

22nd Asian U20 Athletics Championships Day Two (30 May 2026) Afternoon Call Time

	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 Programme			
						Start Time	Day Three: 30 May 2026 Afternoon		
KTSG	---	---	---	---	---	16:30	Shot Put	W	Heptathlon
Warm Up at JSC	15:10	15:20	15:35	15:40	15:50	16:40	High Jump	M	Final
Warm Up at JSC	15:30	15:40	15:55	16:00	16:10	16:45	Javelin Throw	W	Final
Warm Up at JSC	16:10	16:20	16:35	16:40	16:50	17:00	400 mH	W	Final
Warm Up at JSC	15:35	15:45	16:00	16:05	16:15	17:05	Long Jump	M	Final
Warm Up at JSC	16:25	16:35	16:50	16:55	17:05	17:15	400 mH	M	Final
KTSG	---	---	---	---	---	17:30	200 m	W	Heptathlon
Warm Up at JSC	16:50	17:00	17:15	17:20	17:30	17:40	3000 m	W	Final
KTSG	---	---	---	16:45	16:55	17:55	Pole Vault	M	Final
Warm Up at JSC	17:20	17:30	17:45	17:50	18:00	18:10	3000 m SC	M	Final
Warm Up at JSC	17:50	18:00	18:15	18:20	18:30	18:40	200m	W	Final
Warm Up at JSC	18:00	18:10	18:25	18:30	18:40	18:50	200m	M	Final
Warm Up at JSC	18:20	18:30	18:45	18:50	19:00	19:10	1500 m	M	Final
Warm Up at JSC	18:40	18:50	19:05	19:10	19:20	19:30	4 x 400 m	Mixed	Final