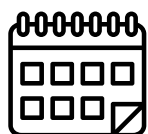




ASIAN GAMES

2026



23-29 Sep 2026



**NAGOYA,
JAPAN**

COMPLETE SCHEDULE

ATHLETICS INDIA



FINAL TIMETABLE – ASIAN GAMES 2026 NAGOYA, JAPAN

Day 1 - Wednesday 23 September 2026			
Morning Session			
Time	Gender	Event	Round
07:30	M	Half Marathon Race Walk	Final
07:30	W	Half Marathon Race Walk	Final

Day 2 - Thursday 24 September 2026			
Morning Session			
Time	Gender	Event	Round
10:00	W	100m H	Heptathlon 1
10:20	X	4 x 400m Relay	Round 1
10:30	M	Triple Jump	Qualification - A&B
10:40	W	High Jump	Heptathlon 2

Day 2 - Thursday 24 September 2026			
Evening Session			
Time	Gender	Event	Round
18:45	M	Half Marathon Race Walk	Victory Ceremony 1
18:51	W	Half Marathon Race Walk	Victory Ceremony 2
19:05	M	High Jump	Qualification - A&B
19:13	W	Shot Put	Heptathlon 3
19:33	W	100m	Round 1
19:44	W	Triple Jump	Final
20:08	M	100m	Round 1
20:55	M	Discus Throw	Final
21:00	W	200m	Heptathlon 4
21:25	W	10,000m	Final
22:15	X	4 x 400m Relay	Final
22:25	W	Triple Jump	Victory Ceremony 3



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FINAL TIMETABLE – ASIAN GAMES 2026 NAGOYA, JAPAN

Day 3 - Friday 25 September 2026			
Morning Session			
Time	Gender	Event	Round
10:00	W	Long Jump	Heptathlon 5
10:30	M	400m	Round 1
11:25	W	Javelin Throw	Heptathlon 6

Day 3 - Friday 25 September 2026			
Evening Session			
Time	Gender	Event	Round
18:20	X	4 x 400m Relay	Victory Ceremony 4
19:05	W	Shot Put	Final
19:13	W	100m	Semi - Final
19:33	M	100m	Semi - Final
19:50	M	Discus Throw	Victory Ceremony 5
20:03	W	Pole Vault	Final
20:11	W	800m	Heptathlon 7
20:20	W	10,000m	Victory Ceremony 6
20:32	M	10,000m	Final
20:40	M	Hammer Throw	Final
21:15	W	400m	Round 1
21:43	M	400m	Semi - Final
22:05	W	100m	Final
22:15	M	100m	Final
22:25	W	Heptathlon	Victory Ceremony 7
22:31	W	Pole Vault	Victory Ceremony 8
22:37	M	Hammer Throw	Victory Ceremony 9



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FINAL TIMETABLE – ASIAN GAMES 2026 NAGOYA, JAPAN

Day 4 - Saturday 26 September 2026			
Morning Session			
Time	Gender	Event	Round
07:30	M	Marathon	Final
07:50	W	Marathon	Final
09:05	M	100m	Decathlon 1
09:45	M	Long Jump	Decathlon 2
11:00	M	Shot Put	Decathlon 3
11:05	M	Javelin Throw	Qualification - A
11:30	W	200m	Round 1
12:08	M	Javelin Throw	Qualification - B
12:15	M	200m	Round 1
12:20	W	Long Jump	Qualification - A&B

Day 4 - Saturday 26 September 2026			
Evening Session			
Time	Gender	Event	Round
18:10	M	Marathon	Victory Ceremony 10
18:16	W	Marathon	Victory Ceremony 11
18:05	M	High Jump	Decathlon 4
18:40	W	Shot Put	Victory Ceremony 12
19:05	M	110m H	Round 1
19:34	W	100m H	Round 1
19:55	W	200m	Semi - Final
20:00	M	Shot Put	Final
20:06	M	10,000m	Victory Ceremony 13
20:16	M	200m	Semi - Final
20:35	M	Triple Jump	Final
20:40	W	100m	Victory Ceremony 14
20:51	M	1500m	Round 1
21:06	M	100m	Victory Ceremony 15
21:20	M	400m	Decathlon 5
21:45	W	400m	Final
22:03	M	400m	Final
22:15	W	1500m	Final
22:25	M	Shot Put	Victory Ceremony 16
22:31	M	Triple Jump	Victory Ceremony 17



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FINAL TIMETABLE – ASIAN GAMES 2026 NAGOYA, JAPAN

Day 5 - Sunday 27 September 2026			
Morning Session			
Time	Gender	Event	Round
07:30	M	Marathon Race Walk	Final
07:30	W	Marathon Race Walk	Final
11:00	M	110m H	Decathlon 6
11:40	M	Discus Throw	Decathlon 7
11:50	W	High Jump	Qualification - A&B
12:05	M	400m H	Round 1
12:35	W	400m H	Round 1
12:40	M	Long Jump	Qualification - A&B
13:20	M	Pole Vault	Decathlon 8

Day 5 - Sunday 27 September 2026			
Evening Session			
Time	Gender	Event	Round
18:35	M	Marathon Race Walk	Victory Ceremony 18
18:41	W	Marathon Race Walk	Victory Ceremony 19
19:05	M	Javelin Throw	Decathlon 9
19:10	W	Long Jump	Final
19:35	W	200m	Final
19:45	M	200m	Final
19:47	W	1500m	Victory Ceremony 20
19:53	M	400m	Victory Ceremony 21
20:08	M	110m H	Final
20:15	M	High Jump	Final
20:23	W	100m H	Final
20:36	M	800m	Round 1
20:54	W	400m	Victory Ceremony 22
21:03	W	Javelin Throw	Final
21:10	M	1500m	Decathlon 10
21:22	W	3000m SC	Final
21:45	W	4 x 100m Relay	Round 1
22:12	M	4 x 100m Relay	Round 1
22:33	M	Decathlon	Victory Ceremony 23
22:39	M	High Jump	Victory Ceremony 24
22:45	W	Javelin Throw	Victory Ceremony 25



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FINAL TIMETABLE – ASIAN GAMES 2026 NAGOYA, JAPAN

Day 6 - Monday 28 September 2026			
Evening Session			
Time	Gender	Event	Round
18:05	W	Long Jump	Victory Ceremony 26
18:11	W	3000m SC	Victory Ceremony 27
18:15	W	Discus Throw	Final
18:50	X	4 x 100m Relay	Round 1
19:01	M	200m	Victory Ceremony 28
19:07	W	200m	Victory Ceremony 29
19:23	W	400m H	Final
19:33	M	400m H	Final
19:42	M	3000m SC	Final
19:55	M	Long Jump	Final
20:05	M	1500m	Final
20:20	W	800m	Round 1
20:25	M	Javelin Throw	Final
20:32	M	110m H	Victory Ceremony 30
20:43	W	5000m	Final
21:04	W	100m H	Victory Ceremony 31
21:20	M	4 x 400m Relay	Round 1
21:34	W	Discus Throw	Victory Ceremony 32
21:51	W	400m H	Victory Ceremony 33
22:04	W	4 x 100m Relay	Final
22:10	M	400m H	Victory Ceremony 34
22:23	M	4 x 100m Relay	Final
22:30	W	5000m	Victory Ceremony 35
22:36	M	3000m SC	Victory Ceremony 36



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FINAL TIMETABLE – ASIAN GAMES 2026 NAGOYA, JAPAN

Day 7 - Tuesday 29 September 2026			
Evening Session			
Time	Gender	Event	Round
18:00	M	4 x 100m Relay	Victory Ceremony 37
18:06	W	4 x 100m Relay	Victory Ceremony 38
18:25	M	Long Jump	Victory Ceremony 39
18:31	M	Javelin Throw	Victory Ceremony 40
18:55	M	1500m	Victory Ceremony 41
18:15	M	Pole Vault	Final
19:18	W	High Jump	Final
19:35	W	Hammer Throw	Final
19:50	W	800m	Final
20:05	M	800m	Final
20:15	M	5000m	Final
20:48	X	4 x 100m Relay	Final
21:05	W	4 x 400m Relay	Final
21:17	M	4 x 400m Relay	Final
21:25	W	Hammer Throw	Victory Ceremony 42
21:31	M	Pole Vault	Victory Ceremony 43
21:37	W	High Jump	Victory Ceremony 44
21:43	M	800m	Victory Ceremony 45
21:49	W	800m	Victory Ceremony 46
21:55	M	5000m	Victory Ceremony 47
22:01	X	4 x 100m Relay	Victory Ceremony 48
22:07	W	4 x 400m Relay	Victory Ceremony 49
22:13	M	4 x 400m Relay	Victory Ceremony 50



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