



22nd Asian U20 Athletics Championships



Thursday
28 May 2026
START TIME 10:45

Men's Shot Put Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

RESULTS

World U20	23.00	Jacko Gill	NZL	18 Aug 2013
Asia U20	20.63	LI Meng	CHN	21 Oct 2011
Meet Record	20.29	Khalid Habash AL SUWAIDI	QAT	1 Oct 2002
HKG All Comers	20.41	ZHANG Jun	CHN	11 Dec 2009
HK U20	15.40	SIT Wai Lok	HKG	18 May 2019

Rank	Bib	Name	C/R	DoB	1	2	3	Result	Point Tot.Pts
1	228	Rahul Jakhar	IND	11 Sep 2008	13.04	12.91	X	13.04	670 1689
2	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007	12.25	12.63	12.19	12.63	645 1573
3	140	Cheng-yu Wu	TPE	25 May 2008	12.02	12.44	11.38	12.44	633 1496
4	304	Askar Omirzak	KAZ	17 Sep 2008	10.64	11.80	12.33	12.33	626 1451
5	572	Jakhongir Juraboev	UZB	9 Jan 2008	11.37	12.32	X	12.32	626 1419
6	238	Upkar Upkar	IND	16 Jun 2007	12.14	12.05	11.27	12.14	615 1540
7	274	Kotaro Ihara	JPN	2 Jan 2007	9.68	11.20	X	11.20	558 1543
8	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007	10.04	10.10	9.94	10.10	492 1538
9	191	Pak Ki Wong	HKG	21 Mar 2009	5.07	5.29	4.70	5.29	208 1288

Legend:
X Failed trail in Field Events