



# 22nd Asian U20 Athletics Championships



Kai Tak Youth Sports Ground,  
Hong Kong (HKG)

## Competition Schedule

28-31 May 2026

### Session 1(28 May 2026, 08:30 AM)

Num	Time	Event	Round	Grp
1	08:30	Men's 100m Decathlon		
2	08:40	Women's 5000m Race Walk	Final	
3	09:10	Men's Hammer Throw	Final	
4	09:15	Women's 100m	Round 1	Heat 1
5	09:20	Men's Long Jump Decathlon		
6	09:22	Women's 100m	Round 1	Heat 2
7	09:29	Women's 100m	Round 1	Heat 3
8	09:40	Men's 100m	Round 1	Heat 1
9	09:47	Men's 100m	Round 1	Heat 2
10	09:54	Men's 100m	Round 1	Heat 3
11	10:01	Men's 100m	Round 1	Heat 4
12	10:15	Women's 400m	Round 1	Heat 1
13	10:23	Women's 400m	Round 1	Heat 2
14	10:31	Women's 400m	Round 1	Heat 3
15	10:40	Men's 400m	Round 1	Heat 1
16	10:45	Men's Shot Put Decathlon		
17	10:48	Men's 400m	Round 1	Heat 2
18	10:56	Men's 400m	Round 1	Heat 3
19	11:04	Men's 400m	Round 1	Heat 4



# 22nd Asian U20 Athletics Championships



Kai Tak Youth Sports Ground,  
Hong Kong (HKG)

## Competition Schedule

28-31 May 2026

### Session 2(28 May 2026, 16:30 PM)

Num	Time	Event	Round	Grp
1	16:30	Women's Hammer Throw	Final	
2	16:40	Men's High Jump Decathlon		
3	16:45	Men's 100m	Semi Final	Heat 1
4	16:52	Men's 100m	Semi Final	Heat 2
5	17:05	Men's 3000m	Final	
6	17:30	Men's Shot Put	Final	
7	17:50	Men's 400m H	Round 1	Heat 1
8	17:59	Men's 400m H	Round 1	Heat 2
9	18:08	Men's 400m H	Round 1	Heat 3
10	18:30	Women's 1500m	Final	
11	19:00	Men's 400m	Semi Final	Heat 1
12	19:08	Men's 400m	Semi Final	Heat 2
13	19:17	Men's 400m Decathlon		
14	19:40	Women's 100m	Final	
15	19:50	Men's 100m	Final	



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 08:30

## Men's 100m Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>9.91</b>	Letsile TEBOGO	BOT	2 Aug 2022
<b>Asia U20</b>	<b>9.91</b>	Puripol BOONSON	THA	11 Dec 2025
<b>Meet Record</b>	<b>10.15</b>	ZENG Keli	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>10.14</b>	Sorato SHIMIZU	JPN	27 Sep 2025
<b>HK U20</b>	<b>10.37</b>	KWOK Chun Ting	HKG	12 Apr 2025

Lane	Bib	Name	C/R	DoB	PB	SB
1	228	Rahul Jakhar	IND	11 Sep 2008		
2	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007		
3	274	Kotaro Ihara	JPN	2 Jan 2007		
4	238	Upkar Upkar	IND	16 Jun 2007		
5	572	Jakhongir Juraboev	UZB	9 Jan 2008		
6	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007		
7	140	Cheng-yu Wu	TPE	25 May 2008		
8	191	Pak Ki Wong	HKG	21 Mar 2009		
9	304	Askar Omirzak	KAZ	17 Sep 2008		



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 08:40

## Women's 5000m Race Walk Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>Asia U20</b>	<b>20:37.70</b>	JIN Bingjie	CHN	3 Mar 1990
<b>Meet Record</b>	<b>21:45.24</b>	WANG Yuntao	CHN	1 Nov 1997
<b>HKG All Comers</b>	<b>25:31.74</b>	LO Po Man	HKG	1 Jun 2008
<b>HK U20</b>	<b>30:37.24</b>	LEE Shan	HKG	7 Jul 2007

Order	Bib	Name	C/R	DoB	PB	SB
1	624	Yuyao Sun	CHN	26 Oct 2010	22:17.00	22:17.00
2	808	Sep Blessee Placido	PHI	22 Sep 2007	26:39.80	26:39.80
3	772	Kwon Seorhin	KOR	28 Jan 2009	23:13.00	23:23.60
4	637	Ruei-yi Lin	TPE	30 Oct 2007	24:29.90	24:29.90
5	607	Lijia Tang	CHN	6 Oct 2008	22:32.00	22:32.00
6	749	Margarita Storozhenko	KAZ	5 Jan 2008	23:26.60	23:26.60
7	718	Kano Okada	JPN	26 Jan 2007	23:32.00	24:16.50



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:10

## Men's Hammer Throw Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>85.57</b>	Ashraf ELSEIFY	QAT	4 Jul 2012
<b>Asia U20</b>	<b>85.57</b>	Ahmed AMJAD AI-SAIFI	KUW	14 Jul 2012
<b>Meet Record</b>	<b>80.85</b>	Ashraf Amgad ELSEIFY	QAT	11 Jun 2012
<b>HKG All Comers</b>	<b>71.25</b>	Hiroaki DOI	JPN	13 Dec 2009
<b>HK U20</b>	<b>47.72</b>	TSE Tat Man	HKG	24 Feb 2018

Order	Bib	Name	C/R	DoB	PB	SB
1	215	Ashuvendra Pratap Singh Ashuvendra Pratap Singh	IND	24 Jun 2007	67.87	67.87
2	252	Amirreza Ahanin Maram	IRI	20 Sep 2008	66.90	66.90
3	265	Andrew Atuobeng	JPN	29 Jan 2007	70.04	70.04
4	186	Man Hei Li	HKG	2 Aug 2009	36.01	36.01
5	144	Lu-pin-jun Lin	TPE	23 Apr 2007	65.72	65.42
6	192	Pak Yin Chow	HKG	17 Sep 2008	44.37	44.37
7	114	Huang Huang	CHN	20 Jul 2007	59.14	57.76
8	421	Abdelrahman Mohamed A M Ibrahim	QAT	4 Aug 2007	60.11	60.11
9	456	Mohammed Siraj M Alzayer	KSA	21 Sep 2008	62.23	62.23
10	155	Yu-an Chien	TPE	18 Nov 2007	64.61	64.61
11	109	Ankang Wang	CHN	3 Apr 2008	61.77	61.77
12	211	Aman Aman	IND	24 Nov 2007	67.39	67.39
13	576	Mukhammadali Sodikov	UZB	24 Feb 2007	68.77	68.77
14	339	Lee Dohyun	KOR	11 Sep 2007	64.53	64.53



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:15

## Women's 100m Round 1 Heat 1/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>10.88</b>	Marlies OELSNER	GDR	1 Jul 1977
<b>Asia U20</b>	<b>11.10</b>	CHEN Yujie	CHN	17 Nov 2025
<b>Meet Record</b>	<b>11.32</b>	CHEN Yujie	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>11.19</b>	YAN Jian Kui	CHN	20 Apr 1998
<b>HK U20</b>	<b>11.79</b>	YU Pui Yi	HKG	10 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
2	636	Pei-rong Zhan	TPE	24 Oct 2007	11.94	11.94
3	660	Pui Yi Yu	HKG	15 Feb 2007	11.85	11.85
4	821	Chloe Sarahena Hui En Tan	SGP	21 Oct 2008	12.14	12.14
5	693	Nipam Nipam	IND	20 Jun 2007	11.53	11.53
6	790	Izzatul Musfirah Ahmad Kamal Azira	MAS	23 Feb 2008	11.84	11.84
7	795	Ziva Moosa Shafeeu	MDV	10 Jun 2007	12.40	12.40
8	858	Natthanicha Kaew-ana	THA	17 Mar 2008	12.30	12.30

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:22

## Women's 100m Round 1 Heat 2/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>10.88</b>	Marlies OELSNER	GDR	1 Jul 1977
<b>Asia U20</b>	<b>11.10</b>	CHEN Yujie	CHN	17 Nov 2025
<b>Meet Record</b>	<b>11.32</b>	CHEN Yujie	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>11.19</b>	YAN Jian Kui	CHN	20 Apr 1998
<b>HK U20</b>	<b>11.79</b>	YU Pui Yi	HKG	10 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
2	867	Chelsia Bolo Soares Da Cruz	TLS	1 Feb 2009	12.20	12.20
3	616	Xinxuan Chen	CHN	2 Jan 2009	11.55	11.73
4	668	Wan Chi Wong	HKG	24 Mar 2007	11.88	11.88
5	879	Arwa Ashar Ali	UAE	30 Nov 2009	11.45	11.83
6	639	Yi-han Su	TPE	10 Mar 2010	11.95	11.95
7	893	Karina Karimova	UZB	9 Sep 2008	12.67	12.67
8	786	Jenjila Khounlivong	LAO	9 Nov 2007	13.26	13.26
9	794	Ahnaa Nizaar	MDV	25 Jun 2007	12.25	12.27

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:29

**Women's 100m**  
**Round 1 Heat 3/3**

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>10.88</b>	Marlies OELSNER	GDR	1 Jul 1977
<b>Asia U20</b>	<b>11.10</b>	CHEN Yujie	CHN	17 Nov 2025
<b>Meet Record</b>	<b>11.32</b>	CHEN Yujie	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>11.19</b>	YAN Jian Kui	CHN	20 Apr 1998
<b>HK U20</b>	<b>11.79</b>	YU Pui Yi	HKG	10 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
2	799	Anuska Adhikari	NEP	13 Sep 2009	12.81	12.81
3	760	Yuliya Dyomkina	KAZ	18 Jul 2010	12.22	12.22
4	814	Dana Noor Salem	QAT	7 Oct 2009	11.73	11.73
5	852	Chanthell Mauricette	THA	14 Jul 2008	11.95	12.22
6	672	Wing Tung Wong	HKG	23 Mar 2009	12.10	12.10
7	612	Qian Zhang	CHN	13 Aug 2008	11.75	11.83
8	881	Laila Safeenah Ahmed	UAE	28 Sep 2009	11.87	11.93
9	830	Ying Tong, Shannon Tan	SGP	20 Nov 2009	12.43	12.82

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:20

## Men's Long Jump Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>8.38</b>	Mattia FURLANI	ITA	8 Jun 2024
<b>Asia U20</b>	<b>8.31</b>	SHI Yuhao	CHN	25 Jun 2017
<b>Meet Record</b>	<b>8.05</b>	WENG Yongfeng	CHN	13 Jul 2008
<b>HKG All Comers</b>	<b>8.16</b>	WANG Cheng	CHN	9 Jul 2000
<b>HK U20</b>	<b>7.89</b>	LIN Mingfu	HKG	2 Mar 2023

Order	Bib	Name	C/R	DoB	PB	SB
1	228	Rahul Jakhar	IND	11 Sep 2008		
2	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007		
3	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007		
4	274	Kotaro Ihara	JPN	2 Jan 2007		
5	191	Pak Ki Wong	HKG	21 Mar 2009		
6	140	Cheng-yu Wu	TPE	25 May 2008		
7	572	Jakhongir Juraboev	UZB	9 Jan 2008		
8	304	Askar Omirzak	KAZ	17 Sep 2008		
9	238	Upkar Upkar	IND	16 Jun 2007		



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:40

**Men's 100m**  
**Round 1 Heat 1/4** Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>9.91</b>	Letsile TEBOGO	BOT	2 Aug 2022
<b>Asia U20</b>	<b>9.91</b>	Puripol BOONSON	THA	11 Dec 2025
<b>Meet Record</b>	<b>10.15</b>	ZENG Keli	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>10.14</b>	Sorato SHIMIZU	JPN	27 Sep 2025
<b>HK U20</b>	<b>10.37</b>	KWOK Chun Ting	HKG	12 Apr 2025

Lane	Bib	Name	C/R	DoB	PB	SB
3	366	Chi Hin Kuong	MAC	2 Aug 2008	10.80	10.80
4	292	Ahmad Basil Turki Ibrahim	JOR	22 May 2008	10.54	10.54
5	171	Chun Ting Kwok	HKG	17 Oct 2007	10.37	10.37
6	113	Hongyu Dai	CHN	5 Feb 2008	10.39	10.39
7	448	Faisal Hassan Alasmari	KSA	22 May 2008	10.59	10.59
8	476	Jonathan Philip Hoare	SGP	12 Jan 2009	10.81	10.81

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:47

## Men's 100m Round 1 Heat 2/4

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>9.91</b>	Letsile TEBOGO	BOT	2 Aug 2022
<b>Asia U20</b>	<b>9.91</b>	Puripol BOONSON	THA	11 Dec 2025
<b>Meet Record</b>	<b>10.15</b>	ZENG Keli	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>10.14</b>	Sorato SHIMIZU	JPN	27 Sep 2025
<b>HK U20</b>	<b>10.37</b>	KWOK Chun Ting	HKG	12 Apr 2025

Lane	Bib	Name	C/R	DoB	PB	SB
2	197	Yat Lok Chan	HKG	6 Jan 2007	10.38	10.39
3	119	Juncheng Fang	CHN	15 Oct 2008	10.32	10.32
4	382	Muhammad Dzul Danish Jamari	MAS	19 Sep 2007	10.54	10.54
5	410	Ahamed Qais Moosa Khamis Al Jabri Al Jabri	OMA	5 Jan 2008	10.70	10.82
6	145	Min-hao Li	TPE	10 Aug 2009	10.61	10.61
7	397	Enkhjavkhlan Enkhbold	MGL	22 Jun 2008	11.41	11.58
8	368	Hio Nam Kuok	MAC	6 Apr 2009	10.79	10.79

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 09:54

**Men's 100m**  
**Round 1 Heat 3/4** Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>9.91</b>	Letsile TEBOGO	BOT	2 Aug 2022
<b>Asia U20</b>	<b>9.91</b>	Puripol BOONSON	THA	11 Dec 2025
<b>Meet Record</b>	<b>10.15</b>	ZENG Keli	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>10.14</b>	Sorato SHIMIZU	JPN	27 Sep 2025
<b>HK U20</b>	<b>10.37</b>	KWOK Chun Ting	HKG	12 Apr 2025

Lane	Bib	Name	C/R	DoB	PB	SB
2	523	Anucha Sa-gabankhok	THA	22 Feb 2008	10.78	10.78
3	481	Qiyue Wang	SGP	12 Aug 2009	10.90	10.90
4	141	Chia-le Lin	TPE	3 Apr 2008	10.45	10.67
5	338	Lee Minjun	KOR	18 Nov 2007	10.41	10.41
6	511	Boburjon Azimov	TJK	14 Dec 2008	11.24	11.24
7	165	Cheuk Fung Jasper Koo	HKG	12 May 2008	10.52	10.55
8	282	Tsubasa Yasukawa	JPN	14 Jul 2007	10.27	10.27

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:01

**Men's 100m**  
**Round 1 Heat 4/4** Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>9.91</b>	Letsile TEBOGO	BOT	2 Aug 2022
<b>Asia U20</b>	<b>9.91</b>	Puripol BOONSON	THA	11 Dec 2025
<b>Meet Record</b>	<b>10.15</b>	ZENG Keli	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>10.14</b>	Sorato SHIMIZU	JPN	27 Sep 2025
<b>HK U20</b>	<b>10.37</b>	KWOK Chun Ting	HKG	12 Apr 2025

Lane	Bib	Name	C/R	DoB	PB	SB
2	416	Pi Durden Wangkay	PHI	3 Feb 2009	10.75	10.75
3	512	Mahdi Aktamzoda	TJK	25 Dec 2008	11.24	11.24
4	524	Chutithat Pruksorranan	THA	24 Aug 2007	10.54	10.72
5	406	Prabin Rana	NEP	26 Apr 2009	10.44	10.24
6	379	Danish Iftikhar Muhammad Roslee	MAS	25 Mar 2007	10.18	10.46
7	335	Kim Dongjin	KOR	9 Feb 2007	10.46	10.46
8	390	Ahunaf Rayyaan Fahumee	MDV	2 Jul 2008	11.20	11.20

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:15

## Women's 400m Round 1 Heat 1/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>49.42</b>	Grit BREUER	GER	27 Aug 1991
<b>Asia U20</b>	<b>49.88</b>	Salwa Eid NASSER	BRN	1 Sep 2017
<b>Meet Record</b>	<b>52.66</b>	TANG Xiaoyin	CHN	13 Jun 2004
<b>HKG All Comers</b>	<b>53.25</b>	HUANG Xiaoxiao	CHN	30 May 2009
<b>HK U20</b>	<b>55.32</b>	CHOW Chi Kiu	HKG	9 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
2	621	Yuqian Tian	CHN	13 Apr 2007	55.00	55.80
3	891	Gulhayo Chullieva	UZB	19 Aug 2007	57.40	57.40
4	914	Le Thi Diem Hang	VIE	14 May 2007	57.31	57.31
5	699	Tahura Khatun	IND	6 Mar 2007	54.39	54.39
6	755	Sofya Kidenko	KAZ	18 Jan 2007	55.09	55.09
7	878	Aminat Kamarudeen	UAE	29 Aug 2007	53.19	53.19
8	840	Ronalee Malithi Anne Pieris Dajahetti Muhamderamge	SRI	4 May 2008	55.79	55.79
9	653	Jane Christa Ming Suet Karlsson	HKG	2 Jun 2007	55.68	58.01

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:23

## Women's 400m Round 1 Heat 2/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>49.42</b>	Grit BREUER	GER	27 Aug 1991
<b>Asia U20</b>	<b>49.88</b>	Salwa Eid NASSER	BRN	1 Sep 2017
<b>Meet Record</b>	<b>52.66</b>	TANG Xiaoyin	CHN	13 Jun 2004
<b>HKG All Comers</b>	<b>53.25</b>	HUANG Xiaoxiao	CHN	30 May 2009
<b>HK U20</b>	<b>55.32</b>	CHOW Chi Kiu	HKG	9 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
2	801	Sangita B K	NEP	12 Jan 2007	1:00.90	1:00.90
3	848	Diana Abdulloeva	TJK	4 Jan 2007	57.99	58.00
4	877	Aisha Traiq Muhammad	UAE	13 May 2009	54.16	54.16
5	632	Chen-yu Liu	TPE	1 Jan 2007	54.37	55.28
6	605	Jinyi Wang	CHN	19 Aug 2007	54.11	54.11
7	647	Chi Kiu Chow	HKG	7 May 2007	55.32	55.32
8	753	Milana Zubareva	KAZ	22 May 2007	56.20	56.20
9	854	Montida Thongprachukaew	THA	26 Sep 2007	56.30	56.30

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:31

## Women's 400m Round 1 Heat 3/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>49.42</b>	Grit BREUER	GER	27 Aug 1991
<b>Asia U20</b>	<b>49.88</b>	Salwa Eid NASSER	BRN	1 Sep 2017
<b>Meet Record</b>	<b>52.66</b>	TANG Xiaoyin	CHN	13 Jun 2004
<b>HKG All Comers</b>	<b>53.25</b>	HUANG Xiaoxiao	CHN	30 May 2009
<b>HK U20</b>	<b>55.32</b>	CHOW Chi Kiu	HKG	9 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
2	638	Yi-cen Chen	TPE	5 Jun 2010	53.13	55.27
3	666	Tsz Yan Cheng	HKG	25 Sep 2010	57.54	57.56
4	766	Choi Jiwoo	KOR	2 Feb 2009	55.97	55.97
5	728	Saki Imamine	JPN	2 Mar 2008	53.74	53.74
6	853	Jirawadee Watphet	THA	12 Apr 2008	59.32	59.32
7	692	Neeru Pathak	IND	27 Jan 2007	52.78	54.31
8	807	Jeralyn Rodriguez	PHI	17 May 2007	55.67	55.67
9	904	Surayyo Zaripova	UZB	21 Jan 2007	56.92	56.92

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:40

Revised V. 1

**Men's 400m**  
**Round 1 Heat 1/4** Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>43.87</b>	Steve LEWIS	USA	28 Sep 1988
<b>Asia U20</b>	<b>44.27</b>	Abdelilah HAROUN	QAT	5 Jul 2015
<b>Meet Record</b>	<b>45.53</b>	Ailixier WUMAIER	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>45.94</b>	CHEN Zhisheng	CHN	27 Sep 2025
<b>HK U20</b>	<b>47.79</b>	LEUNG Ki Ho	HKG	2 Dec 2007

Lane	Bib	Name	C/R	DoB	PB	SB
3	398	Mungunkhuyag Burentogtokh	MGL	15 Jun 2007	51.53	51.55
4	557	Saeed Shoaib Omar	UAE	9 Sep 2009	47.18	47.18
5	182	Kwok Man Wong	HKG	19 Feb 2010	49.09	49.09
6	437	Youssouf Abdelaziz Djibrine	QAT	20 Jun 2007	46.38	46.38
7	479	Lucas Bokai Hood	SGP	16 Aug 2007	48.82	48.82
8	126	Xinlong Xu	CHN	14 Mar 2007	46.17	46.29
9	283	Yohei Ozawa	JPN	31 Jul 2007	46.38	48.02

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:48

**Men's 400m**  
**Round 1 Heat 2/4** Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>43.87</b>	Steve LEWIS	USA	28 Sep 1988
<b>Asia U20</b>	<b>44.27</b>	Abdelilah HAROUN	QAT	5 Jul 2015
<b>Meet Record</b>	<b>45.53</b>	Ailixier WUMAIER	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>45.94</b>	CHEN Zhisheng	CHN	27 Sep 2025
<b>HK U20</b>	<b>47.79</b>	LEUNG Ki Ho	HKG	2 Dec 2007

Lane	Bib	Name	C/R	DoB	PB	SB
3	221	Mohammed Ashfaq	IND	26 Jun 2007	46.83	46.83
4	474	Henry Shuheng Zhao	SGP	31 Aug 2008	49.53	49.53
5	125	Weixin Ye	CHN	7 Sep 2007	46.77	46.77
6	316	Nurzhan Seidrahman	KAZ	4 Dec 2007	48.59	48.59
7	514	Mullosafar Abubakr	TJK	10 Dec 2008	50.40	50.40
8	198	Yau Nam Huang	HKG	29 Nov 2008	48.73	48.73
9	498	Omel Shashintha Silva Jayathungalage	SRI	10 Dec 2007	45.79	45.79

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:56

Revised V. 1

**Men's 400m**  
**Round 1 Heat 3/4** Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>43.87</b>	Steve LEWIS	USA	28 Sep 1988
<b>Asia U20</b>	<b>44.27</b>	Abdelilah HAROUN	QAT	5 Jul 2015
<b>Meet Record</b>	<b>45.53</b>	Ailixier WUMAIER	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>45.94</b>	CHEN Zhisheng	CHN	27 Sep 2025
<b>HK U20</b>	<b>47.79</b>	LEUNG Ki Ho	HKG	2 Dec 2007

Lane	Bib	Name	C/R	DoB	PB	SB
3	178	Ho Yat Isaac Liem	HKG	3 Oct 2008	49.07	49.07
4	567	Amir Ishankhodjaev	UZB	8 May 2007	48.85	48.85
5	540	Castro Amaral Belo Trindade	TLS	27 Mar 2010	58.00	58.00
6	499	Sadew Wimansa Rajakaruna Senarath Mudiyansele	SRI	2 May 2007	46.34	46.39
7	158	Zong-han Lyu	TPE	13 Sep 2007	47.41	47.41
8	429	Khala Ngare Mahamat	QAT	5 Jun 2007	46.43	46.43
9	525	Khunaphat Kaijan	THA	23 Sep 2007	47.56	47.56

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 11:04

**Men's 400m**  
**Round 1 Heat 4/4** Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>43.87</b>	Steve LEWIS	USA	28 Sep 1988
<b>Asia U20</b>	<b>44.27</b>	Abdelilah HAROUN	QAT	5 Jul 2015
<b>Meet Record</b>	<b>45.53</b>	Ailixier WUMAIER	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>45.94</b>	CHEN Zhisheng	CHN	27 Sep 2025
<b>HK U20</b>	<b>47.79</b>	LEUNG Ki Ho	HKG	2 Dec 2007

Lane	Bib	Name	C/R	DoB	PB	SB
3	414	Alfred Talplacido	PHI	21 Sep 2007	47.29	48.14
4	391	Zu Iz Mohamed Suad	MDV	30 May 2007	51.15	51.78
5	227	Piyush Raj Piyush Raj	IND	28 Jan 2007	47.25	47.25
6	558	Suleiman Abdulrahman	UAE	11 Aug 2007	45.58	46.10
7	396	Batzorig Sarantuya	MGL	26 Jun 2007	49.35	49.51
8	319	Ratmir Giniyatulin	KAZ	3 Nov 2007	48.68	48.68
9	529	Sarawut Nuansi	THA	17 Mar 2007	46.46	46.46

Qualification: First 3 of each heat (Q) plus 4 fastest times (q) qualify to Semi-Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 10:45

## Men's Shot Put Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>23.00</b>	Jacko Gill	NZL	18 Aug 2013
<b>Asia U20</b>	<b>20.63</b>	LI Meng	CHN	21 Oct 2011
<b>Meet Record</b>	<b>20.29</b>	Khalid Habash AL SUWAIDI	QAT	1 Oct 2002
<b>HKG All Comers</b>	<b>20.41</b>	ZHANG Jun	CHN	11 Dec 2009
<b>HK U20</b>	<b>15.40</b>	SIT Wai Lok	HKG	18 May 2019

Order	Bib	Name	C/R	DoB	PB	SB
1	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007		
2	238	Upkar Upkar	IND	16 Jun 2007		
3	304	Askar Omirzak	KAZ	17 Sep 2008		
4	572	Jakhongir Juraboev	UZB	9 Jan 2008		
5	274	Kotaro Ihara	JPN	2 Jan 2007		
6	228	Rahul Jakhar	IND	11 Sep 2008		
7	191	Pak Ki Wong	HKG	21 Mar 2009		
8	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007		
9	140	Cheng-yu Wu	TPE	25 May 2008		



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 16:30

## Women's Hammer Throw Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>77.24</b>	Jiale ZHANG	CHN	2 Aug 2025
<b>Asia U20</b>	<b>77.24</b>	ZHANG Jiale	CHN	2 Aug 2025
<b>Meet Record</b>	<b>66.10</b>	ZHANG Wenxiu	CHN	28 Oct 2002
<b>HKG All Comers</b>	<b>67.06</b>	WANG Zheng	CHN	12 Dec 2009
<b>HK U20</b>	<b>48.07</b>	TAM Hiu Ki	HKG	24 Sep 2016

Order	Bib	Name	C/R	DoB	PB	SB
1	613	Shifan Xiao	CHN	27 Oct 2008	61.22	61.22
2	776	Yang Chaemin	KOR	21 Oct 2007	59.98	58.36
3	671	Wing Lam Venus Lo	HKG	25 Sep 2008	40.91	40.91
4	892	Guzal Makhmudova	UZB	15 Apr 2008	46.00	46.00
5	603	Jiajun Chen	CHN	1 Feb 2008	66.48	66.48
6	730	Yu Hasegawa	JPN	13 Mar 2008	54.91	53.15
7	883	Salma Haitham Rashid Saeed Almarri	UAE	10 Sep 2008	53.62	53.62



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 16:40

## Men's High Jump Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>2.37</b>	Dragutin TOPIC	YUG	12 Aug 1990
<b>Asia U20</b>	<b>2.33</b>	ZHU Jianhua	CHN	1 Dec 1982
<b>Meet Record</b>	<b>2.31</b>	Mutaz Essa BARSHIM	QAT	3 Jul 2010
<b>HKG All Comers</b>	<b>2.28</b>	Zassimovich SERGEY	KAZ	30 May 2009
<b>HK U20</b>	<b>2.12</b>	HO Ho Wai	HKG	14 Sep 2025

Order	Bib	Name	C/R	DoB	PB	SB
1	274	Kotaro Ihara	JPN	2 Jan 2007		
2	140	Cheng-yu Wu	TPE	25 May 2008		
3	228	Rahul Jakhar	IND	11 Sep 2008		
4	304	Askar Omirzak	KAZ	17 Sep 2008		
5	191	Pak Ki Wong	HKG	21 Mar 2009		
6	238	Upkar Upkar	IND	16 Jun 2007		
7	572	Jakhongir Juraboev	UZB	9 Jan 2008		
8	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007		
9	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007		



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 17:05

## Men's 3000m Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>7:28.19</b>	Yomif KEJELCHA	ETH	27 Aug 2016
<b>Asia U20</b>	<b>7:47.65</b>	Aadam Ismaeel KHAMIS	BRN	22 Jun 2006
<b>HKG All Comers</b>	<b>8:07.22</b>	SURENDER SINGH	IND	30 May 2009
<b>HK U20</b>	<b>8:41.02</b>	HIDEO HARRY LOASBY	HKG	27 Mar 2015

Order	Bib	Name	C/R	DoB	PB	SB
1	193	Tak Chak Chung	HKG	22 Mar 2007	8:43.80	8:43.80
2	240	Vikas Kumar	IND	15 Jan 2008	8:29.20	8:29.20
3	139	Cheng-yu Wang	TPE	18 Aug 2009	8:31.90	8:31.90
4	188	Nok Wang Wang	HKG	30 Mar 2008	8:52.20	8:52.20
5	570	Bekhruz Shavkatov	UZB	18 Oct 2007	8:36.20	8:36.20
6	284	Yota Mashiko	JPN	3 Aug 2007	7:53.80	7:53.80
7	505	Vidushan Periyana Rajendran	SRI	28 Jan 2007	8:36.70	8:36.70
8	150	Tzu-chieh Chien	TPE	5 Apr 2007	8:04.70	8:04.70
9	434	Mubarik Abdi Said	QAT	2 May 2008	8:15.30	8:15.30
10	585	Timur Nasimov	UZB	2 Apr 2008	8:30.40	8:30.40
11	234	Sandeep Yadav	IND	27 Aug 2007	8:26.90	8:26.90
12	175	Ho Chun Au	HKG	24 Aug 2009	8:54.80	8:54.80



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 17:30

## Men's Shot Put Final

Revised V. 1

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>23.00</b>	Jacko Gill	NZL	18 Aug 2013
<b>Asia U20</b>	<b>20.63</b>	LI Meng	CHN	21 Oct 2011
<b>Meet Record</b>	<b>20.29</b>	Khalid Habash AL SUWAIDI	QAT	1 Oct 2002
<b>HKG All Comers</b>	<b>20.41</b>	ZHANG Jun	CHN	11 Dec 2009
<b>HK U20</b>	<b>15.40</b>	SIT Wai Lok	HKG	18 May 2019

Order	Bib	Name	C/R	DoB	PB	SB
1	152	Yi-hua Chen	TPE	28 Dec 2007	18.44	18.44
2	469	Ding Rong Anson Loh	SGP	28 Apr 2008	16.95	16.95
3	111	Chenqi Wu	CHN	26 Jan 2007	17.02	17.02
4	564	Abduazim Rakhmatulloev	UZB	22 Apr 2007	17.56	17.56
5	322	Vadim Pessotskiy	KAZ	2 Jan 2008	15.82	15.82
6	340	Park Sihoon	KOR	20 Feb 2007	20.29	20.29
7	256	Kiyarash Kaboli	IRI	22 Aug 2008	16.88	16.88
8	291	Abdullah Jamal Mohammad Oweis	JOR	5 Jul 2007	14.19	14.19
9	435	Saleh Adoum Mahamoud	QAT	11 Jun 2008	17.85	17.85
10	312	Konstantin Uteshev	KAZ	8 Feb 2007	17.15	17.15
11	180	Kin Ming Wong	HKG	9 Jun 2007	14.63	14.63
12	461	Zayed Essam Z Albishi	KSA	27 Mar 2008	17.85	17.85
13	281	Takara Ogaki	JPN	1 Sep 2008	18.02	17.63
14	539	Carlos Soares De Oliveira	TLS	25 Aug 2009	12.03	12.03



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 17:50

## Men's 400m H Round 1 Heat 1/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>47.34</b>	Roshawn CLARKE	JAM	21 Aug 2023
<b>Asia U20</b>	<b>48.59</b>	Hayato SHIMODA	JPN	21 Sep 2024
<b>Meet Record</b>	<b>50.43</b>	Ibrahim AL HAMAI	KSA	14 Jun 2004
<b>HKG All Comers</b>	<b>50.34</b>	Eric SHAUWNCRAY	PHI	22 Jun 2019
<b>HK U20</b>	<b>52.65</b>	CHUNG Long Hei Cyrus	HKG	28 Sep 2025

Lane	Bib	Name	C/R	DoB	PB	SB
3	166	Cheuk Hei Isaac Cheung	HKG	15 Feb 2009	54.26	54.26
4	586	Zayniddin Ravshanov	UZB	19 Jan 2008	52.50	52.50
5	425	Faycal Mahamat Abdallah	QAT	19 Jan 2007	51.71	51.71
6	460	Naif Rashid A Alsubaie	KSA	28 Jun 2007	47.89	50.39
7	369	Iat Hin Huang	MAC	11 Aug 2009	55.15	55.15
8	311	Kirill Savchenko	KAZ	22 Jan 2008	53.63	53.63
9	501	Shavindu Nimasha Dias Maha Marakkala	SRI	2 Apr 2008	52.10	52.10

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 17:59

## Men's 400m H Round 1 Heat 2/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>47.34</b>	Roshawn CLARKE	JAM	21 Aug 2023
<b>Asia U20</b>	<b>48.59</b>	Hayato SHIMODA	JPN	21 Sep 2024
<b>Meet Record</b>	<b>50.43</b>	Ibrahim AL HAMAI	KSA	14 Jun 2004
<b>HKG All Comers</b>	<b>50.34</b>	Eric SHAUWNCRAY	PHI	22 Jun 2019
<b>HK U20</b>	<b>52.65</b>	CHUNG Long Hei Cyrus	HKG	28 Sep 2025

Lane	Bib	Name	C/R	DoB	PB	SB
2	279	Shunta Ieiri	JPN	17 Apr 2007	49.74	52.45
3	185	Long Hei Cyrus Chung	HKG	24 Dec 2007	52.65	52.65
4	293	Ammar Yaser Mahmoud Abu Sheikha	JOR	25 Oct 2008	55.87	55.87
5	212	Amit Kumar	IND	14 Jan 2007	51.98	51.98
6	398	Mungunkhuyag Burentogtokh	MGL	15 Jun 2007	58.65	59.10
7	149	Sin-you Tsai	TPE	19 Dec 2008	51.54	51.54
8	315	Niyattulla Aibol	KAZ	22 Feb 2007	53.79	53.79
9	420	Abakar Idriss Djibrine	QAT	2 Nov 2008	53.73	53.73

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 18:08

## Men's 400m H Round 1 Heat 3/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>47.34</b>	Roshawn CLARKE	JAM	21 Aug 2023
<b>Asia U20</b>	<b>48.59</b>	Hayato SHIMODA	JPN	21 Sep 2024
<b>Meet Record</b>	<b>50.43</b>	Ibrahim AL HAMAI	KSA	14 Jun 2004
<b>HKG All Comers</b>	<b>50.34</b>	Eric SHAUWNCRAY	PHI	22 Jun 2019
<b>HK U20</b>	<b>52.65</b>	CHUNG Long Hei Cyrus	HKG	28 Sep 2025

Lane	Bib	Name	C/R	DoB	PB	SB
3	280	Taiju Goto	JPN	5 May 2009	49.84	49.84
4	217	Jashanpreet Singh Jashanpreet Singh	IND	10 Jan 2008	51.80	51.80
5	515	Sharafullo Abulfayzov	TJK	25 Jul 2007	54.96	54.96
6	154	Yi-xuan Chen	TPE	12 Oct 2007	51.60	51.60
7	468	Daryen Xin Tze Ko	SGP	12 Jan 2009	53.13	53.13
8	494	Kalpadith Hansaja Uyanwaththa	SRI	28 Jan 2007	52.86	52.86
9	190	Pak Hin Issac Tong	HKG	10 Jan 2008	54.60	54.60

Qualification: First 2 of each heat (Q) plus 2 fastest times (q) qualify to Final



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 18:30

## Women's 1500m Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>3:51.34</b>	Yinglai LANG	CHN	18 Oct 1997
<b>Asia U20</b>	<b>3:51.34</b>	LANG Yinglai	CHN	18 Oct 1997
<b>Meet Record</b>	<b>4:11.89</b>	QU Yunxia	CHN	14 Jun 1990
<b>HKG All Comers</b>	<b>4:14.74</b>	MA Ling Ling	CHN	13 Nov 1993
<b>HK U20</b>	<b>4:26.95</b>	CHAN Man Yee Maggie	HKG	28 Aug 1994

Order	Bib	Name	C/R	DoB	PB	SB
1	758	Viktoriya Melnikova	KAZ	31 Jan 2010	4:40.40	4:40.40
2	841	Tharushi Abhisheka Pemasiri Mahadura Gedara	SRI	30 Oct 2008	4:29.50	4:29.50
3	737	Noora Shihab Ahmad Kuran	JOR	3 Aug 2007	4:50.30	4:50.30
4	825	Manuela Sidhom	SGP	25 Jun 2008	4:53.20	4:53.20
5	800	Narayani Bhandari	NEP	21 Dec 2007	4:54.60	4:54.60
6	896	Marjona Saydullaeva	UZB	15 Jun 2008	4:49.90	4:49.90
7	676	Yuet Hei Ng	HKG	28 Oct 2010	4:55.40	4:55.40
8	889	Dilnoza Hoshimova	UZB	11 Dec 2007	4:42.30	4:42.30
9	775	Song Dawon	KOR	2 Aug 2008	4:28.60	4:28.60
10	706	Maryam Ahmadi Baloutaki	IRI	30 Oct 2007	4:45.00	5:02.70
11	822	Hsin-wen Clara Chua	SGP	23 Apr 2007	4:47.40	4:47.40



# 22nd Asian U20 Athletics Championships



Thursday  
28 May 2026  
START TIME 19:17

## Men's 400m Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>43.87</b>	Steve LEWIS	USA	28 Sep 1988
<b>Asia U20</b>	<b>44.27</b>	Abdelilah HAROUN	QAT	5 Jul 2015
<b>Meet Record</b>	<b>45.53</b>	Ailixier WUMAIER	CHN	25 Apr 2024
<b>HKG All Comers</b>	<b>45.94</b>	CHEN Zhisheng	CHN	27 Sep 2025
<b>HK U20</b>	<b>47.79</b>	LEUNG Ki Ho	HKG	2 Dec 2007

Lane	Bib	Name	C/R	DoB	PB	SB
1	191	Pak Ki Wong	HKG	21 Mar 2009		
2	228	Rahul Jakhar	IND	11 Sep 2008		
3	274	Kotaro Ihara	JPN	2 Jan 2007		
4	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007		
5	304	Askar Omirzak	KAZ	17 Sep 2008		
6	238	Upkar Upkar	IND	16 Jun 2007		
7	140	Cheng-yu Wu	TPE	25 May 2008		
8	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007		
9	572	Jakhongir Juraboev	UZB	9 Jan 2008		