

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

Final Call JSC	Leaving JSC	Final Call at KTSG	Leaving Call Room at KTSG	22nd Asian U20 Athletics Championships (Hong Kong, China) Daily Programme
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					Start Time	Day One : 28 May 2026 Afternoon		
Warm Up at JSC	15:20	15:30	15:50	16:00	16:30	Hammer Throw	W	Final
KTSG	----	----	----	----	16:40	High Jump	M	Decathlon
Warm Up at JSC	15:55	16:05	16:25	16:35	16:45	100 m	M	Semi Final Heat 1
Warm Up at JSC	15:55	16:05	16:32	16:42	16:52	100 m	M	Semi Final Heat 2
Warm Up at JSC	16:15	16:25	16:45	16:55	17:05	3000 m	M	Final
Warm Up at JSC	16:10	16:20	16:40	16:50	17:30	Shot Put	M	Final
Warm Up at JSC	17:00	17:10	17:30	17:40	17:50	400 mH	M	Round 1 Heat 1
Warm Up at JSC	17:09	17:19	17:39	17:49	17:59	400 mH	M	Round 1 Heat 2
Warm Up at JSC	17:09	17:19	17:48	17:58	18:08	400 mH	M	Round 1 Heat 3
Warm Up at JSC	17:40	17:50	18:10	18:20	18:30	1500 m	W	Final
Warm Up at JSC	18:10	18:20	18:40	18:50	19:00	400 m	M	Semi Final Heat 1
Warm Up at JSC	18:10	18:20	18:48	18:58	19:08	400 m	M	Semi Final Heat 2
KTSG	----	----	----	----	19:17	400 m	M	Decathlon
Warm Up at JSC	18:50	19:00	19:20	19:30	19:40	100 m	W	Final
Warm Up at JSC	19:00	19:10	19:30	19:40	19:50	100 m	M	Final