

22nd Asian U20 Athletics Championships Day Three (30 May 2026) Morning

	Start of Call at JSC	End of Call at JSC	Arrive at KTSG Time	Final Call at KTSG	Leaving Call Room	22nd Asian U20 Athletics Championships (Hong Kong, China) Daily Progra			
						Start Time	Day Three: 30 May 2026 Morning		
KTSG	----	----	----	8:10	8:20	8:30	5000 m	M	Final
KTSG	----	----	----	8:50	9:00	9:10	100 mH	W	Heptathlon
Warm Up at JSC	8:35	8:45	9:00	9:05	9:15	9:25	200 m	M	Semi Final Heat 1
KTSG	----	----	----	8:30	8:40	9:30	Pole Vault	W	Final
Warm Up at JSC	8:42	8:52	9:07	9:12	9:22	9:32	200 m	M	Semi Final Heat 2
KTSG	----	----	----	----	----	9:45	High Jump	W	Heptathlon