

*엔트리 제출 인원 에 따라 예선라운드 변경이 있을 수 있습니다.
*최종 시간표 확인:
<https://results.asiangames2026.org/#/discipline/ATH/schedule/daily/2026-09-23>



Athletics

Competition Schedule Event Details

Day 1		Wednesday		23 Sep	
Session		Start:	7:30	End :	Aichi Prefectural Government Office
Time		Event name and the Nagoya City Halls Loop Course			
7:30	-	Men's Half Marathon Race Walk			
7:30	-	Women's Half Marathon Race Walk			
Day 2		Thursday		24 Sep	
Session		Start:	10:00	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name			
10:00	-	Women's 100m Hurdles - Heptathlon 1			
10:20	-	4 x 400m Relay Mixed - Round 1			
10:30	-	Men's Triple Jump - Qualification - A&B			
10:40	-	Women's High Jump - Heptathlon 2			
Session		Start:	18:45	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name			
18:45	-	Men's Half Marathon Race Walk Victory Ceremony			
18:51	-	Women's Half Marathon Race Walk Victory Ceremony			
19:05	-	Men's High Jump - Qualification - A&B			
19:13	-	Women's Shot Put - Heptathlon 3			
19:33	-	Women's 100m - Round 1			
19:44	-	Women's Triple Jump - Final			
20:08	-	Men's 100m - Round 1			
20:55	-	Men's Discus Throw - Final			
21:00	-	Women's 200m - Heptathlon 4			
21:25	-	Women's 10,000m - Final			
22:15	-	4 x 400m Relay Mixed - Final			
22:25	-	Women's Triple Jump Victory Ceremony			

Day	3	Friday	25 Sep	
Session		Start: 10:00	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name		
10:00	-	Women's Long Jump - Heptathlon 5		
10:30	-	Men's 400m - Round 1		
11:25	-	Women's Javelin Throw - Heptathlon 6		
Session		Start: 18:20	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name		
18:20	-	4 x 400m Relay Mixed Victory Ceremony		
19:05	-	Women's Shot Put - Final		
19:13	-	Women's 100m - Semi - Final		
19:33	-	Men's 100m - Semi - Final		
19:50	-	Men's Discus Throw Victory Ceremony		
20:03	-	Women's Pole Vault - Final		
20:11	-	Women's 800m - Heptathlon 7		
20:20	-	Women's 10,000m Victory Ceremony		
20:32	-	Men's 10,000m - Final		
20:40	-	Men's Hammer Throw - Final		
21:15	-	Women's 400m - Round 1		
21:43	-	Men's 400m - Semi - Final		
22:05	-	Women's 100m - Final		
22:15	-	Men's 100m - Final		
22:25	-	Women's Heptathlon Victory Ceremony		
22:31	-	Women's Pole Vault Victory Ceremony		
22:37	-	Men's Hammer Throw Victory Ceremony		



Athletics

Competition Schedule Event Details

Day 4 Saturday 26 Sep					
Session		Start:	7:30	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name			
7:30	-	Men's Marathon			
7:50	-	Women's Marathon			
9:05	-	Men's 100m - Decathlon 1			
9:45	-	Men's Long Jump - Decathlon 2			
11:00	-	Men's Shot Put - Decathlon 3			
11:05	-	Men's Javelin Throw - Qualification - A			
11:30	-	Women's 200m - Round 1			
12:08	-	Men's Javelin Throw - Qualification - B			
12:15	-	Men's 200m - Round 1			
12:20	-	Women's Long Jump - Qualification - A&B			
Session		Start:	18:05	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name			
18:05	-	Men's High Jump - Decathlon 4			
18:10	-	Men's Marathon Victory Ceremony			
18:16	-	Women's Marathon Victory Ceremony			
18:40	-	Women's Shot Put Victory Ceremony			
19:05	-	Men's 110m Hurdles - Round 1			
19:34	-	Women's 100m Hurdles - Round 1			
19:55	-	Women's 200m - Semi - Final			
20:00	-	Men's Shot Put - Final			
20:06	-	Men's 10,000m Victory Ceremony			
20:16	-	Men's 200m - Semi - Final			
20:35	-	Men's Triple Jump - Final			
20:40	-	Women's 100m Victory Ceremony			
20:51	-	Men's 1500m - Round 1			
21:06	-	Men's 100m Victory Ceremony			
21:20	-	Men's 400m - Decathlon 5			
21:45	-	Women's 400m - Final			
22:03	-	Men's 400m - Final			
22:15	-	Women's 1500m - Final			
22:25	-	Men's Shot Put Victory Ceremony			
22:31	-	Men's Triple Jump Victory Ceremony			



Athletics

Competition Schedule Event Details

Day 5		Sunday		27 Sep	
Session		Start:	7:30	End :	
Time		Event name			
7:30	-	Men's Marathon Race Walk			
7:30	-	Women's Marathon Race Walk			
Nagoya City Mizuho Park Athletic Stadium					
11:00	-	Men's 110m Hurdles - Decathlon 6			
11:40	-	Men's Discus Throw - Decathlon 7			
11:50	-	Women's High Jump - Qualification - A&B			
12:05	-	Men's 400m Hurdles - Round 1			
12:35	-	Women's 400m Hurdles - Round 1			
12:40	-	Men's Long Jump - Qualification - A&B			
13:20	-	Men's Pole Vault - Decathlon 8			
Session		Start:	18:35	End :	
Time		Event name			
18:35	-	Men's Marathon Race Walk Victory Ceremony			
18:41	-	Women's Marathon Race Walk Victory Ceremony			
19:05	-	Men's Javelin Throw - Decathlon 9			
19:10	-	Women's Long Jump - Final			
19:35	-	Women's 200m - Final			
19:45	-	Men's 200m - Final			
19:47	-	Women's 1500m Victory Ceremony			
19:55	-	Men's 400m Victory Ceremony			
20:08	-	Men's 110m Hurdles - Final			
20:15	-	Men's High Jump - Final			
20:23	-	Women's 100m Hurdles - Final			
20:36	-	Men's 800m - Round 1			
20:54	-	Women's 400m Victory Ceremony			
21:03	-	Women's Javelin Throw - Final			
21:10	-	Men's 1500m - Decathlon 10			
21:22	-	Women's 3000m Steeplechase - Final			
21:45	-	Women's 4 x 100m Relay - Round 1			
22:12	-	Men's 4 x 100m Relay - Round 1			
22:33	-	Men's Decathlon Victory Ceremony			
22:39	-	Men's High Jump Victory Ceremony			
22:45	-	Women's Javelin Throw Victory Ceremony			

Day 6		Monday		28 Sep	
Session		Start:	18:05	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name			
18:05	-	Women's Long Jump Victory Ceremony			
18:11	-	Women's 3000m Steeplechase Victory Ceremony			
18:15	-	Women's Discus Throw - Final			
18:50	-	4 x 100m Relay Mixed - Round 1			
19:10	-	Women's 400m Hurdles - Final			
19:20	-	Men's 400m Hurdles - Final			
19:26	-	Men's 200m Victory Ceremony			
19:32	-	Women's 200m Victory Ceremony			
19:42	-	Men's 3000m Steeplechase - Final			
19:55	-	Men's Long Jump - Final			
20:05	-	Men's 1500m - Final			
20:20	-	Women's 800m - Round 1			
20:25	-	Men's Javelin Throw - Final			
20:32	-	Men's 110m Hurdles Victory Ceremony			
20:43	-	Women's 5000m - Final			
21:04	-	Women's 100m Hurdles Victory Ceremony			
21:20	-	Men's 4 x 400m Relay - Round 1			
21:34	-	Women's Discus Throw Victory Ceremony			
21:51	-	Women's 400m Hurdles Victory Ceremony			
22:04	-	Women's 4 x 100m Relay - Final			
22:10	-	Men's 400m Hurdles Victory Ceremony			
22:23	-	Men's 4 x 100m Relay - Final			
22:30	-	Women's 5000m Victory Ceremony			
22:36	-	Men's 3000m Steeplechase Victory Ceremony			

Day 7		Tuesday 29 Sep			
Session		Start:	18:00	End :	Nagoya City Mizuho Park Athletic Stadium
Time		Event name			
18:00	-	Men's 4 x 100m Relay Victory Ceremony			
18:06	-	Women's 4 x 100m Relay Victory Ceremony			
18:15	-	Men's Pole Vault - Final			
18:25	-	Men's Long Jump Victory Ceremony			
18:31	-	Men's Javelin Throw Victory Ceremony			
18:55	-	Men's 1500m Victory Ceremony			
19:18	-	Women's High Jump - Final			
19:35	-	Women's Hammer Throw - Final			
19:50	-	Women's 800m - Final			
20:05	-	Men's 800m - Final			
20:15	-	Men's 5000m - Final			
20:48	-	4 x 100m Relay Mixed - Final			
21:05	-	Women's 4 x 400m Relay - Final			
21:17	-	Men's 4 x 400m Relay - Final			
21:25	-	Women's Hammer Throw Victory Ceremony			
21:31	-	Men's Pole Vault Victory Ceremony			
21:37	-	Women's High Jump Victory Ceremony			
21:43	-	Men's 800m Victory Ceremony			
21:49	-	Women's 800m Victory Ceremony			
21:55	-	Men's 5000m Victory Ceremony			
22:01	-	4 x 100m Relay Mixed Victory Ceremony			
22:07	-	Women's 4 x 400m Relay Victory Ceremony			
22:13	-	Men's 4 x 400m Relay Victory Ceremony			