



14<sup>TH</sup> ASIAN JUNIOR ATHLETICS CHAMPIONSHIP 2010 1<sup>ST</sup> – 4<sup>TH</sup> JULY, HANOI, VIETNAM

**FIRST DAY**

**THURSDAY, 01<sup>ST</sup> JULY 2010**

**MORNING (Hrs)**

08:30	EVENT 101	100 METRES	MEN	DECATHLON(1)
08:30	EVENT 102	HAMMER THROW	MEN	FINAL
08:40	EVENT 103	100 METRES	MEN	ROUND 1
09:15	EVENT 104	LONG JUMP	MEN	DECATHLON(2)

**AFTERNOON (Hrs)**

15:00	<b>OPENING CEREMONY</b>			
16:00	EVENT 105	POLE VAULT	MEN	FINAL
16:00	EVENT 106	LONG JUMP	WOMEN	FINAL
16:00	EVENT 107	SHOT PUT	MEN	DECATHLON(3)
16:15	EVENT 108	100 METRES	WOMEN	ROUND 1
16:35	EVENT 109	100 METRES	MEN	SEMI FINAL
17:00	EVENT 110	3000M STEEPLCHASE	MEN	FINAL
17:20	EVENT 111	3000M STEEPLCHASE	WOMEN	FINAL
17:40	EVENT 112	400 METRES	WOMEN	ROUND 1
17:45	EVENT 113	HIGH JUMP	MEN	DECATHLON(4)
17:50	EVENT 114	SHOT PUT	MEN	FINAL
18:00	EVENT 115	400 METRES	MEN	ROUND 1
18:25	EVENT 116	100 METRES	WOMEN	FINAL
18:35	EVENT 117	100 METRES	MEN	FINAL
18:45	EVENT 118	5000 METRES	WOMEN	FINAL
19:20	EVENT 119	400 METRES	MEN	DECATHLON(5)



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## SECOND DAY

FRIDAY, 2<sup>ND</sup> JULY 2010

### MORNING( Hrs)

07:00	EVENT 201	10.000M WALK	WOMEN	FINAL
08:30	EVENT 202	110 M HURDLES	MEN	DECATHLON(6)
09:15	EVENT 203	DISCUS THROW	MEN	DECATHLON(7)

### AFTERNOON( Hrs)

16:00	EVENT 204	JAVELIN THROW	WOMEN	FINAL
16:00	EVENT 205	HIGH JUMP	WOMEN	FINAL
16:00	EVENT 206	LONG JUMP	MEN	FINAL
16:00	EVENT 207	POLE VAULT	MEN	DECATHLON(8)
16:10	EVENT 208	110M HURDLES	MEN	ROUND 1
16:30	EVENT 209	100M HURDLES	WOMEN	ROUND 1
16:50	EVENT 210	400 METRES	WOMEN	FINAL
17:05	EVENT 211	400 METRES	MEN	FINAL
17:20	EVENT 212	10.000 METRES	MEN	FINAL
17:40	EVENT 213	JAVELIN THROW	MEN	DECATHLON(9)
18:20	EVENT 214	800 METRES	WOMEN	FINAL
18:35	EVENT 215	800 METRES	MEN	ROUND 1
18:50	EVENT 216	1500 METRES	MEN	DECATHLON(10)



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**THIRD DAY  
SATURDAY 3<sup>RD</sup> JULY  
MORNING (Hrs)**

08:30	EVENT 301	100 M HURDLES	WOMEN	HEPTATHLON(1)
09:00	EVENT 302	HIGH JUMP	WOMEN	HEPTATHLON(2)

**AFTERNOON**

16:00	EVENT 303	POLE VAULT	WOMEN	FINAL
16:00	EVENT 304	DISCUS THROW	WOMEN	FINAL
16:00	EVENT 305	HIGH JUMP	MEN	FINAL
16:00	EVENT 306	SHOT PUT	WOMEN	HEPTATHLON(3)
16:10	EVENT 307	400 METRES HURDLES	MEN	ROUND 1
16:30	EVENT 308	400 METRES HURDLES	WOMEN	FINAL
16:50	EVENT 309	200 METRES	WOMEN	ROUND 1
17:10	EVENT 310	200 METRES	MEN	ROUND 1
17:30	EVENT 311	110 M HURDLES	MEN	FINAL
17:30	EVENT 312	DISCUS THROW	MEN	FINAL
17:30	EVENT 313	SHOT PUT	WOMEN	FINAL
17:30	EVENT 314	TRIPLE JUMP	WOMEN	FINAL
17:50	EVENT 315	100 M HURDLES	WOMEN	FINAL
18:10	EVENT 316	1500 METRES	WOMEN	FINAL
18:30	EVENT 317	1500 METRES	MEN	FINAL
18:50	EVENT 318	200 METRES	WOMEN	HEPTATHLON(4)



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**FOURTH DAY  
SUNDAY, 04<sup>TH</sup> JULY 2010  
MORNING**

07:00	EVENT 401	10.000 M WALK	MEN	FINAL
08:30	EVENT 402	LONG JUMP	WOMEN	HEPTATHLON(5)
08:30	EVENT 403	HAMMER THROW	WOMEN	FINAL
09:00	EVENT 404	200M	MEN	SEMI FINAL

**AFTERNOON**

16:00	EVENT 405	TRIPLE JUMP	MEN	FINAL
16:00	EVENT 406	JAVELIN THROW	WOMEN	HEPTATHLON(6)
16:00	EVENT 407	400 M HURDLES	MEN	FINAL
16:15	EVENT 408	200 METRES	WOMEN	FINAL
16:25	EVENT 409	200 METRES	MEN	FINAL
16:35	EVENT 410	5000 METRES	MEN	FINAL
17:00	EVENT 411	800 METRES	MEN	FINAL
17:30	EVENT 412	JAVELIN THROW	MEN	FINAL
17:20	EVENT 413	4 x 100 M RELAY	WOMEN	FINAL
17:35	EVENT 414	4 x 100 M RELAY	MEN	FINAL
17:45	EVENT 415	3000 METRES	WOMEN	FINAL
18:05	EVENT 416	800 METRES	WOMEN	HEPTATHLON(7)
18:25	EVENT 417	4 x 400 M RELAY	WOMEN	FINAL
18:45	EVENT 418	4 x 400 M RELAY	MEN	FINAL