



22nd Asian U20 Athletics Championships



Kai Tak Youth Sports Ground,
Hong Kong (HKG)

Competition Schedule

28-31 May 2026

Session 3(29 May 2026, 08:30 AM)

Num	Time	Event	Round	Grp
1	08:30	Men's 110m H Decathlon		
2	08:40	Men's 5000m Race Walk	Final	
3	09:10	Men's Discus Throw Decathlon		
4	09:20	Women's 800m	Round 1	Heat 1
5	09:28	Women's 800m	Round 1	Heat 2
6	09:36	Men's 800m	Round 1	Heat 1
7	09:44	Men's 800m	Round 1	Heat 2
8	09:52	Men's 800m	Round 1	Heat 3
9	10:00	Women's Triple Jump	Final	
10	10:10	Women's 200m	Round 1	Heat 1
11	10:17	Women's 200m	Round 1	Heat 2
12	10:24	Women's 200m	Round 1	Heat 3
13	10:35	Men's 200m	Round 1	Heat 1
14	10:42	Men's 200m	Round 1	Heat 2
15	10:49	Men's 200m	Round 1	Heat 3
16	10:53	Men's Pole Vault Decathlon		
17	10:56	Men's 200m	Round 1	Heat 4
18	11:25	Men's 110m H	Round 1	Heat 1
19	11:33	Men's 110m H	Round 1	Heat 2



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Kai Tak Youth Sports Ground,
Hong Kong (HKG)

Competition Schedule

28-31 May 2026

Session 4(29 May 2026, 16:40 PM)

Num	Time	Event	Round	Grp
1	16:40	Men's Triple Jump	Final	
2	16:45	Women's High Jump	Final	
3	16:50	Women's Shot Put	Final	
4	16:55	Men's Javelin Throw Decathlon		
5	17:40	Women's 100m H	Final	
6	17:55	Men's 110m H	Final	
7	18:10	Women's Discus Throw	Final	
8	18:20	Women's 3000m Steeplechase	Final	
9	18:40	Men's 1500m Decathlon		
10	18:55	Women's 400m	Final	
11	19:05	Men's 400m	Final	



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Friday

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Men's 110m H Decathlon

START TIME 08:30

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	12.72	Sasha ZHOYA	FRA	21 Aug 2021
Asia U20	12.96	CHEN Yuanjiang	CHN	24 Jun 2025
Meet Record	13.24	Oumar Doudai ABAKAR	QAT	26 Apr 2024
HK U20	13.39	LIU Hiu Long	HKG	4 Nov 2023

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

Legend:
YC Yellow Card



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START TIME 08:40

Men's 5000m Race Walk

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

Asia U20	18:54.37	Nitin Gupta	IND	25 Apr 2026
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Order	Bib	Name	C/R	DoB	PB	SB
1	267	Chihiro Obata	JPN	27 Nov 2008	20:55.20	20:55.20
2	148	Sheng-qin Lo	TPE	11 Oct 2008	19:53.60	19:53.60
3	578	Ozodbek Saidov	UZB	8 Nov 2007	20:45.00	20:45.00
4	146	Ruei-kai Chen	TPE	15 Feb 2008	24:04.00	24:04.00
5	583	Sherzod Zubaev	UZB	13 Jun 2007	20:50.00	20:50.00
6	341	Seo Beomsu	KOR	8 Oct 2007	20:22.80	20:22.80
7	225	Nitin Gupta Nitin Gupta	IND	1 Jan 2008	18:54.40	18:54.40
8	112	Haoyang Shen	CHN	21 Apr 2010	19:58.00	19:58.00
9	323	Yegor Strukov	KAZ	21 Aug 2007	21:20.80	21:20.80
10	237	Tushar Panwar	IND	20 May 2008	19:48.80	19:48.80
11	122	Ninghao Zhu	CHN	20 Mar 2008	19:57.00	19:57.00
12	321	Sherkhan Yegizbay	KAZ	22 Aug 2008	20:41.90	20:41.90



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START TIME 09:10

Men's Discus Throw Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	71.37	Mika SOSNA	GER	10 Jun 2022
Asia U20	66.47	Moaaz Mohamed IBRAHIM	QAT	3 Feb 2018
Meet Record	63.17	Khalid Habash AL SUWAIDI	QAT	1 Oct 2002
HK U20	46.56	CHUN Ho Miu	HKG	28 Mar 2026

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

Legend:
YC Yellow Card



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Friday

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START TIME 09:20

Women's 800m Round 1 Heat 1/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	1:54.01	Pamela JELIMO	KEN	29 Aug 2008
Asia U20	1:57.18	WANG Yuan	CHN	8 Sep 1993
Meet Record	2:02.66	LANG Yinglai	CHN	5 Nov 1997
HK U20	2:11.92	LI Yin Yee	HKG	3 Nov 1996

Lane	Bib	Name	C/R	DoB	PB	SB
4	916	Vu Thi Tra My	VIE	1 Aug 2007	2:12.30	2:12.30
5	716	Hanon Sasaki	JPN	26 Jul 2007	2:04.70	2:07.30
6	667	Tsz Yiu Lee	HKG	26 Jul 2009	2:16.50	2:16.50
7	706	Maryam Ahmadi Baloutaki	IRI	30 Oct 2007	2:14.00	2:16.50
8	897	Mokhidil Mamajonova	UZB	13 May 2007	2:16.10	2:18.20
9	747	Darya Potocheskaya	KAZ	22 Oct 2010	2:11.90	2:11.90

Qualification: First 3 of each heat (Q) plus 2 fastest times (q) qualify to Final



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Friday

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START TIME 09:28

Women's 800m Round 1 Heat 2/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	1:54.01	Pamela JELIMO	KEN	29 Aug 2008
Asia U20	1:57.18	WANG Yuan	CHN	8 Sep 1993
Meet Record	2:02.66	LANG Yinglai	CHN	5 Nov 1997
HK U20	2:11.92	LI Yin Yee	HKG	3 Nov 1996

Lane	Bib	Name	C/R	DoB	PB	SB
4	841	Tharushi Abhisheka Pemasiri Mahadura Gedara	SRI	30 Oct 2008	2:07.90	2:07.90
5	904	Surayyo Zaripova	UZB	21 Jan 2007	2:14.70	2:14.70
6	620	Yue Deng	CHN	26 Jun 2007	2:05.60	2:09.10
7	800	Narayeni Bhandari	NEP	21 Dec 2007	2:21.10	2:21.10
8	737	Noora Shihab Ahmad Kuran	JOR	3 Aug 2007	2:18.00	2:22.40
9	669	Wing Chi Lam	HKG	20 May 2010	2:15.10	2:15.10

Qualification: First 3 of each heat (Q) plus 2 fastest times (q) qualify to Final



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START TIME 09:36

Men's 800m

Round 1 Heat 1/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	1:41.73	Nijel AMOS	BOT	9 Aug 2012
Asia U20	1:44.02	Belal Mansoor ALI	BRN	9 Sep 2007
Meet Record	1:45.56	TENG Haining	CHN	12 Jun 2012
HK U20	1:52.36	WANG Nok Wang	HKG	4 Oct 2025

Lane	Bib	Name	C/R	DoB	PB	SB
4	257	Mohammad Saleh Kamareh	IRI	14 Jul 2008	1:51.90	1:51.90
5	540	Castro Amaral Belo Trindade	TLS	27 Mar 2010	2:10.00	2:10.00
6	571	Islomjon Tilaboldiev	UZB	16 Apr 2007	1:53.00	1:53.00
7	428	Kamal Talib	QAT	15 Jun 2008	1:54.90	1:54.90
8	203	Yung Sang Ma	HKG	29 Dec 2007	1:57.60	1:57.60
9	458	Musaad Obaid M Alsubaie	KSA	20 Feb 2008	1:49.71	1:49.71

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



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29 May 2026

START TIME 09:44

Men's 800m

Round 1 Heat 2/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	1:41.73	Nijel AMOS	BOT	9 Aug 2012
Asia U20	1:44.02	Belal Mansoor ALI	BRN	9 Sep 2007
Meet Record	1:45.56	TENG Haining	CHN	12 Jun 2012
HK U20	1:52.36	WANG Nok Wang	HKG	4 Oct 2025

Lane	Bib	Name	C/R	DoB	PB	SB
3	405	Badal Karki	NEP	27 Mar 2008	2:02.60	
4	480	Oliver Fiore	SGP	9 Oct 2009	1:55.10	1:55.10
5	188	Nok Wang Wang	HKG	30 Mar 2008	1:52.40	1:52.40
6	395	Batjavkhlan Sergelenbat	MGL	19 May 2009	2:12.70	2:12.70
7	239	Venkatram Reddy Mogali	IND	9 Jul 2007	1:48.50	1:48.50
8	569	Azizbek Shukrullaev	UZB	26 Sep 2007	2:00.70	2:00.70
9	318	Ramazan Shaiyev	KAZ	19 Sep 2008	1:51.90	1:51.90

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



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Friday

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START TIME 09:52

Men's 800m

Round 1 Heat 3/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	1:41.73	Nijel AMOS	BOT	9 Aug 2012
Asia U20	1:44.02	Belal Mansoor ALI	BRN	9 Sep 2007
Meet Record	1:45.56	TENG Haining	CHN	12 Jun 2012
HK U20	1:52.36	WANG Nok Wang	HKG	4 Oct 2025

Lane	Bib	Name	C/R	DoB	PB	SB
4	446	Aboud Ali A Faqihi	KSA	4 Mar 2008	1:54.60	1:54.60
5	101	Pem Gyeltshen	BHU	28 Apr 2008	2:04.10	2:04.10
6	373	Yuxuan Li	MAC	27 Aug 2007	1:54.10	1:54.10
7	497	Nethsara Dineth Liyanage Gagabada Liyanage	SRI	8 Dec 2007	1:51.20	1:51.20
8	266	Atsuki Watanabe	JPN	19 May 2007	1:49.20	1:50.40
9	183	Lok Ching Wong	HKG	11 Nov 2009	1:57.10	1:57.10

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



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START TIME 10:00

Women's Triple Jump Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	14.62	Tereza MARINOVA	BUL	25 Aug 1996
Asia U20	14.57	HUANG Qiuyan	CHN	19 Oct 1997
Meet Record	14.23	LI Jiahui	CHN	5 Nov 1997
HK U20	12.39	LOH Mei Sze	HKG	4 Nov 2007

Order	Bib	Name	C/R	DoB	PB	SB
1	838	Oshini Kavindya Kodikara	SRI	24 Mar 2007	12.71	12.69
2	751	Mariya Chshipacheva	KAZ	22 Feb 2007	12.31	12.31
3	654	Kam Ching Huang	HKG	11 Feb 2007	12.06	12.06
4	697	Sadhana Ravi	IND	16 Dec 2007	12.97	12.97
5	911	Chau Ngoc Quynh Anh	VIE	20 Feb 2007	12.67	12.67
6	890	Elyanura Olimboeva	UZB	5 Apr 2010	12.39	12.39
7	648	Chi Ting Kwok	HKG	9 Apr 2010	11.54	11.54
8	641	Zi-yun Zeng	TPE	14 Apr 2009	12.36	12.36
9	856	Natepriya Aroka	THA	10 Mar 2008	12.47	12.47
10	719	Kanon Okajima	JPN	22 Jan 2008	12.81	12.61
11	619	Yiqing Xie	CHN	29 Jan 2009	13.58	13.58
12	744	Alissa Issayeva	KAZ	8 Apr 2009	12.27	12.27
13	655	Kun Wong	HKG	13 Jan 2007	11.12	11.12



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Friday

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START TIME 10:10

Women's 200m Round 1 Heat 1/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	21.81	Christine MBOMA	NAM	3 Aug 2021
Asia U20	22.74	Edidiong Ofonime ODIONG	BRN	15 Aug 2016
Meet Record	23.16	Susanthika JAYASINGHE	SRI	20 Sep 1994
HK U20	24.15	YAU Sin Ting Nicole	HKG	9 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
3	836	Dilanma Ransini Perera Pathirana Unnehelage	SRI	17 Jan 2007	24.37	24.37
4	867	Chelsia Bolo Soares Da Cruz	TLS	1 Feb 2009	30.02	30.02
5	771	Kwon Yeeun	KOR	29 Jan 2009	24.55	24.55
6	682	Aarti Aarti	IND	8 Jun 2008	24.20	24.20
7	857	Nattawadee Watarujikrit	THA	8 Mar 2009	25.34	25.34
8	794	Ahnaa Nizaar	MDV	25 Jun 2007	25.10	25.19
9	668	Wan Chi Wong	HKG	24 Mar 2007	24.51	24.51

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



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Friday

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START TIME 10:17

Women's 200m Round 1 Heat 2/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	21.81	Christine MBOMA	NAM	3 Aug 2021
Asia U20	22.74	Edidiong Ofonime ODIONG	BRN	15 Aug 2016
Meet Record	23.16	Susanthika JAYASINGHE	SRI	20 Sep 1994
HK U20	24.15	YAU Sin Ting Nicole	HKG	9 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
3	795	Ziva Moosa Shafeeu	MDV	10 Jun 2007	25.22	25.31
4	625	Zhenglin Zhou	CHN	3 Dec 2008	24.18	24.42
5	893	Karina Karimova	UZB	9 Sep 2008	26.70	26.70
6	913	Le Thi Thao	VIE	26 May 2009	24.35	24.35
7	814	Dana Noor Salem	QAT	7 Oct 2009	24.09	24.09
8	658	Man Yan Yip	HKG	19 Feb 2008	24.65	24.65
9	859	Nichaphat Nunut	THA	15 Feb 2008	25.08	25.08

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



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 10:24

Women's 200m Round 1 Heat 3/3

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	21.81	Christine MBOMA	NAM	3 Aug 2021
Asia U20	22.74	Edidiong Ofonime ODIONG	BRN	15 Aug 2016
Meet Record	23.16	Susanthika JAYASINGHE	SRI	20 Sep 1994
HK U20	24.15	YAU Sin Ting Nicole	HKG	9 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
3	686	Bhumika Sanjay Nehate	IND	13 May 2009	24.21	24.21
4	799	Anuska Adhikari	NEP	13 Sep 2009	27.14	27.14
5	661	Sin Ting Nicole Yau	HKG	8 Mar 2007	24.24	24.41
6	839	Risansa Hirupama Kadupiti	SRI	5 Mar 2008	24.04	24.04
7	790	Izzatul Musfirah Ahmad Kamal Azira	MAS	23 Feb 2008	24.24	24.91
8	891	Gulhayo Chullieva	UZB	19 Aug 2007	26.56	26.56
9	880	Ezza Nael Nasser	UAE	10 Sep 2009	24.61	24.61

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



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Friday

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START TIME 10:35

Men's 200m

Round 1 Heat 1/4

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	19.69	Erriyon KNIGHTON	USA	26 Jun 2022
Asia U20	20.07	Puripol BOONSON	THA	13 Dec 2025
Meet Record	20.63	Mohammad Hossein ABAREGHI	IRN	14 Jun 2014
HK U20	20.91	LEUNG Ching Hang Wesley	HKG	28 Sep 2025

Lane	Bib	Name	C/R	DoB	PB	SB
3	473	Harry Irfan Curran	SGP	31 Jan 2008	21.24	21.32
4	396	Batzorig Sarantuya	MGL	26 Jun 2007	22.77	22.80
5	334	Jun Chaemin	KOR	11 May 2008	21.01	21.27
6	165	Cheuk Fung Jasper Koo	HKG	12 May 2008	20.93	20.93
7	410	Ahamed Qais Moosa Khamis Al Jabri Al Jabri	OMA	5 Jan 2008	21.96	21.96
8	448	Faisal Hassan Alasmari	KSA	22 May 2008	21.59	21.59
9	138	Cheng-kuei Hsieh	TPE	19 Nov 2007	21.09	21.09

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



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START TIME 10:42

Men's 200m

Round 1 Heat 2/4

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	19.69	Erriyon KNIGHTON	USA	26 Jun 2022
Asia U20	20.07	Puripol BOONSON	THA	13 Dec 2025
Meet Record	20.63	Mohammad Hossein ABAREGHI	IRN	14 Jun 2014
HK U20	20.91	LEUNG Ching Hang Wesley	HKG	28 Sep 2025

Lane	Bib	Name	C/R	DoB	PB	SB
2	512	Mahdi Aktamzoda	TJK	25 Dec 2008	22.42	22.42
3	169	Ching Hang Wesley Leung	HKG	11 Jan 2007	20.91	20.91
4	533	Wirayut Daenkhanob	THA	29 Jan 2007	20.84	21.67
5	383	Muhammad Sayyid Amin Roslan	MAS	18 Jan 2007	21.29	21.30
6	372	Lok Io Leong	MAC	24 Jan 2008	21.67	21.67
7	142	Chih-hsiang Chung	TPE	18 Nov 2007	21.31	21.31
8	397	Enkhjavkhlan Enkhbold	MGL	22 Jun 2008	23.28	23.48
9	499	Sadew Wimansa Rajakaruna Senarath Mudiyansele	SRI	2 May 2007	21.07	21.07

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



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START TIME 10:49

Men's 200m

Round 1 Heat 3/4

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	19.69	Erriyon KNIGHTON	USA	26 Jun 2022
Asia U20	20.07	Puripol BOONSON	THA	13 Dec 2025
Meet Record	20.63	Mohammad Hossein ABAREGHI	IRN	14 Jun 2014
HK U20	20.91	LEUNG Ching Hang Wesley	HKG	28 Sep 2025

Lane	Bib	Name	C/R	DoB	PB	SB
3	379	Danish Iftikhar Muhammad Roslee	MAS	25 Mar 2007	20.73	21.11
4	172	Chun Yin Cheung	HKG	27 Aug 2007	21.55	21.55
5	511	Boburjon Azimov	TJK	14 Dec 2008	22.38	22.38
6	498	Omel Shashintha Silva Jayathungalage	SRI	10 Dec 2007	20.88	21.06
7	118	Jinxin Chen	CHN	13 Nov 2007	20.94	21.46
8	528	Phattarakorn Insaeng	THA	8 Dec 2008	22.12	22.12
9	233	Rudra Sachin Shinde	IND	14 Mar 2007	21.26	21.26

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



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START TIME 10:56

Men's 200m

Round 1 Heat 4/4

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	19.69	Erriyon KNIGHTON	USA	26 Jun 2022
Asia U20	20.07	Puripol BOONSON	THA	13 Dec 2025
Meet Record	20.63	Mohammad Hossein ABAREGHI	IRN	14 Jun 2014
HK U20	20.91	LEUNG Ching Hang Wesley	HKG	28 Sep 2025

Lane	Bib	Name	C/R	DoB	PB	SB
3	555	Abdul Quddus Ahmed Ali	UAE	21 Aug 2008	21.17	21.17
4	292	Ahmad Basil Turki Ibrahim	JOR	22 May 2008	22.24	22.24
5	567	Amir Ishankhodjaev	UZB	8 May 2007	21.49	21.49
6	268	Chisei Tomono	JPN	28 Sep 2008	20.87	20.87
7	476	Jonathan Philip Hoare	SGP	12 Jan 2009	22.25	22.25
8	335	Kim Dongjin	KOR	9 Feb 2007	21.03	21.35
9	124	Sihao Yu	CHN	21 Apr 2007	21.16	21.22

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



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START TIME 10:53

Men's Pole Vault Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	6.05	Armand DUPLANTIS	SWE	12 Aug 2018
Asia U20	5.65	Masaki EJIMA	JPN	6 Jul 2017
Meet Record	5.51	Seifeldin ABDELSALAM	QAT	26 Apr 2024
HK U20	4.10	PANG Chi Sum	HKG	3 Jul 2011

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

Legend:
YC Yellow Card



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 11:25

Men's 110m H Round 1 Heat 1/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	12.72	Sasha ZHOYA	FRA	21 Aug 2021
Asia U20	12.96	CHEN Yuanjiang	CHN	24 Jun 2025
Meet Record	13.24	Oumar Doudai ABAKAR	QAT	26 Apr 2024
HK U20	13.39	LIU Hiu Long	HKG	4 Nov 2023

Lane	Bib	Name	C/R	DoB	PB	SB
2	273	Koki Takajo	JPN	22 Jul 2008	13.17	13.17
3	430	Mahamat Abakar Hissein	QAT	28 Feb 2008	14.39	14.39
4	306	Bogdan Goncharov	KAZ	18 Jun 2007	14.06	14.06
5	219	Kiran Kunchan	IND	21 Jan 2007	13.66	13.75
6	154	Yi-xuan Chen	TPE	12 Oct 2007	13.43	13.43
7	475	Je-an Garrett Chua	SGP	28 Feb 2008	14.25	14.28
8	130	Zihan Yan	CHN	25 Jan 2007	13.71	13.79
9	196	Wai Kwan Leung	HKG	26 Jan 2008	13.99	13.99

Qualification: First 3 of each heat (Q) plus 2 fastest times (q) qualify to Final



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Friday

29 May 2026

START TIME 11:33

Men's 110m H Round 1 Heat 2/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	12.72	Sasha ZHOYA	FRA	21 Aug 2021
Asia U20	12.96	CHEN Yuanjiang	CHN	24 Jun 2025
Meet Record	13.24	Oumar Doudai ABAKAR	QAT	26 Apr 2024
HK U20	13.39	LIU Hiu Long	HKG	4 Nov 2023

Lane	Bib	Name	C/R	DoB	PB	SB
1	450	Hassan Essa B Haqawi	KSA	27 Jul 2008	13.60	13.60
2	176	Ho Lun Chong	HKG	4 Nov 2008	14.07	14.07
3	156	Yu-ci Wang	TPE	14 Mar 2008	13.61	13.61
4	117	Jinkang Liang	CHN	27 Sep 2007	14.69	14.69
5	586	Zayniddin Ravshanov	UZB	19 Jan 2008	13.94	13.94
6	271	Jeremy Koga	JPN	21 May 2007	13.07	13.07
7	200	Yue Kiu Ng	HKG	5 Mar 2008	13.83	13.83
8	246	Sean Putra Susilo	INA	18 Dec 2008	15.75	15.75
9	495	Kaveesha Dilshan Kulathunga Kulathunga Mudiyansele	SRI	26 Sep 2007	14.04	14.08

Qualification: First 3 of each heat (Q) plus 2 fastest times (q) qualify to Final



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 16:40

Men's Triple Jump Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	17.75	Jaydon HIBBERT	JAM	1 Jun 2024
Asia U20	17.23	GU Junjie	CHN	26 Sep 2004
Meet Record	16.73	GU Junjie	CHN	31 Oct 2002
HK U20	15.24	CHAN Chi Keung	HKG	11 Sep 2022

Order	Bib	Name	C/R	DoB	PB	SB
1	309	Gleb Gladilov	KAZ	7 Mar 2007	15.47	15.47
2	131	Ziqi Cai	CHN	10 May 2007	16.08	15.31
3	173	Chun Yuen Chan	HKG	5 Jan 2009	15.10	15.10
4	503	Thehara Ravishka Fernando Salpadoruge	SRI	9 Feb 2007	15.74	15.74
5	269	Daisuke Goto	JPN	1 Apr 2008	15.68	15.06
6	232	Royshan P	IND	28 May 2007	15.75	15.75
7	500	Sasindu Hansana Jayasingha Ilandari Dewage	SRI	21 Jul 2008	15.64	15.64
8	579	Radmir Zaripov	UZB	13 Sep 2008	15.41	15.41
9	129	Zhuoyue Wang	CHN	12 Jan 2007	16.46	15.88
10	195	Tin Long Yeung	HKG	22 Sep 2007	14.81	14.81
11	332	Han Gyeol	KOR	27 Jul 2007	15.46	15.46
12	164	Cheong Lok Wai	HKG	10 May 2008	15.23	15.23
13	574	Khursandbek Mamatsalaev	UZB	28 Sep 2007	14.99	14.99
14	445	Abdulrahman Ahmed A Mohammed	KSA	1 Sep 2008	15.24	15.24



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 16:45

Women's High Jump

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	2.04	Yaroslava MAHUCHIKH	URK	30 Sep 2019
Asia U20	1.95	Tayana EFIMENKO	KGZ	6 Oct 1999
Meet Record	1.90	Svetlana RADZIVIL	UZB	16 Jul 2006
HK U20	1.80	FUNG Wai Yee	HKG	1 Oct 2011

Order	Bib	Name	C/R	DoB	PB	SB
1	635	Pei-hsuan Lin	TPE	11 Oct 2007	1.82	1.69
2	609	Meiqi Chen	CHN	4 Jan 2007	1.84	1.80
3	754	Milena Merts	KAZ	16 Oct 2009	1.70	1.70
4	650	Hay Tung Hayden Kwong	HKG	4 Jan 2010	1.60	1.60
5	748	Malika Zhomart	KAZ	12 Nov 2008	1.70	1.70
6	662	Sum Yau Woo	HKG	30 Apr 2008	1.64	1.64
7	915	Mai Ngoc Anh	VIE	6 Aug 2008	1.74	1.74
8	828	Yen Young Amelia Goh	SGP	1 Sep 2008	1.69	1.61
9	837	Mihinsa Dewmini Abeyrathna Demalaporuwe Kankanamalage	SRI	23 May 2008	1.74	1.74
10	663	Sze Hei Heidi Lee	HKG	4 Jan 2008	1.63	1.60
11	694	Pooja Pooja	IND	21 Feb 2007	1.90	1.90



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 16:50

Women's Shot Put

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	20.54	Astrid KUMBERNUSS	GDR	1 Jul 1989
Asia U20	20.02	CHENG Xiaoyan	CHN	5 Jun 1996
Meet Record	18.66	QIU Qiaoping	CHN	16 Jun 1990
HK U20	12.86	HO Yin Chiu	HKG	21 Feb 2012

Order	Bib	Name	C/R	DoB	PB	SB
1	623	Yuxiao He	CHN	24 Nov 2007	16.51	15.65
2	656	Lok Yau Lee	HKG	20 Mar 2008	11.10	11.10
3	773	Lee Yeram	KOR	17 Aug 2008	14.97	14.97
4	615	Xiaohan Zhai	CHN	9 Oct 2008	16.58	16.58
5	720	Karina Yonekawa	JPN	9 Apr 2007	14.52	14.14



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 16:55

Men's Javelin Throw Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	86.48	Neeraj CHOPRA	IND	23 Jul 2016
Asia U20	86.48	Neeraj CHOPRA	IND	23 Jul 2016
Meet Record	77.97	Junya SADOU	JPN	6 Jun 2016
HK U20	64.93	LAM Ming Yiu	HKG	15 Sep 2018

Order	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	304	Askar Omirzak	KAZ	17 Sep 2008		
4	572	Jakhongir Juraboev	UZB	9 Jan 2008		YC
5	238	Upkar Upkar	IND	16 Jun 2007		
6	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007		
7	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007		
8	274	Kotaro Ihara	JPN	2 Jan 2007		
9	140	Cheng-yu Wu	TPE	25 May 2008		

Legend:
YC Yellow Card



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 17:40

Women's 100m H

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	12.71	Britany ANDERSON	JAM	24 Jul 2019
Asia U20	12.92	SUN Hongwei	CHN	18 Oct 1997
Meet Record	13.45	ZHANG Yu	CHN	16 Jun 1990
HK U20	13.87	PAK Hoi Man Chloe	HKG	4 Nov 2023

Lane	Bib	Name	C/R	DoB	PB	SB
3	604	Jingyun Zhang	CHN	25 Oct 2008	14.07	14.52
4	724	Nana Ishihara	JPN	7 May 2008	13.29	14.26
5	742	Alina Golovina	KAZ	3 Jan 2008	14.04	14.04
6	806	Jecel Vivas	PHI	9 Sep 2007	14.39	14.39
7	606	Keyi Zhang	CHN	9 Aug 2009	13.35	13.35
8	652	Hoi Yiu Richelle Wo	HKG	11 Feb 2008	14.79	14.70



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 18:10

Women's Discus Throw Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	74.40	Ilke WYLUDDA	GDR	13 Sep 1988
Asia U20	66.08	CAO Qi	CHN	12 Sep 1993
Meet Record	62.54	XU Shaoyang	CHN	30 Oct 2002
HK U20	41.27	TO Yuen Kwan	HKG	6 Jun 2016

Order	Bib	Name	C/R	DoB	PB	SB
1	756	Tomiris Yermatova	KAZ	24 Feb 2008	42.87	42.87
2	895	Mahliyo Karimova	UZB	10 Aug 2008	45.69	45.69
3	601	Chenyi Ma	CHN	1 Jan 2008	58.97	56.99
4	671	Wing Lam Venus Lo	HKG	25 Sep 2008	39.78	39.78
5	684	Amanat Kamboj	IND	18 Nov 2007	52.27	52.57
6	721	Koko Konda	JPN	9 May 2007	49.76	49.76
7	743	Alina Yussupova	KAZ	12 Sep 2010	38.50	38.50



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 18:20

Women's 3000m Steeplechase

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	8:58.78	Celliphine Chepteek?CHESPOL	KEN	26 May 2017
Asia U20	9:10.74	Winfred Mutile YAVI	BRN	20 Jul 2018
Meet Record	10:21.04	Chika MUKAI	JPN	6 Jun 2016
HK U20	11:28.54	HUI Kam Man	HKG	5 May 2013

Order	Bib	Name	C/R	DoB	PB	SB
1	912	Dinh Thi Thu Huong	VIE	9 Mar 2007	11:08.00	11:08.00
2	683	Aisha Verma	IND	1 Apr 2008	11:05.40	11:05.40
3	634	Chih-hsuan Chen	TPE	14 Apr 2010	11:24.90	11:24.90
4	767	Jin Minhee	KOR	1 Jun 2007	10:51.40	11:24.00
5	689	Mansi Avinash Yadav	IND	28 May 2007	11:10.60	11:10.60
6	657	Long Ching Yu	HKG	19 Apr 2009	11:59.00	11:59.00
7	900	Sadafbonu Nusratilloeva	UZB	25 Feb 2008	10:48.00	10:48.00
8	757	Uldanay Abylkhan	KAZ	7 Jul 2007	10:47.90	10:47.90
9	705	Hanieh Shah Pari	IRI	15 Jan 2007	10:29.20	10:29.20
10	726	Rei Taya	JPN	6 Mar 2009	10:06.60	10:06.60
11	898	Nasimakhon Mamirova	UZB	13 Sep 2009	10:21.40	10:21.40
12	633	Chia-chien Lin	TPE	30 Apr 2009	11:24.30	11:36.10



22nd Asian U20 Athletics Championships



Friday

29 May 2026

START TIME 18:55

Women's 400m

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	49.42	Grit BREUER	GER	27 Aug 1991
Asia U20	49.88	Salwa Eid NASSER	BRN	1 Sep 2017
Meet Record	52.66	TANG Xiaoyin	CHN	13 Jun 2004
HK U20	55.32	CHOW Chi Kiu	HKG	9 May 2026

Lane	Bib	Name	C/R	DoB	PB	SB
2	755	Sofya Kidenko	KAZ	18 Jan 2007	55.09	55.09
3	807	Jeralyn Rodriguez	PHI	17 May 2007	55.36	55.36
4	699	Tahura Khatun	IND	6 Mar 2007	54.39	54.39
5	632	Chen-yu Liu	TPE	1 Jan 2007	54.37	54.58
6	878	Aminat Kamarudeen	UAE	29 Aug 2007	53.19	53.19
7	692	Neeru Pathak	IND	27 Jan 2007	52.78	54.31
8	877	Aisha Traiq Muhammad	UAE	13 May 2009	54.14	54.14
9	638	Yi-cen Chen	TPE	5 Jun 2010	53.13	54.80