

3rd Asian Youth Athletics Championships

Time Schedule updated as at 16-03-2019 (08:30)

DAY 1 - Friday Morning, 15 March			
08:30	5000m Race Walk	G	Final
09:00	Pole Vault	B	Final
09:10	100m Dec	B	
09:20	Hammer Throw	G	Final
09:50	Long Jump Dec	B	
09:55	5000m W	G	MC
10:05	100m H	G	R1
10:35	110m H	B	R1
11:00	Opening Ceremony		MC
11:33	Hammer Throw	G	MC
11:40	100m	G	R1
12:05	Shot Put Dec	B	
12:17	100m	B	R1
12:50	Pole Vault	B	MC

DAY 1 - Friday Evening, 15 March			
14:00	Pole Vault	G	Final
14:05	High Jump Dec	B	
14:15	2000m SC	G	Final
14:30	Triple Jump	B	Final
14:35	400m	G	R1
15:00	400m	B	R1
15:20	2000 SC	G	MC
15:30	1500m	B	Final
15:35	Hammer Throw	B	Final
15:50	100m H	G	Final
15:55	1500m	B	MC
16:05	110m H	B	Final
16:08	100m H	G	MC
16:16	110m H	B	MC
16:25	400m Dec	B	
16:35	Pole Vault	G	MC
16:43	Triple Jump	B	MC
16:51	Hammer Throw	B	MC

DAY 2 - Saturday Morning, 16 March			
08:30	100m H Hep	G	
08:40	Shot Put	G	Final
08:45	110m H Dec	B	
09:05	10,000m Race Walk	B	Final
09:20	High Jump Hep	G	
09:25	Discus Throw Dec	B	
09:45	Long Jump	B	Final
10:15	400m H	G	R1
10:40	10,000m RW	B	MC
10:47	Shot Put	G	MC
10:50	Discus Throw	G	Final
11:00	Pole Vault Dec	B	
11:30	200m	G	R1
11:55	200m	B	R1
12:15	Discus Throw	G	MC
12:23	Long Jump	B	MC
12:33	800m	G	R1

DAY 2 - Saturday Evening, 16 March			
14:00	Long Jump	G	Final
14:05	High Jump	B	Final
14:10	Shot Put Hep	G	
14:20	2000m SC	B	Final
14:30	Javelin Throw Dec	B	
14:35	100m	G	SF
14:55	100m	B	SF
15:12	2000m SC	B	MC
15:23	3000m	G	Final
15:36	Long Jump	G	MC
15:46	400m	G	Final
15:55	400m	B	Final
15:58	3000m	G	MC
16:05	Discus Throw	B	Final
16:15	200m Hep	G	
16:20	400m	G	MC
16:28	400m	B	MC
16:40	1500m Dec	B	Final
16:55	100m	G	Final
17:05	100m	B	Final
17:08	High Jump	B	MC
17:15	Decathlon	B	MC
17:22	Discus Throw	B	MC
17:30	100m	G	MC
17:38	100m	B	MC

DAY 3 - Sunday 17 March			
08:30	Long Jump Hep	G	
08:35	Javelin Throw	G	Final
08:40	Shot Put	B	Final
09:45	Triple Jump	G	Final
09:55	1500m	G	Final
10:10	High Jump	G	Final
10:15	Javelin Throw Hep	G	
10:20	400m H	G	Final
10:25	Javelin Throw	G	MC
10:33	1500m	G	MC
10:45	400m H	B	Final
11:00	800m	G	Final
11:10	800m	B	Final
11:15	Shot Put	B	MC
11:25	Medley R	G	R1
11:45	Medley R	B	R1
12:05	Javelin Throw	B	Final
12:06	400m H	G	MC
12:13	400m H	B	MC
12:21	Triple Jump	G	MC
12:29	800m	G	MC
12:37	800m	B	MC
12:45	200m	G	Final
12:53	200m	B	Final
13:05	800m Hep	G	Final
13:10	High Jump	G	MC
13:18	200m	G	MC
13:26	200m	B	MC
13:35	3000m	B	Final
13:45	Heptathlon	G	MC
13:53	Javelin Throw	B	MC
14:05	Medley R	G	Final
14:15	Medley R	B	Final
14:22	3000m	B	MC
14:30	Medley R	G	MC
14:38	Medley R	B	MC