

ASIAN Continental Records (as at 30th Jun 2024)

MEN (Olympic events)

| | | | | | |
|-----------------|--------------|---|------------|---------------|-------------------|
| 100 m | 9.83 | Su Bingtian | CHN | Tokyo | 01.08.2021 |
| 200 m | 19.88 | Xie Zhenye | CHN | London | 21.07.2019 |
| 400 m | 43.93 | Youssef Ahmed Al-Masrahi | KSA | Beijing | 23.08.2015 |
| 800 m | 1:42.79 | Youssef Saad Kamel | BRN | Monaco | 29.07.2008 |
| 1500 m | 3:29.14 | Rashid Ramzi | BRN | Roma | 14.07.2006 |
| 5000 m | x3) 12:51.96 | Albert Rop | BRN | Monaco | 19.07.2013 |
| 10000 m | 26:38.76 | Abdullah Ahmad Hassan | QAT | Bruxelles | 05.09.2003 |
| Marathon | 2:04:43 | El Hassan El Abbassi | BRN | Valencia | 02.12.2018 |
| 3000 m Steeple | 7:53.63 | Saif Saeed Shaheen | QAT | Bruxelles | 03.09.2004 |
| 110 m Hurdles | 12.88 | Liu Xiang | CHN | Lausanne | 11.07.2006 |
| 400 m Hurdles | 46.98 | Abderrahmane Samba | QAT | Paris | 30.06.2018 |
| High Jump | 2.43 | Mutaz Essa Barshim | QAT | Bruxelles | 05.09.2014 |
| Pole Vault | 6.00 | Ernest John Obiena | PHI | Bergen | 10.06.2023 |
| Long Jump | 8.48 | Mohamed S.Al-Khuwailidi | KSA | Sotteville | 02.07.2006 |
| Triple Jump | 17.59 | Li Yanxi | CHN | Jinan | 26.10.2009 |
| Shot Put | 21.80 | Mohamed Daouda Tolo | KSA | Madrid | 21.06.2024 |
| Discus Throw | 69.32 | Ehsan Haddadi | IRI | Tallinn | 03.06.2008 |
| Hammer Throw | 84.86 | Koji Murofushi | JPN | Praha | 29.06.2003 |
| Javelin Throw | 91.36 | Cheng Chao-Tsun | TPE | Taipei | 26.08.2017 |
| Decathlon | 8725 | Dmitriy Karpov | KAZ | Athinai | 23/24.08.2004 |
| | | (10.50w; 7.81; 15.93; 2.09; 46.81 / 13.97; 51.65; 4.60; 55.54; 4:38.11) | | | |
| 20 km Walk/Road | 1:16:36 | Yusuke Suzuki | JPN | Doha | 05.10.2019 |
| 35 km Walk/Road | 2:22:55 | He Xianghong | CHN | Huangshan | 04.03.2023 |
| 50 km Walk/Road | 3:36:06 | Yu Chaohong | CHN | Nanjing | 22.10.2005 |
| 4x100 m Relay | 37.43 | National Team | JPN | Doha | 05.10.2019 |
| | | (S.Tada, K.Shiraishi, Y.Kiryu, A.H.Sani Brown) | | | |
| 4x400 m Relay | 2:59.05 | National Team | IND | Budapest | 26.08.2023 |
| | | (Y.M.Anas, A.Jacob, M.Ajmal, R.Ramesh) | | | |

Asian Records or Best Performances in other events

| | | | | | |
|--------------------------|-----------------|----------------------|------------|-----------------|-------------------|
| 300 m | 32.21 | Kenji Fujimitsu | JPN | Hamayama | 12.04.2015 |
| 600 m | 1:15.77 | Mohamed Nasir Abbas | QAT | Pretoria | 01.02.2019 |
| 1000 m | 2:14.72 | Youssef Saad Kamel | BRN | Stockholm | 22.07.2008 |
| 1 Mile | 3:47.97 | Dahame Najim Bashir | QAT | Oslo | 29.07.2005 |
| 2000 m | 4:55.57 | Mohamed Sulaiman | QAT | Roma | 08.06.1995 |
| 3000 m | 7:30.76 | Jamal Bilal Salem | QAT | Doha | 13.05.2005 |
| 2 Miles | 8:13.16 | Rashid Ramzi | BRN | Eugene | 08.06.2008 |
| 5 km / Road | 13:05 | Birhanu Balew | BRN | Al Khobar | 09.12.2023 |
| 10 km / Road | 26:57 | Birhanu Balew | BRN | Valencia | 14.01.2024 |
| 15 km / Road | x2) 41:53+ | Abraham Cheroben | BRN | Kobenhavn | 17.09.2017 |
| 15000 m/Track | 43:38.2 | Toshihiko Seko | JPN | Shizuoka | 24.09.1983 |
| 20 km / Road | x2) 55:51+ | Abraham Cheroben | BRN | Kobenhavn | 17.09.2017 |
| 20000 m/Track | 57:48.7 | Toshihiko Seko | JPN | Odawara | 11.05.1985 |
| 1 Hour | 20:41:0 m | Seiji Kushibe | JPN | Tokyo | 20.10.1996 |
| Half-Marathon | 58:40 | Abraham Cheroben | BRN | Kobenhavn | 17.09.2017 |
| 25 km / Road | x2) 1:13:14+ | Takyuki Matsumiya | JPN | Kumamoto | 27.02.2005 |
| 25000 m/Track | 1:13:55.8 | Toshihiko Seko | JPN | Christchurch | 22.03.1981 |
| 30 km / Road | 1:28:00 | Takayuki Matsumiya | JPN | Kumamoto | 27.02.2005 |
| 30000 m/Track | 1:29:18.8 | Toshihiko Seko | JPN | Christchurch | 22.03.1981 |
| 100 km | 6:06:08 | Junpei Yamaguchi | JPN | Yubetsu | 25.06.2023 |
| 2000 m Steeple | 5:14.53 | Saif Saeed Shaheen | QAT | Doha | 13.05.2005 |
| 200 m Hurdles | 22.55 | Yoshihiro Watanabe | JPN | Itami | 01.10.2017 |
| 300 m Hurdles | 35.54 | Yoshihiro Chiba | JPN | Nanao | 27.07.2003 |
| 5000 m Walk/Track | 18:16.97 | Ryo Hamanishi | JPN | Kumagaya | 18.05.2024 |
| 10 km Walk/Road | 37:44 | Wang Zhen | CHN | Beijing | 18.09.2010 |

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|---------------------------|-----------|--|-----|-----------|------------|
| 10000 m Walk/Track | 37:25.21 | Eiki Takahashi | JPN | Inzai | 14.11.2020 |
| 20000m Walk/Tr x1) | 1:18:03.3 | Bu Lingtang | CHN | Beijing | 07.04.1994 |
| 50000m Walk/Track | 3:48:13.7 | Zhao Yongsheng | CHN | Fana | 07.05.1994 |
| 4x200 m Relay | 1:20.83 | Shandong Team | CHN | Xian | 23.09.2021 |
| | 1:20.83 | (Wang Shengjie, Xie Yuqiang, Zhang Yaorong, Qiao Zhen) | | | |
| | 1:20.83 | Guangdong Team | CHN | Xian | 23.09.2021 |
| | | (Su Bingtian, Zhang Ruixian, Mo Youxue, Yan Haibin) | | | |
| 4x800 m Relay | 7:06.66 | National Team | QAT | Bruxelles | 25.08.2006 |
| | | (S.M.Saeed, S.A. Al-Badri, A.Sulaiman, A.A.Kamel) | | | |
| 4x1500 m Relay | 15:10.77 | National Team | QAT | Nassau | 25.05.2014 |
| | | (Moh.Al-Garni, Moh.H.Salah, A.M.Balla, A.A.Kamal) | | | |

WOMEN (Olympic events)

| | | | | | |
|------------------------|----------------|--|-------------------|---------------------|--------------------------|
| 100 m | 10.79 | Li Xuemei | CHN | Shanghai | 18.10.1997 |
| 200 m | 22.01 | Li Xuemei | CHN | Shanghai | 22.10.1997 |
| 400 m | 48.14 | Salwa Eid Nasser | BRN | Doha | 03.10.2019 |
| 800 m | 1:55.54 | Liu Dong | CHN | Beijing | 09.09.1993 |
| 1500 m | 3:50.46 | Qu Yunxia | CHN | Beijing | 11.09.1993 |
| 5000 m | 14:28.09 | Jiang Bo | CHN | Shanghai | 23.10.1997 |
| 10000 m | 29:31.78 | Wang Junxia | CHN | Beijing | 08.09.1993 |
| <u>Marathon</u> | 2:18:59 | <u>Honami Maeda</u> | <u>JPN</u> | <u>Osaka</u> | <u>28.01.2024</u> |
| 3000 m Steeple | 8:50.66 | Winfred Mutile Yavi | BRN | Eugene | 16.09.2023 |
| 100 m Hurdles | 12.44 | Olga Shishigina | KAZ | Luzern | 27.06.1995 |
| 400 m Hurdles | 53.09 | Kemi Adekoya | BRN | Budapest | 24.08.2023 |
| High Jump | 2.00 | Nadezhda Dubovitskaya | KAZ | Almaty | 08.06.2021 |
| Pole Vault | 4.72 | Li Ling | CHN | Shanghai | 18.05.2019 |
| Long Jump | 7.01 | Yao Weili | CHN | Jinan | 05.06.1993 |
| Triple Jump | 15.25 | Olga Rypakova | KAZ | Split | 04.09.2010 |
| Shot Put | 21.76 | Li Meisu | CHN | Shijiazhuang | 23.04.1988 |
| Discus Throw | 71.68 | Xiao Yanling | CHN | Beijing | 14.03.1992 |
| Hammer Throw | 77.68 | Wang Zheng | CHN | Chengdu | 29.03.2014 |
| Javelin Throw/old | 70.42 | Zhang Li (I) | CHN | Tianjin | 06.08.1990 |
| Javelin Thr./new | 67.98 | Lu Huihui | CHN | Shenyang | 02.08.2019 |
| Heptathlon | 6942 | Ghada Shouaa | SYR | Götzis | 25/26.05.1996 |
| | | (13.78; 1.87; 15.64; 23.78 / 6.77; 54.74; 2:13.61) | | | |
| 20 km Walk/Road | 1:23:49 | Yang Jiayu | CHN | Huangshan | 20.03.2021 |
| 35 km Walk/Road | 2:38:42 | Liu Hong | CHN | Wajima | 16.04.2023 |
| 50 km Walk/Road | 3:59:15 | Liu Hong | CHN | Huangshan | 09.03.2019 |
| 4x100 m Relay | 42.23 | Sichuan Team | CHN | Shanghai | 23.10.1997 |
| | | (Xiao Lin, Li Yali, Liu Xiaomei, Li Xuemei) | | | |
| 4x400 m Relay | 3:24.28 | Hebei Team | CHN | Beijing | 13.09.1993 |
| | | (An Xiaohong, Bai Xiaoyun, Cao Chunying, Ma Yuqin) | | | |

Asian Records or Best Performances in other events

| | | | | | |
|-------------------------|----------------|---------------------------------------|-------------------|------------------------------|--------------------------|
| <u>300 m</u> | 36.93 | <u>Salwa Eid Nasser</u> | <u>BRN</u> | <u>Quetzaltenango</u> | <u>24.03.2024</u> |
| <u>600 m</u> | 1:24.84 | <u>Tharushi D.Karunarathne</u> | <u>SRI</u> | <u>Bilbao</u> | <u>18.06.2024</u> |
| 1000 m | 2:35.30 | Nelly Jepkosgei | BRN | Berlin | 02.09.2018 |
| 1 Mile | 4:17.75 | Maryam Yusuf Jamal | BRN | Bruxelles | 14.09.2007 |
| 2000 m x2) | 5:29.43+ | Wang Junxia | CHN | Beijing | 12.09.1993 |
| | 5:31.88 | Maryam Yusuf Jamal | BRN | Eugene | 07.06.2009 |
| 3000 m | 8:06.11 | Wang Junxia | CHN | Beijing | 13.09.1993 |
| 2 Miles | 9:13.85 | Mimi Belete | BRN | Eugene | 31.05.2014 |
| 10 km / Road | 29:38 | Kalkidan Gezahegne | BRN | Geneve | 02.10.2021 |
| 15 km / Road x2) | 45:40+ | Violah Jepchumba | BRN | Praha | 01.04.2017 |
| 20 km / Road x2) | 1:01:50+ | Violah Jepchumba | BRN | Praha | 01.04.2017 |
| 20000m/Track | 1:06:48.8 | Izumi Maki | JPN | Amagasaki | 19.09.1993 |
| 1 Hour | 17.952 m | Junko Kataoka | JPN | Tokyo | 01.10.1994 |
| Half-Marathon | 1:05:22 | Violah Jepchumba | BRN | Praha | 01.04.2017 |
| 25 km / Road | 1:21:04 | Desi Jisa Mokoni | BRN | Kolkata | 18.12.2022 |

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|--------------------|--|---------------------|-----|------------------|-------------|
| 25000 m/Track | 1:33:53.4 | Tamaki Okuno | JPN | Tokyo | 10.10.1996 |
| 30 km / Road x2) | 1:38:49+ | Mizuki Noguchi | JPN | Berlin | 25.09.2005 |
| 30000 m/Track | 1:53:03.6 | Tamaki Okuno | JPN | Tokyo | 10.10.1996 |
| 100 km | 6:33:11 | Tomoe Abe | JPN | Yubetsu | 25.06.2000 |
| 1500 m Steeple | 4:38.6+ | Winfred Mutile Yavi | BRN | Tokyo | 04.08.2021 |
| 2000 m Steeple | 5:54.16+ | Ruth Jebet | BRN | St Denis | 27.08.2016 |
| Decathlon | 7798 | Irina Naumenko | KAZ | Talence | 26.09.2004 |
| | (12.58; 34.63; 3.30; 37.57; 55.91 / 14.42; 5.98; 12.51; 1.77; 4:59.03) | | | | |
| 5 km Walk/Road | 21:05 | Yang Xizhen | CHN | Taicang | 08.04.2023 |
| x2) | (20:41+ | Liu Hongyu | CHN | Eisenhüttenstadt | 08.05.1999) |
| 5000 m Walk/Track | 20:34.76 | Liu Hong | CHN | Tianjin | 16.09.2012 |
| 10 kmWalk / Road | 41:16 | Wang Yan | CHN | Eisenhüttenstadt | 08.05.1999 |
| 10000m Walk/Tr x1) | 41:37.9 | Gao Hongmiao | CHN | Beijing | 07.04.1994 |
| 20000 m Walk/Track | 1:29:32.4 | Song Hongjuan | CHN | Changsha | 24.10.2003 |
| 4x200 m Relay | 1:32.76 | National Team | CHN | Yokohama | 12.05.2019 |
| | (Liang Xiaojing, Wei Yongli, Kong Lingwei, Ge Manqi) | | | | |
| 4x800 m Relay | 8:16.2 | Liaoning Team | CHN | Shanghai | 03.10.1991 |
| | (Liu Dong, Chen Yumei, Qu Yunxia, Liu Li) | | | | |
| 4x1500 m Relay | 18:31.18 | Hitachi Team | JPN | Hitachinaka | 26.05.1996 |
| | (Ogawa, Ishizuka, Kumagai, Nakasaka) | | | | |

Notes:

- x1) the records for Men/20000 m Track Walk & Women/10000 m Track Walk were subsequently added after investigation by Yoshimasa Noguchi (these times from CHN Track Walk Champs 1994 were always wrongly included to all International publications as Road events)
- x2) + = official intermediate times (where faster than best times during races at these distances)
- x3) 12:51.96 was added as a new record, since Albert Rop was subsequently declared as eligible to compete for Bahrain with effect of 2nd Apr 2013 (for performances - acc. to the policy of the IAAF & the ASIAN AA -)

MIXED TEAM EVENT

| | | | | | |
|---------------|---|---------------|-----|------|------------|
| 4x400 m Relay | 3:11.82 | National Team | BRN | Doha | 29.09.2019 |
| | (Musa Isah, Aminat J.Odeyemi, Salwa Eid Nasser, Abbas Abubakar) | | | | |

JUNIOR MEN

| | | | | | | |
|--------------------|-----|-----------------|---------------------------|---------------|----------------|-------------------|
| 100 m | x4) | 10.03 | Lalu Muhammad Zohri | INA/00 | Osaka | 19.05.2019 |
| 200 m | | 20.19 | Phuripol Boonson | THA/06 | Almaty | 26.06.2022 |
| 400 m | | 44.27 | Abdelilah Haroun | QAT/97 | La Chaux-de-F. | 05.07.2015 |
| 800 m | | 1:44.02 | Bilal Mansour Ali | BRN/88 | Rieti | 09.09.2007 |
| 1500 m | | 3:31.49 | Bilal Mansour Ali | BRN/88 | Athinai | 02.07.2007 |
| 1 Mile | | 3:50.90 | Hamza Driouch | QAT/94 | Oslo | 07.06.2012 |
| 3000 m | | 7:47.65 | Aadam Ismail Khamis | BRN/89 | Alger | 22.06.2006 |
| 5000 m | | 13:17.10 | Essa Ismail Rasheed | QAT/86 | Hengelo | 29.05.2005 |
| 10000 m | | 27:21.52 | Kazuma Maeda | JPN/05 | Fukuroi | 03.05.2024 |
| 2000 m Steeple | | 5:30.9+ | Ryuji Miura | JPN/02 | Tokyo | 30.07.2021 |
| 3000 m Steeple | | 8:07.18 | Moussa Omar Obaid | QAT/85 | Athinai | 24.08.2004 |
| 110 m H (99 m) | | 13.19 | Shunsuke Izumiya | JPN/00 | Nagoya | 19.10.2018 |
| 110 m H (1.067 m) | | 13.12 | Liu Xiang | CHN/83 | Lausanne | 02.07.2002 |
| 400 m H (0.914 m) | | 48.94 | Ibrahim Al-Hamaidi | KSA/85 | Grosseto | 16.07.2004 |
| High Jump | | 2.33 | Zhu Jianhua | CHN/63 | New Delhi | 01.12.1982 |
| Pole Vault | | 5.65 | Masaki Ejima | JPN/99 | Bhubaneswar | 06.07.2017 |
| Long Jump | | 8.31 | Shi Yuhao | CHN/98 | Beijing | 25.06.2017 |
| Triple Jump | | 17.23 | Gu Junjie | CHN/85 | Hefei | 26.09.2004 |
| Shot Put (6 kg) | | 20.63 | Li Meng | CHN/93 | Nanchang | 21.10.2011 |
| Shot Put (7.26 kg) | | 19.48 | Xie Shengying | CHN/71 | Shijiazhuang | 25.04.1990 |
| Discus (1.75 kg) | | 66.47 | Mouad Mohamed Ibrahim | QAT/99 | Cape Town | 03.02.2018 |
| Discus (2.0 kg) | | 62.36 | Tulake Nuermaimaiti | CHN/82 | Guangzhou | 21.11.2001 |
| Hammer (6 kg) | | 85.57 | Moh.Ashraf Amjad Al-Saifi | KUW/95 | Barcelona | 14.07.2012 |
| Hammer (7.260 kg) | | 76.37 | Moh.Ashraf Amjad Al-Saifi | QAT/95 | Doha | 10.04.2013 |
| Javelin (800 g) | | 86.48 | Neeraj Chopra | IND/97 | Bydgoszcz | 23.07.2016 |
| Decathlon | | 8041 | Qi Haifeng | CHN/83 | Busan | 09/10.10.2002 |

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|-----------------------|--|---|--------|-----------|------------|
| (Men hurdles / impl.) | (11.09; 7.22; 13.05; 2.06; 49.09 / 14.54; 43.16; 4.80; 61.04; 4:35.17) | | | | |
| 10 km Walk/Road | 37:44 | Wang Zhen | CHN/91 | Beijing | 18.09.2010 |
| 10000m W/Track | 39:08.23 | Daisuke Matsunaga | JPN/95 | Tokyo | 14.12.2013 |
| 20 km Walk/Road | 1:18:07 | Li Gaobo | CHN/89 | Cixi | 23.04.2005 |
| 20000mWalk/Track | 1:20:11.72 | Li Gaobo | CHN/89 | Wuhan | 02.11.2007 |
| 35 km Walk/Road | 2:47:19 | Raj Mishra | IND/04 | Ranchi | 15.02.2023 |
| 50 km Walk/Road | 3:41:10 | Zhao Jianguo | CHN/88 | Wajima | 16.04.2006 |
| 4x100 m Relay | 39.01 | National Junior Team (Oseto, Hashimoto, Cambridge, Kanamori) | JPN | Barcelona | 13.07.2012 |
| | 39.01 | National Junior Team (Takeda, Yamashita, Inuzuka, Oshima) | JPN | Bydgoszcz | 23.07.2016 |
| 4x400 m Relay | 3:04.11 | National Junior Team (Walsh, Yui, Kitagawa, Kato) | JPN | Eugene | 27.07.2014 |

Junior Women

| | | | | | |
|-----------------------------------|---------------------|--|----------------------|------------------------|--------------------------|
| 100 m | 11.17 | Xiao Lin | CHN/78 | Shanghai | 18.10.1997 |
| 200 m | 22.74 | Edidiong Ofonime Odiong | BRN/97 | Rio de Janeiro | 15.08.2016 |
| 400 m | 49.88 | Salwa Eid Nasser | BRN/98 | Bruxelles | 01.09.2017 |
| 800 m | 1:57.18 | Wang Yuan | CHN/76 | Beijing | 08.09.1993 |
| 1500 m | 3:51.34 | Lang Yinglai | CHN/79 | Shanghai | 18.10.1997 |
| 3000 m | 8:36.45 | Ma Ningning | CHN/76 | Jinan | 06.06.1993 |
| 5000 m | 14:39.96 | Yin Lili | CHN/79 | Shanghai | 23.10.1997 |
| 10000 m | 30:31.55 | Xing Huina | CHN/84 | St Denis | 23.08.2003 |
| 2000 m Steeple | 6:14.34 | Tigist Mekonen | BRN/97 | Berlin | 06.09.2015 |
| 3000 m Steeple | 9:10.74 | Winfred Mutile Yavi | BRN//99 | Monaco | 20.07.2018 |
| 100 m H (0.84 m) | 12.92 | Sun Hongwei | CHN/79 | Shanghai | 18.10.1997 |
| 400 m H (0.762 m) | 54.40 | Wang Xing | CHN/86 | Nanjing | 21.10.2005 |
| High Jump | 1.95 | Tatyana Efimenko | KGZ/81 | Bishkek | 06.10.1999 |
| Pole Vault | 4.45 | Zhang Yingning | CHN/90 | Changsha | 29.10.2006 |
| | 4.45 | Li Ling | CHN/89 | Hangzhou | 12.04.2008 |
| Long Jump | 6.80 | Peng Fengmei | CHN/79 | Chengdu | 18.04.1998 |
| Triple Jump | 14.57 | Huang Qiuyan | CHN/80 | Shanghai | 19.10.1997 |
| Shot Put (4.0 kg) | 20.02 | Cheng Xiaoyan | CHN/75 | Beijing | 05.06.1994 |
| Discus (1.0 kg) | 66.08 | Cao Qi | CHN/74 | Beijing | 12.09.1993 |
| Hammer (4.0 kg) | 73.24 | Zhang Wenxiu | CHN/86 | Changsha | 24.06.2005 |
| <u>Javelin / new impl.</u> | <u>64.28</u> | <u>Yan Zivi</u> | <u>CHN/08</u> | <u>Hangzhou</u> | <u>14.04.2024</u> |
| Heptathlon | 6185 | Shen Shengfei (14.23; 1.83; 14.37; 24.13 / 5.93; 44.50; 2:17.81) | CHN/81 | Shanghai | 17/18.10.1997 |
| 5 km Walk/Road | 21:05 | Yang Xizhen | CHN/06 | Taicang | 08.04.2023 |
| 5000 m Walk/Track | 20:37.7 | Jin Bingjie | CHN/71 | Hefei | 03.03.1990 |
| 10 km Walk/Road | 41:57 | Gao Hongmiao | CHN/74 | Beijing | 08.09.1993 |
| 10000m Walk/Track | 42:49.7 | Gao Hongmiao | CHN/74 | Jinan | 15.03.1992 |
| 20 km Walk/Road | 1:27:01 | Lu Xiuzhi | CHN/93 | Taicang | 30.03.2012 |
| 20000mWalk/Track | 1:29:32.4 | Song Hongjuan | CHN/84 | Changsha | 24.10.2003 |
| 4x100 m Relay | 44.44 | Guangdong School Team (Chen Yiting, Jiang Yifan, Wang Yu, Ma Chengna) | CHN | Taiyuan | 16.08.2019 |
| 4x400 m Relay | 3:32.59 | National Junior Team (Chen Yumei, Wang Hui, Wen Xiuyun, Li Xueji) | CHN | Beijing | 20.08.2006 |

MIXED TEAM EVENT

| | | | | | |
|---------------|---------|---|-----|------|------------|
| 4x400 m Relay | 3:17.76 | National Junior Team (Sridhar, B, P.H.Mohan, Kapil, Chaudhary, R.) | IND | Cali | 02.08.2022 |
|---------------|---------|---|-----|------|------------|

Notes:

x4) 10.01 by Yoshihide Kiryu at Hiroshima, 29th Apr 2013, is recognized as a National Junior Record; however, this result could not be recognized as a new IAAF World Junior Record and ASIAN Continental Junior Record, because the wind instrument used during this meet was not up to current IAAF international standards

Youth / U 18 Boys

| | | | | | |
|---|--|-----------------------------|---------------|---------------|-------------------|
| 100 m | 10.06 | Phuripol Boonson | THA/06 | Hangzhou | 30.06.2023 |
| 200 m | 20.19 | Phuripol Boonson | THA/06 | Almaty | 26.06.2022 |
| 300 m | 33.54 | Fuuto Takasu | JPN/04 | Chiba | 07.08.2021 |
| 400 m | 45.58 | Suleiman Abdulrahman | UAE/07 | Dubai | 03.05.2024 |
| 800 m | 1:44.34 | Bilal Mansour Ali | BRN/88 | Conegliano | 17.06.2005 |
| 1000 m | 2:17.44 | Hamza Driouch | QAT/94 | Sollentuna | 09.08.2011 |
| 1500 m | 3:33.86 | Bilal Mansour Ali | BRN/88 | Milano | 01.06.2005 |
| 3000 m | 7:47.65 | Adam Ismail Khamis | BRN/89 | Alger | 22.06.2006 |
| 5000 m | 13:34.74 | Keita Sato | JPN/04 | Kanagawa | 03.10.2021 |
| 10000 m | 28:02.08 | Adam Ismail Khamis | BRN/89 | Doha | 09.12.2006 |
| 2000 m Steeple | 5:32.13 | Kamal Ali Thamer | QAT/88 | Doha | 13.05.2005 |
| 3000 m Steeple | 8:32.72 | Chen Ming | CHN/85 | Tiantai | 26.10.2002 |
| 110 m H(91.4 cm) | 13.12 | Chen Yuanjiang | CHN/06 | Shanghai | 03.09.2022 |
| 400 m H | 50.03 | Hiroshi Kakimori | JPN/68 | Ise | 31.08.1985 |
| High Jump | 2.27 | Huang Haiqiang | CHN/88 | Marrakech | 16.07.2005 |
| Pole Vault | 5.46 | Masaki Ejima | JPN/99 | Kitakami | 07.10.2016 |
| Long Jump | 8.17 | Zhang Xiaoyi | CHN/89 | Chongqing | 23.04.2006 |
| Triple Jump | 16.89 | Gu Junjie | CHN/85 | Guangzhou | 24.08.2000 |
| Shot Put (5 kg) | 22.10 | Wang Like | CHN/89 | Huizhou | 22.07.2006 |
| Discus (1.5 kg) | 68.28 | Li Zedong | CHN/89 | Yantai | 11.10.2006 |
| Hammer (5 kg) | 85.26 | Moh.Ashraf Amjad Al-Saifi | QAT/95 | Rhede | 20.07.2011 |
| Javelin (700 g) | 82.34 | Wang Qingbo | CHN/88 | Ningbo | 17.05.2005 |
| Octathlon | 6232 | Moh.Ahmed Al-Mannai | QAT/92 | Bressanone | 09.07.2009 |
| (11.31; 7.01; 14.20; 50.29 / 14.52; 1.98; 49.44; 2:46.01) | | | | | |
| Decathlon | 7479 | Cao Wen | CHN/81 | Shanghai | 21/22.10.1997 |
| Youth hurdl./impl. | (10.87; 6.88; 12.15; 1.91; 48.94 / 15.11; 38.16; 4.40; 55.80; 4:31.88) | | | | |
| 3000 m W/Track | 11:14.80 | Wang Kun | CHN/89 | Yantai | 11.10.2006 |
| 5000m W/Track | 19:30.15 | Zhang Rui | CHN/89 | Yantai | 11.10.2006 |
| 10000 m W/Track | 39:47.20 | Chen Ding | CHN/92 | Bydgoszcz | 11.07.2008 |
| 10 km W/Road | 38:57 | Li Tianlei | CHN/95 | Beijing | 18.09.2010 |
| 20 km W/Road | 1:18:07 | Li Gaobo | CHN/89 | Cixi | 23.04.2005 |
| 30 km W/Road | 2:08:46 | Wang Zhen | CHN/91 | Zhengzhou | 16.03.2008 |
| 50 km W/Road | 3:45:46 | Yu Guoping | CHN/86 | Guangzhou | 23.11.2001 |
| 4x100 m Relay | 39.93 | National Youth Team | JPN | Kobe | 17.06.2016 |
| (Wada, Hiraga, Imoto, Miyamoto) | | | | | |
| Medley Relay | 1:50.52 | National Youth Team | JPN | Donetsk | 14.07.2013 |
| (Oda, Nagata, Yamaki, Yui) | | | | | |
| Youth / U 18 Girls | | | | | |
| 100 m | 11.29 | Chen Yujie | CHN/08 | Rizhao | 29.06.2024 |
| 200 m | 23.03 | Salwa Eid Nasser | BRN/98 | Plovdiv | 28.06.2015 |
| 400 m | 50.01 | Li Jing | CHN/80 | Shanghai | 18.10.1997 |
| 800 m | 1:57.18 | Wang Yuan | CHN/76 | Beijing | 08.09.1993 |
| 1000 m | 2:45.98 | Mai Nishiwaki | CHN/93 | Singapore | 22.05.2010 |
| 1500 m | 3:54.52 | Zhang Ling | CHN/81 | Shanghai | 18.10.1997 |
| 3000 m | 8:36.45 | Ma Ningning | CHN/76 | Jinan | 06.06.1993 |
| 5000 m | 14:45.71 | Song Liqing | CHN/80 | Shanghai | 21.10.1997 |
| 10000 m | 31:11.26 | Song Liqing | CHN/80 | Shanghai | 19.10.1997 |
| 2000 m St x5 | 6:33.06 | Maristela Parami Wasanthi | SRI/01 | BuenosAires | 12.10.2018 |
| 3000 m St x5 | 9:57.34 | Wang Juan | CHN/89 | Shijiazhuang | 06.08.2006 |
| 100 mH (76.2 cm) | 13.20 | Wu Binbin | CHN/06 | Tashkent | 28.04.2023 |
| 100 m H (84 cm) | 13.19 | Hsu Le | TPE/03 | Taipei | 04.12.2020 |
| 400 m H | 55.30 | Li Rui | CHN/79 | Nanjing | 26.10.1995 |
| High Jump | 1.92 | Zheng Xingjuan | CHN/89 | Zhongshan | 24.04.2005 |
| Pole Vault | 4.45 | Zhang Yingning | CHN/90 | Changsha | 29.10.2006 |
| Long Jump | 6.74 | Lu Minjia | CHN/94 | Jinan | 23.10.2009 |
| Triple Jump | 14.57 | Huang Qiuyan | CHN/80 | Shanghai | 19.10.1997 |

| | | | | | |
|---------------------------|--|---------------------|--------|----------|---------------|
| Shot Put (3 kg) | 19.31 | Li Xinhui | CHN/01 | Zhuzhou | 16.04.2018 |
| Discus (1 kg) | 60.50 | Liang Yan | CHN/95 | Kunshan | 25.09.2012 |
| Hammer (3 kg) x6) | 68.84 | Zhao Jie | CHN/02 | Huludao | 24.05.2019 |
| Javelin (500g) x7) | 63.69 | Wang Ying | CHN/01 | Jinzhou | 15.05.2018 |
| Heptathlon | 6185 | Shen Shengfei | CHN/81 | Shanghai | 17/18.10.1997 |
| | (14.23; 1.83; 14.37; 24.13 / 5.93; 44.50; 2:17.81) | | | | |
| 3000 m W/Track | 12:22.2 | Qin Aihua | CHN/88 | Yenking | 04.09.2004 |
| 5000 m W/Track | 21:13.16 | Cui Yingxi | CHN/71 | Jinan | 30.10.1988 |
| 5 km W/Road | 21:05 | Yang Xizhen | CHN/06 | Taicang | 08.04.2023 |
| 10000m W/Track | 42:56.09 | Gao Hongmiao | CHN/74 | Tangshan | 27.09.1991 |
| 10 km W/Road | 43:15 | Li Hong | CHN/79 | Zhuhai | 10.03.1996 |
| 20 km W/Road | 1:30:35 | Zhou Tongmei | CHN/88 | Cixi | 23.04.2005 |
| 4x100 m Relay | 44.84 | National Youth Team | CHN | Weinan | 19.08.2017 |
| | (Gong Luying, Zhu Cuiwei, Tao Yanan, Feng Lulu) | | | | |
| Medley Relay | 2:07.61 | National Youth Team | JPN | Donetsk | 14.07.2013 |
| | (Nakamura, Fujimori, Aoyama, Matsumoto) | | | | |

x5) Ruth Jebet achieved faster performances in 2013 (i.e. 6:17.33 at Manama/29 Oct 2013 & 9:40.84 at Pune/5 Oct 2013), when she was not yet eligible to compete at major International Champs/Games for Bahrain and therefore was subsequently disqualified as the winner at Pune (Asian Champs)

x6) better performance with 4 kg/Senior implement: 70.60 Zhang Wenxiu CHN/86 at Nanning/15 Apr 2003

x7) better performance with 800 g/Senior implement: .64.28 Yan Ziyi CHN/08 at Hangzhou/14 Apr 2024

ASIAN Indoor Records & Best Performances

MEN events

| | | | | | |
|-------------------------|---|---------------------------|------------|-----------------|-------------------|
| 50 m | 5.72 | Anvar Kuchmuradov | UZB | Moskva | 04.02.1994 |
| | 5.72 | Vitaliy Savin | KAZ | Madrid | 09.02.1995 |
| addit.intermediate time | 5.69+ | Gennadiy Chernovol | KAZ | Lievin | 24.02.2002 |
| 60 m | 6.42 | Su Bingtian | CHN | Birmingham | 03.03.2018 |
| 100 m | 10.41 | Nobuharu Asahara | JPN | Tampere | 04.02.2002 |
| 200 m | 20.63 | Koji Ito | JPN | Maebashi | 05.03.1999 |
| 400 m | 45.39 | Abdelilah Haroun | QAT | Stockholm | 19.02.2015 |
| 500 m | 59.83 | Abdelilah Haroun | QAT | Stockholm | 17.02.2016 |
| 800 m | 1:45.26 | Youssef Saad Kamel | BRN | Valencia | 09.03.2008 |
| 1000 m | 2:17.06 | Bilal Mansour Ali | BRN | Gent | 24.02.2008 |
| 1500 m | 3:36.28 | Bilal Mansour Ali | BRN | Stockholm | 20.02.2007 |
| 1 Mile | 3:54.84 | Ryuma Aoki | JPN | Boston | 10.02.2024 |
| 2000 m | 5:00.34 | Birhanu Balew | BRN | Lievin | 10.02.2019 |
| 3000 m | 7:31.77 | Birhanu Balew | BRN | Lievin | 17.02.2022 |
| 2 Miles | 8:14.71 | Keita Sato | JPN | New York | 11.02.2024 |
| 5000 m | 13:08.41 | Kieran Tuntivate | THA | Boston | 12.02.2022 |
| 50 m Hurdles | 6.50 | Li Tong | CHN | Los Angeles | 19.02.1994 |
| addit.intermediate time | 6.44+ | Liu Xiang | CHN | Lievin | 28.02.2004 |
| 60 m Hurdles | 7.41 | Liu Xiang | CHN | Birmingham | 18.02.2012 |
| High Jump | 2.41 | Mutaz Essa Barshim | QAT | Athlone | 18.02.2015 |
| Pole Vault | 5.93 | Ernest John Obiena | PHI | Berlin | 23.02.2024 |
| Long Jump | 8.27 | Su Xiongfeng | CHN | Nanjing | 11.03.2010 |
| Triple Jump | 17.41 | Dong Bin | CHN | Nanjing | 29.02.2016 |
| Shot Put | 21.10 | Abdelrahman Mahmoud | BRN | Gomel | 29.01.2021 |
| Weight Throw | 21.89 | Khalil Bedioui | QAT | Blacksburg | 18.02.2022 |
| Heptathlon | 6229 | Dmitriy Karpov | KAZ | Tallinn | 15/16.02.2008 |
| | (7.07; 7.21; 16.23; 2.07 / 7.99; 5.15; 2:43.69) | | | | |
| 5000 m Walk | 19:14.00 | Sergey Korepanov | KAZ | Karaganda | 28.01.1995 |
| 4x200 m Relay | 1:26.70 | Karaganda Team | KAZ | Ust-Kamenogorsk | 15.01.2018 |

| | | | | | |
|---------------|---------|--|-----|----------|------------|
| 4x400 m Relay | 3:05.90 | (Vit.Zems, Grigoryev, Vy.Zems, Efremov) National Team Takahashi, Osakada, Kan Karube | JPN | Maebashi | 06.03.1999 |
|---------------|---------|--|-----|----------|------------|

WOMEN events

| | | | | | |
|----------------------------|-----------------------|--|-------------------|--------------------------|--------------------------|
| 50 m | 6.31+ | Susanthika Jayasinghe | SRI | Lievin | 25.02.2001 |
| 60 m | 7.09 | Susanthika Jayasinghe | SRI | Stuttgart | 07.02.1999 |
| 200 m | 22.99 | Susanthika Jayasinghe | SRI | Lisboa | 09.03.2001 |
| 400 m | 51.45 | Kemi Adekoya | BRN | Portland | 19.03.2016 |
| 800 m | 2:00.78 | Miho Sugimori | JPN | Yokohama | 22.02.2003 |
| 1000 m | 2:46.6 | Geng Xiujuan | CHN | Beijing | 27.03.1987 |
| 1500 m | 3:59.79 | Maryam Yusuf Jamal | BRN | Valencia | 09.03.2008 |
| 1 Mile | 4:24.71 | Maryam Yusuf Jamal | BRN | Birmingham | 20.02.2010 |
| 2000 m | 5:55.6 | Liu Jianying | CHN | Beijing | 18.03.1994 |
| <u>3000 m</u> | <u>8:36.03</u> | <u>Nozomi Tanaka</u> | <u>JPN</u> | <u>Glasgow</u> | <u>02.03.2024</u> |
| <u>2 Miles</u> | <u>9:16.76</u> | <u>Nozomi Tanaka</u> | <u>JPN</u> | <u>New York</u> | <u>11.02.2024</u> |
| 5000 m | 15:23.87 | Mikuni Yada | JPN | Boston | 27.02.2022 |
| 2000 m Steeple | 5:45.09 | Winfred Mutile Yavi | BRN | Lievin | 09.02.2021 |
| 50 m Hurdles | 6.70 | Olga Shishigina | KAZ | Budapest | 05.02.1999 |
| 60 m Hurdles | 7.82 | Olga Shishigina | KAZ | Lievin | 21.02.1999 |
| High Jump | 1.98 | Svetlana Zalevskaya | KAZ | Samara | 02.03.1996 |
| | 1.98 | Nadezhda Dubovitskaya | KAZ | Beograd | 19.03.2022 |
| Pole Vault | 4.70 | Li Ling | CHN | Doha | 19.02.2016 |
| Long Jump | 6.82 | Yang Juan | CHN | Beijing | 13.03.1992 |
| Triple Jump | 15.14 | Olga Rypakova | KAZ | Doha | 13.03.2010 |
| Shot Put | 21.10 | Sui Xinmei | CHN | Beijing | 03.03.1990 |
| <u>Weight Throw</u> | <u>19.52</u> | <u>Shiloh Corrales-Nelson</u> | <u>PHI</u> | <u>Notre Dame</u> | <u>17.02.2024</u> |
| Discus | 60.68 | Chen Yang | CHN | Beijing | 27.03.2020 |
| Hammer | 69.44 | Luo Na | CHN | Beijing | 30.05.2020 |
| Javelin | 64.34 | Lu Huihui | CHN | Beijing | 29.05.2020 |
| Pentathlon | 4582 | Olga Rypakova | KAZ | Pattaya | 10.02.2006 |
| | | (8.68; 1.88; 12.90; 6.55; 2:23.26) | | | |
| 3000 m Walk | 12:42.65 | Yuko Sato | JPN | Osaka | 11.02.1994 |
| 5000 m Walk | 24:22.41 | Yasmina Toksanbayeva | KAZ | Ust-Kamenogorsk | 17.02.2022 |
| 4x200 m Relay | 1:36.40 | National Team (Tulapina, Rakhmanova, Shynazbekova, Zyabkina) | KAZ | Ust-Kamenogorsk | 11.02.2017 |
| 4x400 m Relay | 3:35.07 | National Team (Salwa Eid Nasser, Aminat J.Odeyemi, Iman Isa Jassim, Kemi Adekoya) | BRN | Doha | 21.02.2016 |

Notes:

+ = official intermediate times during 60 m & 60 m H (Men) resp. during 60 m (Women)