



# 22nd Asian U20 Athletics Championships



Kai Tak Youth Sports Ground,  
Hong Kong (HKG)

## Competition Schedule

28-31 May 2026

### Session 7(31 May 2026, 08:30 AM)

Num	Time	Event	Round	Grp
1	08:30	Men's Discus Throw	Final	
2	08:35	Women's 5000m	Final	
3	09:05	Women's Long Jump Heptathlon		
4	09:25	Men's 4x100m Relay	Round 1	Heat 1
5	09:35	Men's 4x100m Relay	Round 1	Heat 2
6	10:00	Men's 4x400m Relay	Round 1	Heat 1
7	10:10	Men's 4x400m Relay	Round 1	Heat 2
8	10:15	Women's Javelin Throw Heptathlon		

### Session 8(31 May 2026, 16:30 PM)

Num	Time	Event	Round	Grp
1	16:30	Women's Long Jump	Final	
2	16:35	Men's Javelin Throw	Final	
3	17:05	Women's 800m Heptathlon		
4	17:15	Women's 800m	Final	
5	17:25	Men's 800m	Final	
6	17:35	Women's 4x100m Relay	Final	
7	17:50	Men's 4x100m Relay	Final	
8	18:05	Women's 4x400m Relay	Final	
9	18:15	Men's 4x400m Relay	Final	



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 08:30

**Men's Discus Throw**

**Final**

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

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

Order	Bib	Name	C/R	DoB	PB	SB
1	120	Kamiran Abulikemu	CHN	5 Nov 2007	53.38	53.38
2	151	Yao-kuan Cheng	TPE	3 Sep 2007	55.04	55.04
3	314	Maxim Sazhnev	KAZ	17 Jun 2009	57.97	57.97
4	426	Hamad Dhawi F D Alsultan	QAT	22 Jun 2008	58.27	58.27
5	301	Aliaidar Myrzagazyev	KAZ	17 Jul 2007	50.17	50.17
6	564	Abduazim Rakhmatulloev	UZB	22 Apr 2007	52.68	52.68
7	180	Kin Ming Wong	HKG	9 Jun 2007	41.84	41.84
8	291	Abdullah Jamal Mohammad Oweis	JOR	5 Jul 2007	47.85	47.85
9	277	Ruku Azuma	JPN	13 Sep 2007	56.23	56.23
10	453	Mohammed Essa A Alsubaei	KSA	26 Mar 2009	52.01	52.01
11	342	Son Changhyun	KOR	21 Jan 2009	56.01	56.01
12	177	Ho Miu Chun	HKG	10 Jun 2008	46.56	46.56
13	224	Nishchay Nishchay	IND	27 Nov 2008	56.56	56.56
14	432	Mahamat Gueme Mahamat	QAT	17 Mar 2007	51.48	51.48
15	144	Lu-pin-jun Lin	TPE	23 Apr 2007	50.53	50.53
16	469	Ding Rong Anson Loh	SGP	28 Apr 2008	51.04	51.04
17	255	Hamed Nafarshalamzari	IRI	29 Nov 2007	55.06	55.06



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 08:30

## Men's Discus Throw

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

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

Order	Bib	Name	C/R	DoB	PB	SB
18	526	Korapat Pongsiripun	THA	5 Jan 2009	48.47	48.47



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 08:35

## Women's 5000m

### Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>14:30.88</b>	Tirunesh DIBABA	ETH	11 Jun 2024
<b>Asia U20</b>	<b>14:39.96</b>	YIN Lili	CHN	23 Oct 1997
<b>Meet Record</b>	<b>16:07.74</b>	Haruka KYUMA	JPN	9 Jun 2012
<b>HK U20</b>	<b>17:36.33</b>	WRIGHT Cade Cameron	HKG	7 Apr 2019

Order	Bib	Name	C/R	DoB	PB	SB
1	691	Muskan Muskan	IND	10 Jun 2008	16:42.90	16:42.90
2	768	Kim Hyojoo	KOR	2 Nov 2009	17:11.60	17:11.60
3	659	Pak Yin Katie Chan	HKG	16 Mar 2009	18:31.40	18:31.40
4	827	Si En, Tabitha Ng	SGP	21 Mar 2009	18:16.60	18:16.60
5	900	Sadafbonu Nusratilloeva	UZB	25 Feb 2008	17:41.00	17:41.00
6	657	Long Ching Yu	HKG	19 Apr 2009	19:26.90	19:26.90



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

## Women's Long Jump Heptathlon

START TIME 09:05

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>7.14</b>	Heike DAUTE	GDR	4 Jun 1983
<b>Asia U20</b>	<b>6.80</b>	PENG Fengmei	CHN	18 Apr 1998
<b>Meet Record</b>	<b>6.56</b>	WANG Kuo Huei	TPE	5 Nov 1997
<b>HK U20</b>	<b>6.23</b>	JIA Wai Yin	HKG	23 Jun 2025

Order	Bib	Name	C/R	DoB	PB	SB
1	670	Wing Hei He	HKG	30 Jun 2010		
2	635	Pei-hsuan Lin	TPE	11 Oct 2007		
3	723	Mirei Eguchi	JPN	6 Mar 2009		



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 09:25

## Men's 4x100m Relay

### Round 1 Heat 1/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>38.51</b>	South Africa U20	RSA	22 Aug 2021
<b>Asia U20</b>	<b>38.99</b>	National Junior Team	JPN	28 Sep 2025
<b>Meet Record</b>	<b>39.30</b>	JPN - Japan	JPN	28 Oct 2002
<b>HK U20</b>	<b>39.67</b>	Hong Kong, China	HKG	27 Apr 2024

Lane	Bib	C/R	DoB	PB	SB
4		<b>KOR - Korea</b>			
5		<b>HKG - Hong Kong, China</b>			
6		<b>TPE - Chinese Taipei</b>			
7		<b>TJK - Tajikistan</b>			
8		<b>MAS - Malaysia</b>			

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



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 09:35

## Men's 4x100m Relay

### Round 1 Heat 2/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>38.51</b>	South Africa U20	RSA	22 Aug 2021
<b>Asia U20</b>	<b>38.99</b>	National Junior Team	JPN	28 Sep 2025
<b>Meet Record</b>	<b>39.30</b>	JPN - Japan	JPN	28 Oct 2002
<b>HK U20</b>	<b>39.67</b>	Hong Kong, China	HKG	27 Apr 2024

Lane	Bib	C/R	DoB	PB	SB
4		<b>THA - Thailand</b>			
5		<b>KSA - Saudi Arabia</b>			
6		<b>CHN - People's Republic of China</b>			
7		<b>MAC - Macao, China</b>			
8		<b>IND - India</b>			
9		<b>SGP - Singapore</b>			

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



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

## Men's 4x400m Relay

START TIME 10:00

### Round 1 Heat 1/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>3:00.33</b>	United States U20	USA	23 Jul 2017
<b>Asia U20</b>	<b>3:04.11</b>	National Junior Team	JPN	27 Jul 2014
<b>Meet Record</b>	<b>3:07.38</b>	JPN - Japan	JPN	30 Sep 1999
<b>HK U20</b>	<b>3:14.26</b>	Hong Kong, China	HKG	14 Jun 2014

Lane	Bib	C/R	DoB	PB	SB
4		<b>TJK - Tajikistan</b>			
5		<b>THA - Thailand</b>			
6		<b>IND - India</b>			
7		<b>QAT - Qatar</b>			
8		<b>HKG - Hong Kong, China</b>			

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



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 10:10

## Men's 4x400m Relay

### Round 1 Heat 2/2

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

<b>World U20</b>	<b>3:00.33</b>	United States U20	USA	23 Jul 2017
<b>Asia U20</b>	<b>3:04.11</b>	National Junior Team	JPN	27 Jul 2014
<b>Meet Record</b>	<b>3:07.38</b>	JPN - Japan	JPN	30 Sep 1999
<b>HK U20</b>	<b>3:14.26</b>	Hong Kong, China	HKG	14 Jun 2014

Lane	Bib	C/R	DoB	PB	SB
4		<b>MGL - Mongolia</b>			
5		<b>KAZ - Kazakhstan</b>			
6		<b>JPN - Japan</b>			
7		<b>SRI - Sri Lanka</b>			
8		<b>CHN - People's Republic of China</b>			
9		<b>SGP - Singapore</b>			

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



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

## Women's Javelin Throw Heptathlon

START TIME 10:15

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>65.89</b>	YAN Ziyi	CHN	3 Aug 2025
<b>Asia U20</b>	<b>65.89</b>	YAN Ziyi	CHN	3 Aug 2025
<b>Meet Record</b>	<b>60.74</b>	SUN Xiurong	CHN	6 Dec 1986
<b>HK U20</b>	<b>48.63</b>	KWONG Sze Oi Sarah	HKG	23 Jun 2025

Order	Bib	Name	C/R	DoB	PB	SB
1	635	Pei-hsuan Lin	TPE	11 Oct 2007		
2	670	Wing Hei He	HKG	30 Jun 2010		
3	723	Mirei Eguchi	JPN	6 Mar 2009		



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 16:30

## Women's Long Jump

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>7.14</b>	Heike DAUTE	GDR	4 Jun 1983
<b>Asia U20</b>	<b>6.80</b>	PENG Fengmei	CHN	18 Apr 1998
<b>Meet Record</b>	<b>6.56</b>	WANG Kuo Huei	TPE	5 Nov 1997
<b>HK U20</b>	<b>6.23</b>	JIA Wai Yin	HKG	23 Jun 2025

Order	Bib	Name	C/R	DoB	PB	SB
1	675	Yiu Gi Janice Cheung	HKG	28 Jan 2008	6.00	6.00
2	769	Kim Sooji	KOR	10 Apr 2007	5.92	5.89
3	890	Elyanura Olimboeva	UZB	5 Apr 2010	5.50	5.50
4	856	Natepriya Aroka	THA	10 Mar 2008	5.16	5.16
5	774	Oh Sohee	KOR	15 Mar 2007	6.09	5.39
6	672	Wing Tung Wong	HKG	23 Mar 2009	5.76	5.59
7	905	Yana Normatova	UZB	30 Aug 2010	5.67	5.67
8	820	Chloe En-ya Chee	SGP	31 Mar 2008	5.90	5.80
9	611	Morong Liang	CHN	12 Apr 2009	6.42	5.90
10	651	Hiu Yee Lie	HKG	1 Mar 2007	5.94	5.69
11	731	Yuhi Narisawa	JPN	16 Jun 2007	6.40	5.90



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 16:35

## Men's Javelin Throw

### Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

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

Order	Bib	Name	C/R	DoB	PB	SB
1	128	Zhaoyi Yang	CHN	11 Dec 2007	73.58	73.58
2	333	Jang Hajin	KOR	22 Jul 2008	74.14	74.14
3	472	Gabriel Ng	SGP	24 Jul 2008	57.31	57.31
4	275	Leon Iwasaka	JPN	14 Jan 2008	67.87	67.21
5	147	Shao-en Chiu	TPE	7 Jan 2007	67.92	67.92
6	214	Ashish Yadav	IND	11 Apr 2007	73.12	73.12
7	194	Tin Ching Walter Yip	HKG	28 Jan 2008	63.39	63.39
8	565	Abduvali Saloev	UZB	18 May 2007	67.77	67.77
9	157	Yu-kun Hung	TPE	8 Nov 2007	69.10	69.10
10	174	Ethan Kan	HKG	28 Nov 2008	62.84	62.84
11	580	Ruslan Sadullaev	UZB	12 Aug 2008	67.40	67.40
12	199	Yi Hin Wong	HKG	8 Feb 2007	60.41	60.41
13	320	Shadiyar Kulatay	KAZ	14 Aug 2008	56.02	56.02



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 17:15

## Women's 800m

### Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

## START LIST

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

Lane	Bib	Name	C/R	DoB	PB	SB
2	800	Narayani Bhandari	NEP	21 Dec 2007	2:17.87	2:17.87
3	669	Wing Chi Lam	HKG	20 May 2010	2:15.10	2:15.10
4	706	Maryam Ahmadi Baloutaki	IRI	30 Oct 2007	2:14.00	2:14.58
5	916	Vu Thi Tra My	VIE	1 Aug 2007	2:12.30	2:12.30
6	841	Tharushi Abhisheka Pemasiri Mahadura Gedara	SRI	30 Oct 2008	2:07.90	2:07.90
7	620	Yue Deng	CHN	26 Jun 2007	2:05.60	2:09.10
8	716	Hanon Sasaki	JPN	26 Jul 2007	2:04.70	2:07.30
9	904	Surayyo Zaripova	UZB	21 Jan 2007	2:14.70	2:14.70



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

Men's 800m

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START TIME 17:25

## START LIST

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

Lane	Bib	Name	C/R	DoB	PB	SB
2	405	Badal Karki	NEP	27 Mar 2008	1:55.24	1:55.24
3	428	Kamal Talib	QAT	15 Jun 2008	1:54.90	1:54.90
4	257	Mohammad Saleh Kamareh	IRI	14 Jul 2008	1:51.90	1:51.90
5	318	Ramazan Shaiyev	KAZ	19 Sep 2008	1:51.90	1:51.90
6	266	Atsuki Watanabe	JPN	19 May 2007	1:49.20	1:50.40
7	239	Venkatram Reddy Mogali	IND	9 Jul 2007	1:48.50	1:48.50
8	497	Nethsara Dineth Liyanage Gagabada Liyanage	SRI	8 Dec 2007	1:51.07	1:51.07
9	446	Aboud Ali A Faqihi	KSA	4 Mar 2008	1:54.60	1:54.60



# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 17:35

## Women's 4x100m Relay

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>42.59</b>	Jamaica U20	JAM	5 Aug 2022
<b>Asia U20</b>	<b>44.44</b>	Guangdong School Team	CHN	16 Aug 2019
<b>Meet Record</b>	<b>44.75</b>	CHN - China	CHN	20 Sep 1994
<b>HK U20</b>	<b>45.84</b>	HKG - Hong Kong, China	HKG	6 Jun 2016

Lane	Bib	C/R	DoB	PB	SB
2		<b>SGP - Singapore</b>			
3		<b>HKG - Hong Kong, China</b>			
4		<b>IND - India</b>			
5		<b>KAZ - Kazakhstan</b>			
6		<b>TPE - Chinese Taipei</b>			
7		<b>UAE - United Arab Emirates</b>			
8		<b>CHN - People's Republic of China</b>			
9		<b>THA - Thailand</b>			





# 22nd Asian U20 Athletics Championships



Sunday

31 May 2026

START TIME 18:05

## Women's 4x400m Relay

Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

### START LIST

<b>World U20</b>	<b>3:27.60</b>	United States U20	USA	18 Jul 2004
<b>Asia U20</b>	<b>3:32.59</b>	National Junior Team	CHN	20 Aug 2006
<b>Meet Record</b>	<b>3:38.20</b>	JPN - Japan	JPN	10 Jun 2018
<b>HK U20</b>	<b>3:48.48</b>	HKG - Hong Kong, China	HKG	6 Nov 2023

Lane	Bib	C/R	DoB	PB	SB
------	-----	-----	-----	----	----

- 5      **SGP - Singapore**
- 6      **HKG - Hong Kong, China**
- 7      **IND - India**
- 8      **KAZ - Kazakhstan**

