**23rd Asian Athletics Championships – Doha, Qatar**

**21 – 24 April 2019**

**Time Table**

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| --- | --- | --- | --- | --- |
| **Day** | **Start Time** | **Event** | **Gender** | **Phase** |
| 21st April | 08:30 | 800m | Women | Round 1 |
| 21st April | 08:35 | Discus Throw | Men | Qualification |
| 21st April | 08:52 | Triple Jump | Men | Qualification |
| 21st April | 08:55 | 800m | Men | Round 1 |
| 21st April | 09:30 | 400m | Women | Round 1 |
| 21st April | 09:56 | 400m | Men | Round 1 |
|  |  |  |  |  |
| **21st April** | **16:00** | **Opening Ceremony** |  |  |
| **21st April** | **16:40** | **4x100m** | **Boys** | **Final** |
| **21st April** | **17:05** | **Javelin Throw** | **Women** | **Final** |
| **21st April** | **17:08** | **Long Jump** | **Women** | **Qualification** |
| **21st April** | **17:10** | **400m Hurdles** | **Women** | **Round 1** |
| **21st April** | **17:32** | **400m Hurdles** | **Men** | **Round 1** |
| **21st April** | **17:45** | **Pole Vault** | **Men** | **Final** |
| **21st April** | **18:00** | **5000m** | **Women** | **Final** |
| **21st April** | **18:23** | **100m** | **Women** | **Round 1** |
| **21st April** | **18:54** | **100m** | **Men** | **Round 1** |
| **21st April** | **19:37** | **5000m** | **Women** | **VC** |
| **21st April** | **19:45** | **400m** | **Men** | **Semi Final** |
| **21st April** | **19:47** | **Shot Put** | **Women** | **Final** |
| **21st April** | **20:08** | **400m** | **Women** | **Final** |
| **21st April** | **20:15** | **Discus Throw** | **Men** | **Final** |
| **21st April** | **20:16** | **Javelin Throw** | **Women** | **VC** |
| **21st April** | **20:24** | **3000m SC** | **Men** | **Final** |
| **21st April** | **20:40** | **400m** | **Women** | **VC** |
| **21st April** | **20:45** | **Pole Vault** | **Men** | **VC** |
| **21st April** | **20:54** | **10000m** | **Men** | **Final** |
| **21st April** | **21:25** | **3000m SC** | **Men** | **VC** |
| **21st April** | **21:30** | **Shot Put** | **Women** | **VC** |
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| **Day** | **Start Time** | **Event** | **Gender** | **Phase** |
| 22nd April | 08:31 | High Jump | Women | Qualification | |
| 22nd April | 08:32 | Javelin Throw | Men | Qualification | |
| 22nd April | 08:33 | 5000m | Men | Round 1 | |
| 22nd April | 08:36 | Triple Jump | Women | Qualification | |
| 22nd April | 08:45 | Shot Put | Men | Qualification | |
| 22nd April | 09:06 | 1500m | Women | Round 1 | |
| 22nd April | 09:25 | 100m | Men | Decathlon 1 | |
| 22nd April | 09:47 | 100m Hurdles | Women | Heptathlon 1 | |
| 22nd April | 10:10 | 800m | Men | Semi-Final | |
| 22nd April | 10:15 | Long Jump | Men | Decathlon 2 | |
| 22nd April | 10:30 | 4 x 100m | Women | Round 1 | |
| 22nd April | 10:48 | High Jump | Women | Heptathlon 2 | |
| 22nd April | 10:50 | 4 x 100m | Men | Round 1 | |
|  |  |  |  |  | |
| **22nd April** | **16:30** | **100m** | **Girls** | **Schools** | |
| **22nd April** | **16:40** | **100m** | **Girls** | **National** | |
| **22nd April** | **16:50** | **Discus Throw** | **Men** | **VC** | |
| **22nd April** | **16:55** | **10000m** | **Men** | **VC** | |
| **22nd April** | **17:03** | **Javelin Throw** | **Men** | **Final** | |
| **22nd April** | **17:05** | **Shot Put** | **Men** | **Decathlon 3** | |
| **22nd April** | **17:06** | **Shot Put** | **Women** | **Heptathlon 3** | |
| **22nd April** | **17:10** | **400m Hurdles** | **Women** | **Final** | |
| **22nd April** | **17:20** | **Triple Jump** | **Men** | **Final** | |
| **22nd April** | **17:22** | **400m Hurdles** | **Men** | **Final** | |
| **22nd April** | **17:32** | **100m** | **Women** | **Semi Final** | |
| **22nd April** | **17:48** | **100m** | **Men** | **Semi Final** | |
| **22nd April** | **18:12** | **400m Hurdles** | **Women** | **VC** | |
| **22nd April** | **18:20** | **400m** | **Men** | **Final** | |
| **22nd April** | **18:30** | **400m Hurdles** | **Men** | **VC** | |
| **22nd April** | **18:40** | **800m** | **Women** | **Final** | |
| **22nd April** | **18:46** | **Shot Put** | **Men** | **Final** | |
| **22nd April** | **18:55** | **400m** | **Men** | **VC** | |
| **22nd April** | **19:02** | **High Jump** | **Men** | **Decathlon 4** | |
| **22nd April** | **19:05** | **800m** | **Men** | **Final** | |
| **22nd April** | **19:14** | **Hammer Throw** | **Women** | **Final** | |
| **22nd April** | **19:15** | **Javelin Throw** | **Men** | **VC** | |
| **22nd April** | **19:20** | **Triple Jump** | **Men** | **VC** | |
| **22nd April** | **19:28** | **Long Jump** | **Women** | **Final** | |
| **22nd April** | **19:30** | **800m** | **Women** | **VC** | |
| **22nd April** | **19:40** | **200m** | **Women** | **Heptathlon 4** | |
| **22nd April** | **20:05** | **100m** | **Women** | **Final** | |
| **22nd April** | **20:15** | **Shot Put** | **Men** | **VC** | |
| **22nd April** | **20:24** | **100m** | **Men** | **Final** | |
| **22nd April** | **20:32** | **800m** | **Men** | **VC** | |
| **22nd April** | **20:37** | **100m** | **Women** | **VC** | |
| **22nd April** | **20:46** | **400m** | **Men** | **Decathlon 5** | |
| **22nd April** | **20:55** | **100m** | **Men** | **VC** | |
| **22nd April** | **21:00** | **Hammer Throw** | **Women** | **VC** | |
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| **Day** | **Start Time** | **Event** | **Gender** | **Phase** |
| 23rd April | 08:30 | 110m Hurdles | Men | Decathlon 6 | |
| 23rd April | 08:37 | Long Jump | Women | Heptathlon 5 | |
| 23rd April | 08:40 | High Jump | Men | Qualification | |
| 23rd April | 08:50 | 110m Hurdles | Men | Round 1 | |
| 23rd April | 09:15 | 100m Hurdles | Women | Round 1 | |
| 23rd April | 09:25 | Discus Throw | Men | Decathlon 7 | |
| 23rd April | 09:45 | 4 x 400m | Mixed | Round 1 | |
| 23rd April | 10:50 | Javelin Throw | Women | Heptathlon 6 | |
| 23rd April | 11:30 | Pole Vault | Men | Decathlon 8 | |
|  |  |  |  |  | |
| **23rd April** | **16:30** | **100m** | **Boys** | **Schools** | |
| **23rd April** | **16:40** | **100m** | **Boys** | **National** | |
| **23rd April** | **16:50** | **Long Jump** | **Women** | **VC** | |
| **23rd April** | **17:02** | **Javelin Throw** | **Men** | **Decathlon 9** | |
| **23rd April** | **17:05** | **200m** | **Men** | **Round 1** | |
| **23rd April** | **17:08** | **Long Jump** | **Men** | **Qualification** | |
| **23rd April** | **17:10** | **Pole Vault** | **Women** | **Final** | |
| **23rd April** | **17:50** | **3000m SC** | **Women** | **Final** | |
| **23rd April** | **18:05** | **800m** | **Women** | **Heptathlon** | |
| **23rd April** | **18:20** | **200m** | **Women** | **Round 1** | |
| **23rd April** | **18:50** | **Triple Jump** | **Women** | **Final** | |
| **23rd April** | **18:54** | **3000m SC** | **Women** | **VC** | |
| **23rd April** | **19:00** | **Heptathlon** | **Women** | **VC** | |
| **23rd April** | **19:08** | **High Jump** | **Women** | **Final** | |
| **23rd April** | **19:10** | **1500m** | **Men** | **Decathlon** | |
| **23rd April** | **19:13** | **Hammer Throw** | **Men** | **Qualification** | |
| **23rd April** | **19:20** | **1500m** | **Men** | **Round 1** | |
| **23rd April** | **19:43** | **Decathlon** | **Men** | **VC** | |
| **23rd April** | **19:55** | **4 x 100m** | **Women** | **Final** | |
| **23rd April** | **20:05** | **4 x 100m** | **Men** | **Final** | |
| **23rd April** | **20:15** | **Pole Vault** | **Women** | **VC** | |
| **23rd April** | **20:25** | **4 x 400m** | **Mixed** | **Final** | |
| **23rd April** | **20:35** | **Triple Jump** | **Women** | **VC** | |
| **23rd April** | **20:40** | **High Jump** | **Women** | **VC** | |
| **23rd April** | **20:49** | **10000m** | **Women** | **Final** | |
| **23rd April** | **20:55** | **4 x 100m** | **Women** | **VC** | |
| **23rd April** | **21:00** | **4 x 100m** | **Men** | **VC** | |
| **23rd April** | **21:05** | **4 x 400m** | **Mixed** | **VC** | |
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| **Day** | **Start Time** | **Event** | **Gender** | **Phase** |
| 24th April | 08:30 | 200m | Women | Semi Final | |
| 24th April | 09:00 | 200m | Men | Semi Final | |
| 24th April | 09:30 | 4 x 400m | Women | Heats | |
| 24th April | 10:00 | 4 x 400m | Men | Heats | |
|  |  |  |  |  | |
| **24th April** | **16:40** | **4x100m** | **Girls** | **Final** | |
| **24th April** | **16:50** | **10000m** | **Women** | **VC** | |
| **24th April** | **17:04** | **Discus Throw** | **Women** | **Final** | |
| **24th April** | **17:05** | **100m Hurdles** | **Women** | **Final** | |
| **24th April** | **17:15** | **110m Hurdles** | **Men** | **Final** | |
| **24th April** | **17:30** | **200m** | **Women** | **Final** | |
| **24th April** | **17:36** | **High Jump** | **Men** | **Final** | |
| **24th April** | **17:39** | **100m Hurdles** | **Women** | **VC** | |
| **24th April** | **17:46** | **Long Jump** | **Men** | **Final** | |
| **24th April** | **17:48** | **200m** | **Men** | **Final** | |
| **24th April** | **17:58** | **110m Hurdles** | **Men** | **VC** | |
| **24th April** | **18:06** | **1500m** | **Women** | **Final** | |
| **24th April** | **18:15** | **200m** | **Women** | **VC** | |
| **24th April** | **18:24** | **1500m** | **Men** | **Final** | |
| **24th April** | **18:36** | **200m** | **Men** | **VC** | |
| **24th April** | **18:41** | **1500m** | **Women** | **VC** | |
| **24th April** | **18:50** | **Hammer Throw** | **Men** | **Final** | |
| **24th April** | **18:53** | **5000m** | **Men** | **Final** | |
| **24th April** | **19:12** | **Discus Throw** | **Women** | **VC** | |
| **24th April** | **19:17** | **1500m** | **Men** | **VC** | |
| **24th April** | **19:22** | **Long Jump** | **Men** | **VC** | |
| **24th April** | **19:30** | **4 x 400m** | **Women** | **Final** | |
| **24th April** | **19:40** | **5000m** | **Men** | **VC** | |
| **24th April** | **19:50** | **4 x 400m** | **Men** | **Final** | |
| **24th April** | **20:05** | **High Jump** | **Men** | **VC** | |
| **24th April** | **20:10** | **4 x 400m** | **Women** | **VC** | |
| **24th April** | **20:20** | **Hammer Throw** | **Men** | **VC** | |
| **24th April** | **20:25** | **4 x 400m** | **Men** | **VC** | |
| **24th April** | **20:30** | **Closing Ceremony** | | | |