	Final	U20-Girls	Final
221	19:05 PM	400m	Final	U20-Boys	Final



athleticsindia.com



ATHLETICS MEET SCHEDULE

DAY 3 (30TH MAY)

Event No	Time	Event	Round Name	Category	Round
301	08:30 PM	5000m	Final	U20-Boys	Final
302	09:10 AM	Heptathlon	100m - Heptathlon	U20-Girls	Heat
303	09:25 AM	200m	Semi-Final	U20-Boys	Heat
304	09:30 AM	Pole Vault	Final	U20-Girls	Final
305	09:45 AM	Heptathlon	High Jump - Heptathlon	U20-Girls	Heat
306	16:30 PM	Heptathlon	Shot Put - Heptathlon	U20-Girls	Heat
307	16:40 PM	High Jump	Final	U20-Boys	Final
308	16:45 PM	Javelin Throw	Final	U20-Girls	Final
309	17:00 PM	400mH	Final	U20-Girls	Final
310	17:05 PM	Long Jump	Final	U20-Boys	Final
311	17:15 PM	400mH	Final	U20-Boys	Final
312	17:30 PM	Heptathlon	200m - Heptathlon	U20-Girls	Heat
313	17:40 PM	3000m	Final	U20-Girls	Final
314	17:55 PM	Pole Vault	Final	U20-Boys	Final
315	18:10 PM	3000mSC	Final	U20-Boys	Final
316	18:40 PM	200m	Final	U20-Girls	Final
317	18:50 PM	200m	Final	U20-Boys	Final
318	19:10 PM	1500m	Final	U20-Boys	Final
319	19:30 PM	Mixed Relay	Final	U20-Boys	Final
319	19:30 PM	Mixed Relay	Final	U20-Girls	Final



athleticsindia.com



ATHLETICS MEET SCHEDULE

DAY 4 (31ST MAY)

Event No	Time	Event	Round Name	Category	Round
401	08:30 PM	Discus Throw	Final	U20-Boys	Final
402	08:35 AM	5000m	Final	U20-Girls	Final
403	9:05 PM	Heptathlon	Long Jump - Heptathlon	U20-Girls	Heat
404	9:25 AM	4*100m Relay	Heat	U20-Boys	Heat
405	10:00 AM	4*400m Relay	Heat	U20-Boys	Heat
406	10:15 AM	Heptathlon	Javelin Throw - Heptathlon	U20-Girls	Heat
407	16:30 PM	Long Jump	Final	U20-Girls	Final
408	16:35 PM	Javelin Throw	Final	U20-Boys	Final
409	17:05 PM	Heptathlon	800m - Heptathlon	U20-Girls	Heat
410	17:15 PM	800m	Final	U20-Girls	Final
411	17:25 PM	800m	Final	U20-Boys	Final
412	17:35 PM	4*100m Relay	Final	U20-Girls	Final
413	17:50 PM	4*100m Relay	Final	U20-Boys	Final
414	18:05 PM	4*400m Relay	Final	U20-Girls	Final
415	18:15 PM	4*400m Relay	Final	U20-Boys	Final



athleticsindia.com