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**ASIAN ATHLETICS  
CHAMPIONSHIPS  
2023**



# WELCOME TO **THAILAND**





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ประเภทกีฬา

# ASIAN ATHLETICS

TRACK & FIELD EVENTS





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# THE MASCOT





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POL.GEN.  
**SANT SARUTANOND**

PRESIDENT OF ATHLETICS ASSOCIATION OF THAILAND







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# SPOTS OF ATTRACTION

NEAR THE STADIUM  
สถานที่ท่องเที่ยว ใกล้สนาม





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**JIM THOMPSON HOUSE  
MUSEUM**

พิพิธภัณฑ์บ้านไทย  
จิม ทอมป์สัน



350 m





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หอศิลป์วัฒนธรรมแห่งประเทศไทย

BANGKOK ART



**BANGKOK ART  
MUSEUM**  
หอศิลป์วัฒนธรรม  
กรุงเทพ



110 m







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4 ย่านอาหาร ใกล้สนามแข่งขัน

# 4 SPOTS OF STREET FOOD

NEAR THE STADIUM





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# GOURMET EATS

**SIAM SQUARE**

สยามสแควร์



1.4 km





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**PRATUNAM**  
ประตูน้ำ



2 km





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STADIUM ONE

**BANTHAT THONG**  
บรรทัดทอง



750 m





YAOWARAT

ยาของใจ



3.1 km





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# SCHEDULES

**25<sup>th</sup> Asian Championships 2023,  
Bangkok , Thailand**





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# THE NATIONAL STADIUM OF THAILAND



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# 25<sup>th</sup> Asian Championships 2023, Bangkok , Thailand

Day 1 12 July 2023

MORNING

START	EVENT	PHASE
09:00	100M (M)	DECATHLON 1
09:15	400M (M)	R 1
09:45	LONG JUMP (M)	DECATHLON 2
10:30	4 X 100M RELAY (W)	R 1
10:55	4 X 100M RELAY (M)	R 1
11:15	TRIPLE JUMP (M)	QA
11:20	SHOT PUT (M)	DECATHLON 3
12:35	TRIPLE JUMP (M)	QB







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# 25<sup>th</sup> Asian Championships 2023, Bangkok , Thailand

Day 1 12 July 2023

START	EVENT	PHASE
16:30	HIGH JUMP (M)	DECATHLON 4
16:45	JAVELINE THROW (W)	FINAL
17:40	1500M (W)	FINAL
17:45	TRIPLE JUMP (W)	FINAL
17:55	400M (M)	SF
18:20	400M (W)	R1
18:40	4 X 100M RELAY (W)	FINAL
18:50	4 X 100M RELAY (M)	FINAL
19:00	400M (M)	DECATHLON 5
19:05	JAVELINE THROW (W)	MC 1
19:14	TRIPLE JUMP (W)	MC 2
19:25	10,000M (M)	FINAL
19:57	4X100 RELAY (W)	MC 3
20:05	4X100 RELAY (M)	MC 4
20:13	1500M (W)	MC 5
20:21	10,000M (M)	MC 6

EVENING





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Day 2 13 July 2023

MORNING

START	EVENT	PHASE
09:00	110M H (M)	DECATHLON 6
09:15	110M H (M)	R 1
09:30	LONG JUMP (W)	QA
09:40	DISCUS THROW (M)	DECATHLON 7
09:50	100 H (W)	R 1
11:00	HAMMER THROW (M)	FINAL
11:05	LONG JUMP (W)	QB
11:30	POLE VAULT (M)	DECATHLON 8





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Day 2 13 July 2023

START	EVENT	PHASE
15:45	HAMMER THROW (M)	MC 7
16:00	JAVELINE THROW (M)	DECATHLON 9
16:10	100M (W)	R 1
16:30	TRIPLE JUMP (M)	FINAL
16:45	HIGH JUMP	FINAL
17:30	HAMMER THROW (W)	FINAL
17:35	110M H (M)	SF
17:50	100M H (W)	FINAL
18:00	400M (M)	FINAL
18:10	400M (W)	FINAL
18:20	1500M (M)	FINAL
18:30	100M H (W)	MC 8
18:40	10,000M (W)	FINAL

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Day 2 13 July 2023

EVENING

START	EVENT	PHASE
19:20	400M (M)	MC 9
19:27	400M (W)	MC 10
19:40	1500M DEC (M)	FINAL
19:47	1500M (M)	MC 11
19:54	HAMMER THROW (W)	MC 12
20:02	TRIPLE JUMP (M)	MC 13
20:09	HIGH JUMP (W)	MC 14





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Day 3 14 July 2023

MORNING

START	EVENT	PHASE
09:00	100M H (W)	HEPTATHLON 1
09:25	400M H (M)	R 1
09:30	LONG JUMP (M)	QA
09:50	HIGH JUMP (W)	HEPTATHLON 2
10:00	400M H (W)	R 1
11:10	LONG JUMP (M)	QB
12:15	SHOT PUT (W)	HEPTATHLON 3





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Day 3 14 July 2023

START	EVENT	PHASE
15:45	10,000M (W)	MC 15
15:52	DECATHLON (M)	MC 16
16:00	SHOT PUT (M)	FINAL
16:10	POLE VAULT (W)	FINAL
16:15	LONG JUMP (W)	FINAL
16:20	100M (W)	SF
16:40	DISCUS THROW (W)	FINAL
16:45	100M (M)	SF
17:15	3,000M SC (M)	FINAL
17:30	3,000M SC (W)	FINAL
17:45	200M (W)	HEPTATHLON 4
17:55	3,000M SC (M)	MC 17
18:07	3,000M SC (W)	MC 18

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Day 3 14 July 2023

START	EVENT	PHASE
18:10	110M H (M)	FINAL
18:13	SHOT PUT (M)	MC 19
18:25	400M H (M)	SF
18:40	100M (W)	FINAL
18:50	100M (W)	FINAL
18:52	LONG JUMP (W)	MC 20
18:59	DISCUS THROW (W)	MC 21
19:06	POLE VAULT (W)	MC 22
19:13	110M H (M)	MC 23
19:20	100M (W)	MC 24
19:27	100M (M)	MC 25

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Day 4 15 July 2023

MORNING

START	EVENT	PHASE
08:45	LONG JUMP (W)	HEPTATHLON 5
09:00	200M (W)	R 1
09:20	JAVELINE THROW (M)	QA
09:30	200M (M)	R 1
10:20	4 X 400M RELAY (M)	R 1
10:30	JAVELINE THROW (M)	QB
10:40	4 X 400M RELAY (W)	R 1







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Day 4 15 July 2023

START	EVENT	PHASE
16:00	JAVELINE THROW (W)	HEPTATHLON 6
16:10	LONG JUMP (M)	FINAL
16:20	HIGH JUMP (M)	FINAL
16:30	400M H (W)	FINAL
16:40	400M H (M)	FINAL
17:15	800M (M)	R1
17:27	800M (W)	R1
17:30	DISCUS THROW (M)	FINAL
17:35	400M H (M)	MC 27
17:45	200M (W)	SF
18:05	200M (M)	SF
18:30	4X400M MIXED RELAY (X)	FINAL
18:45	800M (W)	HEPTATHLON 7
18:55	LONG JUMP (M)	MC 28

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Day 4 15 July 2023

START	EVENT	PHASE
19:02	HIGH JUMP (M)	MC 29
19:09	DISCUS THROW (M)	MC 30
19:16	4X400 MIX RELAY (X)	MC 31
19:23	HEPTATHLON (W)	MC 32

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Day5 16 July 2023

START	EVENT	PHASE
06:00	20KM RW (W)	FINAL
06:00	20KM RW (M)	FINAL
14:45	20KM RW (W)	MC 33
14:52	20KM RW (M)	MC 34
15:00	POLE VAULT (M)	FINAL
15:10	SHOT PUT (W)	FINALR1
15:15	800M (M)	FINAL
15:20	JAVELINE THROW (M)	FINAL
15:25	800M (W)	FINAL
15:35	500M (W)	FINAL
15:57	800M (M)	MC 35
16:04	800M (W)	MC 36
16:15	5,000M (M)	FINAL
16:35	200M (W)	FINAL





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Day5 16 July 2023

START	EVENT	PHASE
16:37	5,000M (W)	MC 37
16:44	5,000M (M)	MC 38
16:55	200M (M)	FINAL
16:56	POLE VAULT (M)	MC 39
17:10	4X400M RELAY (W)	FINAL
17:16	SHOT PUT (W)	MC 40
17:23	JAVELINE THROW (M)	MC 41
17:35	4X400M RELAY (W)	FINAL
17:41	200M (W)	MC 42
17:48	200M (M)	MC 43
17:54	4X400M RELAY (W)	MC 44
18:02	4X400M RELAY (W)	MC 45

