

**22nd Asian U20 Athletics Championships Day Four (31 May 2026) Morning 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 Four: 31 May 2026 Morning		
KTSG	----	----	7:10	7:30	7:40	8:30	Discus Throw	M	Final
KTSG	----	----	7:10	8:15	8:25	8:35	5000 m	W	Final
KTSG	----	----	7:10	8:35	8:45	9:05	Long Jump	W	Heptathlon
Warm Up at JSC	8:35	8:45	9:00	9:05	9:15	9:25	4 x 100 m	M	Round 1 Heat 1
Warm Up at JSC	8:45	8:55	9:10	9:15	9:25	9:35	4 x 100 m	M	Round 1 Heat 2
Warm Up at JSC	9:10	9:20	9:35	9:40	9:50	10:00	4 x 400 m	M	Round 1 Heat 1
Warm Up at JSC	9:20	9:30	9:45	9:50	10:00	10:10	4 x 400 m	M	Round 1 Heat 2
KTSG	----	----	----	----	----	10:15	Javelin Throw	W	Heptathlon