

25th Asain Championships 2023, Bangkok Thailand

Day 1 Morning session 12 July 2023

Start hh:mm	Event	M	Phase
		W	
09:00	100m	M	Decathlon 1
09:15	400m	M	R1
09:45	Long Jump	M	Decathlon 2
09:50	400m	W	R1
10:00	Pole Vault	W	QA&B
10:30	4 x 100m Relay	W	R1
10:35	Hammer Throw	M	QA
10:55	4 x 100m Relay	M	R1
11:25	Triple Jump	M	QA
11:40	Hammer Throw	M	QB
11:45	Shot Put	M	Decathlon 3
12:50	Triple Jump	M	QB

Day 1 Evening

Start hh:mm	Event	M	Phase
		W	
16:00	High Jump	M	Decathlon 4 A&B
17:00	Javelin	W	Final
17:15	1500m	M	R1
17:40	1500m	W	Final
17:45	Triple Jump	W	Final
17:55	400m	M	SF
18:00	High Jump	M	Q A+B
18:20	400m	W	SF
18:35	4 x 100m Relay	W	Final
18:45	4 x 100m Relay	M	Final
18:55	400m	M	Decathlon 5
19:05	<i>Javelin</i>	W	MC 1
19:14	<i>Triple Jump</i>	W	MC 2
19:25	10,000m	M	Final
19:57	<i>4x100 Relay</i>	W	MC 3
20:05	<i>4x100 Relay</i>	M	MC 4
20:13	<i>1500m</i>	W	MC 5
20:21	<i>10,000m</i>	M	MC 6

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Day 2 Morning session 13 July 2023

Start hh:mm	Event	M	Phase
		W	
09:00	110m H	M	Decathlon 6
09:15	110m H	M	R1
09:30	Long Jump	W	Q A
09:40	Discus Throw	M	Decathlon 7
09:50	100H	W	R1
11:00	Hammer Throw	M	Final
11:05	Long Jump	W	Q B
11:30	Pole Vault	M	Decathlon 8

Day 2 Evening

Start hh:mm	Event	M	Phase
		W	
15:50	<i>Hammer Throw</i>	M	MC 7
16:00	Javelin Throw	M	Decathlon 9
16:10	100m	W	R1
16:30	Triple Jump	M	Final
16:40	High Jump	W	Final
16:50	100m	M	R1
17:30	Hammer Throw	W	Final
17:35	110m H	M	SF
17:50	100m H	W	Final
18:00	400m	M	Final
18:05	400m	W	Final
18:15	1500m	M	Final
18:25	<i>100m H</i>	W	MC 8
18:35	10,000m	W	Final
19:15	<i>400m</i>	M	MC 9
19:22	<i>400m</i>	W	MC 10
19:29	<i>1500m</i>	M	MC 11
19:40	1500m Dec	M	Final
19:55	<i>Hammer Throw</i>	W	MC 12
20:02	<i>Triple Jump</i>	M	MC 13
20:09	<i>High Jump</i>	W	MC 14
20:16	<i>10000m</i>	W	MC 15
20:23	<i>Decathlon</i>	M	MC 16

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Day 3 Morning session 14 July 2023

Start hh:mm	Event	M	Phase
		W	
09:00	100m H	W	Heptathlon 1
09:25	400m H	M	R1
09:30	Long Jump	M	QA
09:50	High Jump	W	Heptathlon 2
10:00	400m H	W	R1
10:05	Pole Vault	M	Q A+B
10:10	Discus Throw	M	Q A
11:10	Long Jump	M	QB
11:20	Discus Throw	M	Q B
12:25	Shot Put	W	Heptathlon 3

Day 3 Evening

Start hh:mm	Event	M	Phase
		W	
16:00	Shot Put	M	Final
16:05	100m	W	SF
16:10	Pole Vault	W	Final
16:30	100m	M	SF
16:35	High Jump	M	Final
16:45	Discus Throw	W	Final
17:00	3000m SC	M	Final
17:05	Long Jump	W	Final
17:15	3000m SC	W	Final
17:35	200m	W	Heptathlon 4
17:46	3000SC	M	MC 17
17:54	3000SC	W	MC 18
18:05	4 x 400m MIX Relay	X	R1
18:30	110m H	M	Final
18:33	Shot Put	M	MC 19
18:40	Pole Vault	W	MC 20
18:50	400m H	M	SF
19:02	High Jump	M	MC 21
19:09	Discus Throw	W	MC 22
19:20	100m	W	Final
19:30	100m	M	Final
19:38	Long Jump	W	MC 23
19:45	110m H	M	MC 24
19:52	100m	W	MC 25
19:59	100m	M	MC 26

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Day 4 Morning session 15 July 2023

Start hh:mm	Event	M	Phase
		W	
08:45	Long Jump	W	Heptathlon 5
09:00	200m	W	R1
09:20	Javelin Throw	M	Q A
09:35	200m	M	R1
10:20	4 x 400m Relay	M	R1
10:30	Javelin Throw	M	Q B
10:40	4 x 400m Relay	W	R1

Day 4 Evening

Start hh:mm	Event	M	Phase
		W	
16:00	Javelin Throw	W	Heptathlon 6
16:10	Long Jump	M	Final
16:30	400m H	W	Final
16:40	400m H	M	Final
16:50	800m	M	R1
17:15	800m	W	R1
17:27	400m H	W	MC 27
17:30	Discus Throw	M	Final
17:35	400m H	M	MC 28
17:45	200m	W	SF
18:10	200m	M	SF
18:40	4 x 400m Mixed Relay	X	Final
18:55	800m	W	Heptathlon 7
19:05	Long Jump	M	MC 29
19:13	Discus Throw	M	MC 30
19:21	4x400 mixed relay	X	MC 31
19:29	Heptathlon	W	MC 32

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Day 5 Morning session 16 July 2023

Start hh:mm	Event	M	Phase
		W	
06:00	20 Km. Rw	W	Final
06:00	20 Km. Rw	M	Final

Evening

Start hh:mm	Event	M	Phase
		W	
14:45	20Km RW	W	MC 33
14:52	20 Km. RW	M	MC 34
15:00	Pole Vault	M	Final
15:10	Shot Put	W	Final
15:15	800m	M	Final
15:20	Javelin Throw	M	Final
15:25	800m	W	Final
15:35	5000m	W	Final
15:57	800m	M	MC 35
16:07	800m	W	MC 36
16:15	5000m	M	Final
16:45	200m	W	Final
16:50	5000m	W	MC 37
16:58	5000m	M	MC 38
17:10	200m	M	Final
17:45	Pole Vault	M	MC 39
18:05	4 x 400m Relay	W	Final
18:15	Shot Put	W	MC 40
18:22	Javelin Throw	M	MC 41
18:35	4 x 400m Relay	M	Final
18:45	200m	W	MC 42
18:52	200m	M	MC 43
18:59	4x400 Relay	W	MC 44
19:06	4x400 Relay	M	MC 45