



22nd Asian U20 Athletics Championships



Thursday
28 May 2026
START TIME 19:17

Men's 400m Decathlon

Kai Tak Youth Sports Ground, Hong Kong (HKG)

START LIST

World U20	43.87	Steve LEWIS	USA	28 Sep 1988
Asia U20	44.27	Abdelilah HAROUN	QAT	5 Jul 2015
Meet Record	45.53	Ailixier WUMAIER	CHN	25 Apr 2024
HKG All Comers	45.94	CHEN Zhisheng	CHN	27 Sep 2025
HK U20	47.79	LEUNG Ki Ho	HKG	2 Dec 2007

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