

Asian Indoor Championships
Astana, Kazakhstan, 10-12 February 2023

DAY 1 - Friday, 10 February, Morning			
10:00	60mH Pen	W	
10:10	Long Jump	M	Q
10:15	400m	M	R1
10:40	High Jump Pen	W	
10:55	400m	W	R1
11:30	800m	M	R1
12:30	Shot Put Pen	W	
DAY 1 - Friday, 10 February, Evening			
18:00	Opening Ceremony		
18:40	60m	W	R1
18:45	Long Jump Pen	W	
19:15	3000m	W	Final
19:30	Shot Put	M	Final
19:40	3000m	W	MC
19:50	400m	M	SF
20:05	Triple Jump	M	Final
20:25	800m Pen	W	Final
20:45	60m	W	Final
20:55	Pentathlon	W	MC
21:05	Shot Put	M	MC
21:15	60m	W	MC

DAY 2 - Saturday, 11 February, Morning			
10:00	60m Hep	M	
10:15	Triple Jump	M	MC
10:25	60m	M	R1
10:40	Long Jump Hep	M	
11:00	60mH	W	R1
11:20	60mH	M	R1
11:50	Shot Put Hep	M	
11:50	High Jump	M	Q
DAY 2 - Saturday, 11 February, Evening			
18:25	Shot Put	W	Final
18:30	High Jump Hep	M	
18:35	Pole Vault	W	Final
18:40	60m	M	SF
19:10	800m	M	SF
19:15	Triple Jump	W	Final
19:35	1500m	W	Final
19:50	1500m	M	Final
20:00	Shot Put	W	MC
20:05	1500m	W	MC
20:15	400m	M	Final
20:30	400m	W	Final
20:35	1500m	M	MC
20:40	400m	M	MC
20:50	60m	M	Final
20:55	400m	W	MC
21:00	Pole Vault	W	MC

DAY 3 - Sunday, 12 February, Morning			
10:00	60mH Hep	M	
10:15	Long Jump	M	Final
10:20	High Jump	W	Final
10:40	Triple Jump	W	MC
10:55	60m	M	MC
11:05	Pole Vault Hep	M	
11:40	Long Jump	M	MC
DAY 3 - Sunday, 12 February, Evening			
16:50	Pole Vault	M	Final
17:00	4 x 400m Relay	M	Final
17:10	Long Jump	W	Final
17:15	4 x 400m Relay	W	Final
17:30	High Jump	M	Final
17:35	1000m Hep	M	Final
17:40	High Jump	W	MC
17:45	4x400m Relay	M	MC
17:55	3000m	M	Final
18:10	4x400m Relay	W	MC
18:25	800m	M	Final
18:30	Heptathlon	M	MC
18:50	800m	W	Final
18:55	3000m	M	MC
19:03	800m	M	MC
19:10	60mH	M	Final
19:12	High Jump	M	MC
19:20	60mH	W	Final
19:25	800m	W	MC
19:30	Long Jump	W	MC
19:35	60mH	W	MC
19:40	60mH	M	MC
19:45	Pole Vault	M	MC