

22nd Asian U20 Athletics Championships Day One (28 May 2026) Call Time

22nd Asian U20 Athletics Championships (Hong Kong, China) Daily Programme

	Final Call JSC	Leaving JSC	Arriving KTSG	Final Call at KTSG	Leaving Call Room at KTSG	Start Time	Day One : 28 May 2026 Morning		
KTSG	----	----	7:10	8:10	8:20	8:30	100m	M	Decathlon
KTSG	----	----	7:10	8:20	8:30	8:40	5000 m RW	W	Final
KTSG	----	----	7:10	8:20	8:30	9:10	Hammer Throw	M	Final
Warm Up at JSC	8:25	8:35	----	8:55	9:05	9:15	100 m	W	Round 1 Heat 1
KTSG	----	----	----	----	----	9:20	Long Jump	M	Decathlon
Warm Up at JSC	8:32	8:42	----	9:02	9:12	9:22	100 m	W	Round 1 Heat 2
Warm Up at JSC	8:32	8:42	----	9:09	9:19	9:29	100 m	W	Round 1 Heat 3
Warm Up at JSC	8:50	9:00	----	9:20	9:30	9:40	100 m	M	Round 1 Heat 1
Warm Up at JSC	8:50	9:00	----	9:27	9:37	9:47	100 m	M	Round 1 Heat 2
Warm Up at JSC	9:04	9:14	----	9:34	9:44	9:54	100 m	M	Round 1 Heat 3
Warm Up at JSC	9:04	9:14	----	9:41	9:51	10:01	100 m	M	Round 1 Heat 4
Warm Up at JSC	9:25	9:35	----	9:55	10:05	10:15	400 m	W	Round 1 Heat 1
Warm Up at JSC	9:33	9:43	----	10:03	10:13	10:23	400 m	W	Round 1 Heat 2
Warm Up at JSC	9:33	9:43	----	10:11	10:21	10:31	400 m	W	Round 1 Heat 3
Warm Up at JSC	9:50	10:00	----	10:20	10:30	10:40	400 m	M	Round 1 Heat 1
KTSG	----	----	----	----	----	10:45	Shot Put	M	Decathlon
Warm Up at JSC	9:50	10:00	----	10:28	10:38	10:48	400 m	M	Round 1 Heat 2
Warm Up at JSC	10:06	10:16	----	10:36	10:46	10:56	400 m	M	Round 1 Heat 3
Warm Up at JSC	10:06	10:16	----	10:44	10:54	11:04	400 m	M	Round 1 Heat 4