



HONG KONG 2019
ASIAN YOUTH
ATHLETICS
CHAMPIONSHIPS

3rd ASIAN YOUTH CHAMPIONSHIPS
HONG KONG 15-17 MARCH 2019

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
09:25	400m	B	R1
09:55	5000m W	G	MC
10:05	100m H	G	R1
09:50	Long Jump Dec	B	
10:35	110m H	B	R1
11:00	Opening Ceremony		
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
12:58	3000m	B	R1

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	SF
15:16	2000 SC	G	MC
15:25	1500m	B	R1
15:35	Hammer Throw	B	Final
15:55	100m H	G	Final
16:05	110m H	B	Final
16:08	100m H	G	MC
16:15	110m H	B	MC
16:25	400m Dec	B	
16:35	Pole Vault	G	MC
16:42	Triple Jump	B	MC
16:49	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
10:36	10,000m W	B	MC
10:43	Shot Put	G	MC
10:50	Discus Throw	G	Final
10:55	400m H	B	R1
11:00	Pole Vault Dec	B	
11:35	200m	G	R1
11:55	200m	B	R1
12:25	800m	G	R1
12:45	Discus Throw	G	MC
12:53	Long Jump	B	MC
13:00	800m	B	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
15:20	3000m	G	Final
15:35	Long Jump	G	MC
15:45	400m	G	Final
15:55	400m	B	Final
15:58	3000m	G	MC
16:05	Discus Throw	B	Final
16:10	200m Hep	G	
16:20	400m	G	MC
16:28	400m	B	MC
16:40	1500m Dec	B	Final
16:50	100m	G	Final
17:00	100m	B	Final
17:03	Decathlon	B	MC
17:10	High Jump	G	MC
17:17	Discus Throw	B	MC
17:24	100m	G	MC
17:31	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
09:00	200m	G	SF
09:25	200m	B	SF
09:55	1500m	G	Final
10:00	Triple Jump	G	Final
10:05	1500m	B	Final
10:25	400m H	G	Final
10:30	High Jump	G	Final
10:32	1500m	G	MC
10:35	Javelin Throw Hep	G	
10:40	1500m	B	MC
10:50	400m H	B	Final
10:53	Javelin Throw	G	MC
11:00	Shot Put	B	MC
11:10	800m	G	Final
11:20	800m	B	Final
11:30	Medley R	G	R1
11:50	Medley R	B	R1
11:55	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
12:55	200m	B	Final
13:05	800m Hep	G	Final
13:10	200m	G	MC
13:18	200m	B	MC
13:30	3000m	B	Final
13:42	Heptathlon	G	MC
13:49	High Jump	G	MC
13:56	Javelin Throw	B	MC
14:10	Medley R	G	Final
14:20	Medley R	B	Final
14:25	3000m	B	MC
14:39	Medley R	G	MC
14:46	Medley R	B	MC



香港業餘田徑總會
Hong Kong Amateur Athletic Association

