

Revised Day 1 Timetable Asian U23 - Ordos China			
DAY 1 - 9 July 2026 - Morning Session			
Time	Event	Gender	Round
9:00	100m Dec	M	Decathlon 1
9:10	800m	M	R1 H1
9:20	800m	M	R1 H2
9:30	800m	W	R1 H1
9:40	800m	W	R1 H2
9:50	Long Jump Dec	M	Decathlon 2
10:00	Hammer Throw	W	Final
11:05	Shot Put Dec	M	Decathlon 3
11:30	Hammer Throw	M	Final
DAY 1 - 9 July 2026 - Evening Session			
19:30	100m	M	R1 H1
19:37	100m	M	R1 H2
19:44	100m	M	R1 H3
19:50	Triple Jump	M	Final
19:52	Hammer Throw	M	MC 1
20:00	High Jump	M	Decathlon 4
20:05	100m	W	R1 H1
20:12	100m	W	R1 H2
20:15	Pole Vault	W	Final
20:16	Hammer Throw	W	MC 2
20:25	Discus Throw	M	Final
20:30	5000m	M	Final
21:00	3000m SC	W	Final
21:16	Triple Jump	M	MC 3
21:30	4 x 400m Relay	X	Final
21:36	Pole Vault	W	MC 4
21:43	Discus Throw	M	MC 5
21:55	400m	M	Decathlon 5
22:10	100m	M	Final
22:12	5000m	M	MC 6
22:19	3000m SC	W	MC 7
22:35	100m	W	Final
22:37	4 x 400m Relay	X	MC 8
22:44	100m	M	MC 9
22:51	100m	W	MC 10

Revised - Day 1 Timetable as of 7 July 2026
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