

**HONG KONG AMATEUR ATHLETIC ASSOCIATION**  
**3rd Asian Youth Athletics Championships**  
**15-17 March 2019**  
**Tseung Kwan O Sports Ground, Hong Kong**  
**Order of Events**

*DAY 1 -- 15 March 2019 (Friday)*

| Time                   | Girls                   | Boys                 | Girl's Heptathlon | Boy's Decathlon |
|------------------------|-------------------------|----------------------|-------------------|-----------------|
| 08:30                  | 5000m Walk Final        |                      |                   |                 |
| 09:05                  |                         | Pole Vault Final     |                   |                 |
| 09:10                  |                         |                      |                   | 100m            |
| 09:20                  |                         | 400m Round 1         |                   |                 |
| 09:25                  | Hammer Throw Final      |                      |                   |                 |
| 09:55                  |                         |                      |                   | Long Jump       |
| 10:05                  | 100m Round 1            |                      |                   |                 |
| 10:30                  | <b>Opening Ceremony</b> |                      |                   |                 |
| 11:05                  |                         | 100m Round 1         |                   |                 |
| 11:30                  |                         |                      |                   | Shot Put        |
| 11:40                  |                         | Hammer Throw Final   |                   |                 |
| 11:45                  |                         | Triple Jump Final    |                   |                 |
| 11:55                  | 100m Hurdles Round 1    |                      |                   |                 |
| 12:20                  |                         | 110m Hurdles Round 1 |                   |                 |
| <b>AFTERNOON BREAK</b> |                         |                      |                   |                 |
| 14:25                  |                         | Discus Qualification |                   |                 |
| 14:30                  | Pole Vault Final        |                      |                   |                 |
| 14:35                  |                         |                      |                   | High Jump       |
| 14:40                  | Long Jump Qualification |                      |                   |                 |
| 15:00                  | 2000mSC Final           |                      |                   |                 |
| 15:20                  | 400m Round 1            |                      |                   |                 |
| 15:55                  |                         | 400m Round 1         |                   |                 |
| 16:05                  |                         | Discus Qualification |                   |                 |
| 16:35                  |                         | 1500m Qualification  |                   |                 |
| 17:10                  |                         |                      |                   | 400m            |
| 17:30                  | 100m Hurdles Final      |                      |                   |                 |
| 17:40                  |                         | 110m Hurdles Final   |                   |                 |

**Note : Time table subject to change according to entries**

**HONG KONG AMATEUR ATHLETIC ASSOCIATION**  
**3rd Asian Youth Athletics Championships**  
**15-17 March 2019**  
**Tseung Kwan O Sports Ground, Hong Kong**  
**Order of Events**

***DAY 2 -- 16 March 2019 (Saturday)***

| <b>Time</b>            | <b>Girls</b>         | <b>Boys</b>             | <b>Girl's Heptathlon</b> | <b>Boy's Decathlon</b> |
|------------------------|----------------------|-------------------------|--------------------------|------------------------|
| <b>08:00</b>           |                      | 10000m Walk Final       |                          |                        |
| <b>08:30</b>           | Discus Throw Final   |                         |                          |                        |
| <b>08:35</b>           |                      | Long Jump Qualification |                          |                        |
| <b>08:55</b>           |                      | Shot Put Qualification  |                          |                        |
| <b>09:10</b>           |                      |                         | 100mHurdles              |                        |
| <b>09:30</b>           |                      |                         |                          | 110m Hurdles           |
| <b>10:00</b>           | 400m Hurdles Round 1 |                         |                          |                        |
| <b>10:15</b>           |                      |                         | High Jump                |                        |
| <b>10:25</b>           |                      | Shot Put Qualification  |                          |                        |
| <b>10:30</b>           |                      |                         |                          | Discus Throw           |
| <b>10:25</b>           |                      | 400m HurdlesRound 1     |                          |                        |
| <b>11:10</b>           | 800m Round 1         |                         |                          |                        |
| <b>11:40</b>           |                      | 800m Round 1            |                          |                        |
| <b>11:55</b>           |                      |                         |                          | Pole Vaut              |
| <b>12:05</b>           | 200m Round 1         |                         |                          |                        |
| <b>12:35</b>           |                      | 200m Round 1            |                          |                        |
| <b>AFTERNOON BREAK</b> |                      |                         |                          |                        |
| <b>14:00</b>           |                      | Discus Final            |                          |                        |
| <b>14:05</b>           |                      | High Jump Final         |                          |                        |
| <b>14:10</b>           |                      |                         | Shot Put                 |                        |
| <b>14:20</b>           | Long Jump Final      |                         |                          |                        |
| <b>14:25</b>           |                      | 2000mSC Final           |                          |                        |
| <b>14:50</b>           | 100m Semi-Finial     |                         |                          |                        |
| <b>15:10</b>           |                      | 100m Semi-Finial        |                          |                        |
| <b>15:40</b>           | 400m Finalh          |                         |                          |                        |
| <b>15:50</b>           |                      | 400m Final              |                          |                        |
| <b>16:10</b>           |                      |                         | 200m                     |                        |
| <b>16:20</b>           |                      |                         |                          | Javelin Throw          |
| <b>16:25</b>           | 3000m Final          |                         |                          |                        |
| <b>17:10</b>           | 100m Final           |                         |                          |                        |
| <b>17:25</b>           |                      | 100m Final              |                          |                        |
| <b>17:40</b>           |                      |                         |                          | 1500m                  |

**Note : Time table subject to change according to entries**

**HONG KONG AMATEUR ATHLETIC ASSOCIATION**  
**3rd Asian Youth Athletics Championships**  
**15-17 March 2019**  
**Tseung Kwan O Sports Ground, Hong Kong**  
**Order of Events**

***DAY 3 -- 17 March 2019 (Sunday)***

| <b>Time</b>  | <b>Girls</b>         | <b>Boys</b>                     | <b>Girl's Heptathlon</b> | <b>Boy's Decathlon</b> |
|--------------|----------------------|---------------------------------|--------------------------|------------------------|
| <b>09:00</b> |                      |                                 | Long Jump                |                        |
| <b>09:05</b> | 1500m Fina           |                                 |                          |                        |
| <b>09:15</b> |                      | 1500m Final                     |                          |                        |
| <b>09:25</b> | High Jump Final      |                                 |                          |                        |
| <b>09:30</b> | Javelin Final        |                                 |                          |                        |
| <b>09:35</b> |                      | Shot Put Final                  |                          |                        |
| <b>09:40</b> | 400m Hurdles Final   |                                 |                          |                        |
| <b>09:55</b> |                      | 400m Hurdles Final              |                          |                        |
| <b>10:20</b> | 800m Final           |                                 |                          |                        |
| <b>10:30</b> |                      | 800m Final                      |                          |                        |
| <b>10:35</b> |                      |                                 | Javelin Throw            |                        |
| <b>10:50</b> |                      | Long Jump Final<br>12:15 finish |                          |                        |
| <b>10:55</b> | Medley Relay Round 1 |                                 |                          |                        |
| <b>11:15</b> |                      | Medley Relay Round 1            |                          |                        |
| <b>11:15</b> |                      |                                 | Javelin Throw            |                        |
| <b>11:50</b> | 200m Semi-Final      |                                 |                          |                        |
| <b>12:10</b> |                      | 200m Semi-Fina                  |                          |                        |
| <b>12:40</b> |                      | Javelin Throw Final             |                          |                        |
| <b>12:45</b> |                      |                                 | 800m                     |                        |
| <b>12:50</b> | Triple Jump Final    |                                 |                          |                        |
| <b>12:55</b> | Shot Put Final       |                                 |                          |                        |
| <b>13:05</b> |                      | 3000m Final                     |                          |                        |
| <b>13:45</b> | 200m Finial          |                                 |                          |                        |
| <b>13:55</b> |                      | 200m Finial                     |                          |                        |
| <b>14:25</b> | Medley Relay Final   |                                 |                          |                        |
| <b>14:55</b> |                      | Medley Relay Final              |                          |                        |

**Note : Time table subject to change according to entries**