



**12TH ASIAN INDOOR ATHLETICS  
CHAMPIONSHIPS 2026 , TIANJIN**

**COMPETITION  
SCHEDULE**

***REVISED VERSION  
AS OF 22 JANUARY 2026***



## COMPETITION SCHEDULE

MORNING SESSION - DAY 1 - 6 FEB			
Time	Gender	Event	Round
10:05	W	60 Metres Hurdles	Pentathlon
10:30	W	800 Metres	Heats
10:45	W	High Jump	Pentathlon
11:00	M	800 Metres	Heats
11:05	M	Triple Jump	Final
11:40	M	60 Metres	Heats
12:30	W	Shot Put	Pentathlon
EVENING SESSION - DAY 1 - 6 FEB			
Time	Gender	Event	Round
18:00	W	1500 Meters	Final
18:15	M	60 Metres	Semi Final
18:20	W	Long Jump	Pentathlon
18:25	W	Shot put	Final
18:30	M	1500 Meters	Heats
18:40	M	High Jump	Final
18:50	W	400 Metres	Heats
18:58	M	Triple Jump	MC 1
19:11	M	400 Metres	Heats
19:25	W	1500metres	MC 2
19:32	W	Shot Put	MC 3
19:44	W	800 Metres	Penthalon
19:54	M	60Metres	Final
19:56	W	Penthalon	MC 4

*Tentative Competition Schedule, subject to change after final confirmation*





MORNING SESSION - DAY 2 - 7 FEB			
Time	Gender	Event	Round
10:05	M	60 Metres	Heptathlon
10:10	W	Pole Vault	Final
10:25	M	60 Metres Hurdles	Heats
10:45	M	Long Jump	Heptathlon
12:10	M	Shot Put	Heptathlon
EVENING SESSION - DAY 2 - 7 FEB			
Time	Gender	Event	Round
18:10	M	High Jump	MC 5
18:17	M	60 Metres	MC 6
18:24	W	Pole Vault	MC 7
18:35	M	Pole Vault	Final
18:40	M	High Jump	Heptathlon
18:50	W	60 Metres	Heats
19:05	W	Triple Jump	Final
19:10	W	3000 Metres	Final
19:30	M	3000 Metres	Final
19:50	W	400 Metres	Final
19:52	W	3000 Metres	MC 8
20:06	M	400 Metres	Final
20:08	M	3000 Metres	MC 9
20:25	M	60 Metres Hurdles	Final
20:27	M	400 Metres	MC 10
20:34	W	400 Metres	MC 11
20:48	W	60 Metres	Final
20:50	W	Triple Jump	MC 12
20:57	M	Pole Vault	MC 13
21:02	M	60 Metres Hurdles	MC 14

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MORNING SESSION - DAY 3 - 8 FEB			
Time	Gender	Event	Round
10:05	M	60 Metres Hurdles	Heptathlon
10:19	W	Long Jump	Final
10:25	W	60 Metres Hurdles	Heats
11:10	M	Pole Vault	Heptathlon
11:35	W	High Jump	Final
EVENING SESSION - DAY 3 - 8 FEB			
Time	Gender	Event	Round
18:15	W	60 Metres	MC 15
18:22	W	High Jump	MC16
18:35	M	Shot Put	Final
18:45	M	Long Jump	Final
19:02	M	1000 Metres	Heptathlon
19:15	M	1500 Metres	Final
19:26	M	800 Metres	Final
19:29	W	Long Jump	MC 17
19:36	M	Heptathlon	MC 18
19:49	W	800 Metres	Final
19:53	M	1500 Metres	MC 19
20:05	W	60 Metres Hurdles	Final
20:10	M	Shot Put	MC 20
20:17	M	800 Metres	MC 21
20:30	W	4x400 Metres Relay	Final
20:36	W	800Metres	MC 22
20:50	M	4x400 Metres Relay	Final
20:56	M	Longjump	MC 23
21:03	W	60 Metres Hurdles	MC 24
21:10	W	4x400 Metres Relay	MC 25
21:17	M	4x400 Metres Relay	MC 26

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