

## 2026 아이치-나고야 아시안게임 육상 경기 시간표(안) Ver.1

\*경기 시간표는 추후 변경 될 수 있음

Date	Start time	Gender	Event name (not official yet)	Round
23-Sep	7:30	M	Men's Half Marathon Race Walk	Final
23-Sep	7:30	W	Women's Half Marathon Race Walk	Final
Date	Start time	Gender	Event name (not official yet)	Round
24-Sep	16:50	W	Women's 100m Hurdles	Heptathlon
24-Sep	17:30	W	Women's High Jump	Heptathlon
24-Sep	18:43	M	Men's Half Marathon Race Walk	Victory Ceremony
24-Sep	18:49	W	Women's Half Marathon Race Walk	Victory Ceremony
24-Sep	19:05	W	Women's Shot Put	Heptathlon
24-Sep	19:30	M	Men's 100m	Heats
24-Sep	20:06	M	Men's Triple Jump	Final
24-Sep	20:11	M	Men's High Jump	Qualification
24-Sep	20:17	W	Women's 100m	Heats
24-Sep	20:42	W	Women's 200m	Heptathlon
24-Sep	21:00	M	Men's Discus Throw	Final
24-Sep	21:08	W	Women's 10,000m	Final
24-Sep	21:54	M	Men's 100m	Semi
24-Sep	22:22	X	4 x 400m Relay Mixed	Final
Date	Start time	Gender	Event name (not official yet)	Round
25-Sep	10:00	W	Women's Long Jump	Heptathlon
25-Sep	10:55	M	Men's 100m	Decathlon
25-Sep	11:20	W	Women's Javelin Throw	Heptathlon
25-Sep	11:35	M	Men's Long Jump	Decathlon
25-Sep	12:55	M	Men's Shot Put	Decathlon
25-Sep	17:40	M	Men's Triple Jump	Victory Ceremony
25-Sep	17:46	M	Men's Discus Throw	Victory Ceremony
25-Sep	17:52	W	Women's 10,000m	Victory Ceremony
25-Sep	17:58	X	4 x 400m Relay Mixed	Victory Ceremony

25-Sep	18:35	M	Men's High Jump Dec	Decathlon
25-Sep	19:30	W	Women's Pole Vault	Final
25-Sep	19:35	M	Men's 400m	Heats
25-Sep	20:08	M	Men's 110m Hurdles	Heats
25-Sep	20:15	M	Men's Long Jump	Qualification
25-Sep	20:27	W	Women's 100m Hurdles	Heats
25-Sep	20:41	M	Men's Hammer Throw	Final
25-Sep	20:50	M	Men's 400m	Decathlon
25-Sep	21:10	W	Women's 800m	Heptathlon - Final
25-Sep	21:28	M	Men's 10,000m	Final
25-Sep	22:13	W	Women's 100m	Final
25-Sep	22:23	M	Men's 100m	Final
Date	Start time	Gender	Event name (not official yet)	Round
26-Sep	7:30	M	Men's Marathon	Final
26-Sep	7:50	W	Women's Marathon	Final
26-Sep	9:04	M	Men's 110m Hurdles	Decathlon
26-Sep	9:45	M	Men's Discus Throw	Decathlon
26-Sep	11:20	M	Men's Pole Vault	Decathlon
26-Sep	12:00	M	Men's 200m	Heats
26-Sep	17:05	M	Men's Javelin Throw	Decathlon
26-Sep	18:10	W	Women's Pole Vault	Victory Ceremony
26-Sep	18:16	M	Men's Hammer Throw	Victory Ceremony
26-Sep	18:22	W	Heptathlon	Victory Ceremony
26-Sep	18:28	M	Men's 10,000m	Victory Ceremony
26-Sep	18:34	W	Women's 100m	Victory Ceremony
26-Sep	18:40	M	Men's 100m	Victory Ceremony
26-Sep	18:46	M	Men's Marathon	Victory Ceremony
26-Sep	18:52	W	Women's Marathon	Victory Ceremony
26-Sep	19:10	W	Women's Shot Put	Final
26-Sep	19:12	M	Men's Javelin Throw	Qualification
26-Sep	19:43	W	Women's 400m	Heats
26-Sep	20:14	M	Men's 1500m	Heats

26-Sep	20:25	M	Men's Javelin Throw	Qualification
26-Sep	20:37	W	Women's Triple Jump	Final
26-Sep	20:43	M	Men's High Jump	Final
26-Sep	20:50	M	Men's 1500m	Decathlon - Final
26-Sep	21:08	W	Women's 200m	Heats
26-Sep	21:35	M	Men's 200m	Semi
26-Sep	22:03	W	Women's 100m Hurdles	Final
26-Sep	22:15	W	Women's 1500m	Final
Date	Start time	Gender	Event name (not official yet)	Round
27-Sep	7:30	M	Men's Marathon Race Walk	Final
27-Sep	7:30	W	Women's Marathon Race Walk	Final
27-Sep	18:05	M	Men's Marathon Race Walk	Victory Ceremony
27-Sep	18:11	W	Women's Marathon Race Walk	Victory Ceremony
27-Sep	18:17	W	Women's Shot Put	Victory Ceremony
27-Sep	18:23	W	Women's Triple Jump	Victory Ceremony
27-Sep	18:29	M	Men's High Jump	Victory Ceremony
27-Sep	18:35	M	Decathlon	Victory Ceremony
27-Sep	18:41	W	Women's 100m Hurdles	Victory Ceremony
27-Sep	18:47	W	Women's 1500m	Victory Ceremony
27-Sep	19:05	M	Men's Shot Put	Final
27-Sep	19:15	W	Women's 200m	Final
27-Sep	19:25	M	Men's 200m	Final
27-Sep	19:50	W	Women's 400m Hurdles	Heats
27-Sep	20:15	M	Men's Long Jump	Final
27-Sep	20:22	M	Men's 400m Hurdles	Heats
27-Sep	20:43	W	Women's Javelin Throw	Final
27-Sep	20:50	M	Men's 800m	Heats
27-Sep	21:22	W	Women's 3000m Steeplechase	Final
27-Sep	21:43	M	Men's 4 x 100m Relay	Heats
27-Sep	22:08	M	Men's 110m Hurdles	Final
27-Sep	22:23	M	Men's 400m	Final

Date	Start time	Gender	Event name (not official yet)	Round
28-Sep	18:00	M	Men's Shot Put	Victory Ceremony
28-Sep	18:06	W	Women's 200m	Victory Ceremony
28-Sep	18:12	M	Men's 200m	Victory Ceremony
28-Sep	18:18	M	Men's Long Jump	Victory Ceremony
28-Sep	18:24	W	Women's Javelin Throw	Victory Ceremony
28-Sep	18:30	W	Women's 3000m Steeplechase	Victory Ceremony
28-Sep	18:36	M	Men's 110m Hurdles	Victory Ceremony
28-Sep	18:42	M	Men's 400m	Victory Ceremony
28-Sep	19:00	W	Women's Discus Throw	Final
28-Sep	19:43	W	Women's 800m	Heats
28-Sep	19:55	W	Women's Long Jump	Final
28-Sep	20:05	W	Women's 400m Hurdles	Final
28-Sep	20:15	M	Men's 400m Hurdles	Final
28-Sep	20:30	M	Men's 1500m	Final
28-Sep	20:46	W	Women's 400m	Final
28-Sep	20:55	M	Men's Javelin Throw	Final
28-Sep	21:03	M	Men's 3000m Steeplechase	Final
28-Sep	21:23	M	Men's 4 x 400m Relay	Heats
28-Sep	21:45	W	Women's 5000m	Final
28-Sep	22:13	W	Women's 4 x 100m Relay	Final
28-Sep	22:23	M	Men's 4 x 100m Relay	Final
Date	Start time	Gender	Event name (not official yet)	Round
29-Sep	17:15	W	Women's Discus Throw	Victory Ceremony
29-Sep	17:21	W	Women's Long Jump	Victory Ceremony
29-Sep	17:27	W	Women's 400m Hurdles	Victory Ceremony
29-Sep	17:33	M	Men's 400m Hurdles	Victory Ceremony
29-Sep	17:39	M	Men's 1500m	Victory Ceremony
29-Sep	17:45	W	Women's 400m	Victory Ceremony
29-Sep	17:51	M	Men's Javelin Throw	Victory Ceremony
29-Sep	17:57	M	Men's 3000m Steeplechase	Victory Ceremony
29-Sep	18:03	W	Women's 5000m	Victory Ceremony

29-Sep	18:09	W	Women's 4 x 100m Relay	Victory Ceremony
29-Sep	18:15	M	Men's 4 x 100m Relay	Victory Ceremony
29-Sep	18:35	M	Men's Pole Vault	Final
29-Sep	19:04	W	Women's High Jump	Final
29-Sep	19:30	W	Women's Hammer Throw	Final
29-Sep	19:50	W	Women's 800m	Final
29-Sep	20:00	M	Men's 800m	Final
29-Sep	20:10	M	Men's 5000m	Final
29-Sep	20:50	X	4 x 100m Relay Mixed	Final
29-Sep	21:05	W	Women's 4 x 400m Relay	Final
29-Sep	21:17	M	Men's 4 x 400m Relay	Final
29-Sep	21:33	W	Women's High Jump	Victory Ceremony
29-Sep	21:39	M	Men's Pole Vault	Victory Ceremony
29-Sep	21:45	W	Women's Hammer Throw	Victory Ceremony
29-Sep	21:51	W	Women's 800m	Victory Ceremony
29-Sep	21:57	M	Men's 800m	Victory Ceremony
29-Sep	22:03	M	Men's 5000m	Victory Ceremony
29-Sep	22:09	X	4 x 100m Relay Mixed	Victory Ceremony
29-Sep	22:15	W	Women's 4 x 400m Relay	Victory Ceremony
29-Sep	22:21	M	Men's 4 x 400m Relay	Victory Ceremony