

21st Asian U/20 Athletics Championships Dubai UAE 24th to 27th April 2024

Day 1 - 24 April Morning			
09:00	100m Dec	M	
09:05	High Jump	W	F
09:10	100m	W	R1
09:15	Discus Throw	M	F
09:35	100m	M	R1
09:40	Long Jump Dec	M	
10:00	800m	W	R1
10:20	400m	W	R1
10:40	400m	M	R1
10:45	Shot Put Dec	M	
Day 1 - 24 April Evening			
17:40	High Jump	W	MC
17:50	Discus Throw	M	MC
18:00	High Jump Dec	M	
18:05	Triple Jump	W	F
18:10	200m	W	R1
18:30	Javelin Throw	M	F
18:35	200m	M	R1
19:00	3000m	W	F
19:20	1500m	M	F
19:35	400m H	W	R1
19:55	400m H	M	R1
20:05	Triple Jump	W	MC
20:15	400m Dec	M	
20:18	Javelin Throw	M	MC
20:25	3000m	W	MC
20:32	1500m	M	MC

Note : Provisional Timetable and subject to revision based on the final entries

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Day 2 - 25 April Morning			
07:30	10,000m Race Walk	W	F
09:00	110m H Dec	M	
09:10	110m H	M	R1
09:25	800m	M	R1
09:35	Discus Throw Dec	M	
09:45	Shot Put	M	F
10:40	Discus Throw	W	F
10:55	Pole Vault Dec	M	
Day 2 - 25 April Evening			
17:30	10,000m RW	W	MC
17:44	Shot Put	M	MC
17:51	Discus Throw	W	MC
18:00	Javelin Throw Dec	M	
18:05	Pole Vault	W	F
18:10	3000m SC	W	F
18:30	Long Jump	W	F
18:35	3000m SC	M	F
18:55	400m	W	F
19:00	3000m SC	W	MC
19:10	400m	M	F
19:15	Hammer Throw	M	F
19:20	3000m SC	M	MC
19:30	5000m	M	F
19:55	400m	W	MC
20:01	400m	M	MC
20:10	1500m Dec	M	F
20:20	100m	W	F
20:22	5000m	M	MC
20:35	100m	M	F
20:37	Pole Vault	W	MC
20:44	Long Jump	W	MC
20:51	Decathlon	M	MC
20:58	Hammer Throw	M	MC

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Day 3 - 26 April Morning			
07:50	10,000m Race Walk	M	Final
09:00	100m H Hep	W	
09:05	Triple Jump	M	F
09:10	100m H	W	RI
09:25	Javelin Throw	W	F
09:40	High Jump Hep	W	
Day 3 - 26 April Evening			
17:30	100m	W	MC
17:30	100m	W	MC
17:37	10,000m RW	M	MC
17:44	Triple Jump	M	MC
17:51	Javelin Throw	W	MC
18:00	Shot Put Hep	W	
18:05	Pole Vault	M	F
18:10	400m H	W	F
18:15	Hammer Throw	W	F
18:20	400m H	M	F
18:35	800m	W	F
18:50	110m H	M	F
18:55	400m H	W	MC
19:05	Shot Put	W	F
19:10	200m Hep	W	
19:15	400m H	M	MC
19:25	200m	W	F
19:30	800m	W	MC
19:40	200m	M	F
19:45	110m H	M	MC
19:52	Hammer Throw	W	MC
20:05	Mixed Relay	X	F
20:15	200m	W	MC
20:22	Pole Vault	M	MC
20:30	200m	M	MC
20:38	Shot Put	W	MC

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Day 4 - 27 April Evening			
17:50	Mixed Relay	X	MC
18:00	Long Jump Hep	W	
18:05	High Jump	M	F
18:10	100m H	W	F
18:20	3000m	M	F
18:40	1500m	W	F
18:50	800m	M	F
18:55	100m H	W	MC
19:05	Javelin Throw Hep	W	
19:10	Long Jump	M	F
19:15	5000m	W	F
19:35	3000m	M	MC
19:42	1500m	W	MC
19:55	4 x 100m Relay	W	F
20:05	4 x 100m Relay	M	F
20:08	800m	M	MC
20:20	4 x 400m Relay	W	F
20:30	4 x 400m Relay	M	F
20:35	5000m	W	MC
20:45	800m Hep	W	F
20:50	High Jump	M	MC
20:57	4x100m Relay	W	MC
21:04	4x100m Relay	M	MC
21:11	Long Jump	M	MC
21:18	4x400m Relay	W	MC
21:25	4x400m Relay	M	MC
21:32	Heptathlon	W	MC