



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)

START LIST

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

Order	Bib	Name	C/R	DoB	PB	SB
1	305	Ayan Zhanbakiyev	KAZ	27 Jun 2007		
2	238	Upkar Upkar	IND	16 Jun 2007		
3	304	Askar Omirzak	KAZ	17 Sep 2008		
4	572	Jakhongir Juraboev	UZB	9 Jan 2008		
5	274	Kotaro Ihara	JPN	2 Jan 2007		
6	228	Rahul Jakhar	IND	11 Sep 2008		
7	191	Pak Ki Wong	HKG	21 Mar 2009		
8	454	Mohammed Hezam B Alshahrani	KSA	8 Feb 2007		
9	140	Cheng-yu Wu	TPE	25 May 2008		