



OFFICIAL PROGRAMME OF THE III ASIAN YOUTH GAMES - BAHRAIN 2025



No.	SPORTS	DISCIPLINES	MEN'S EVENTS	WOMEN'S EVENTS	MIXED / OPEN EVENTS	TOTAL
1	AQUATICS	1	16	16	2	34
	Swimming	1	50m Freestyle 100m Freestyle 200m Freestyle 400m Freestyle 4x100m Freestyle Relay 50m Backstroke 100m Backstroke 200m Backstroke 50m Breastroke 100m Breastroke 200m Breastroke 50m Butterfly 100m Butterfly 200m Butterfly 200m Medley 4x100m Medley Relay	50m Freestyle 100m Freestyle 200m Freestyle 400m Freestyle 4x100m Freestyle Relay 50m Backstroke 100m Backstroke 200m Backstroke 50m Breastroke 100m Breastroke 200m Breastroke 50m Butterfly 100m Butterfly 200m Butterfly 200m Medley 4x100m Medley Relay	4x100m Freestyle Mixed Relay 4x100m Medley Mixed Relay	
2	ATHLETICS	2	22	22	0	44
	Track & Field	1	100m 200m 400m 800m 1500m 3000m 2000m Steeplechase (84.0cm) 110m Hurdles (91.4cm) 400m Hurdles (84.0cm) 4x100m Relay Medley Relay (100x200x300x400) Medley Relay (200x400x600x800) 5000m Walk High Jump Pole Vault Long Jump Triple Jump Shot Put (5kg) Discus Throw (1.5kg) Hammer Throw (5kg) Javelin Throw (700g)	100m 200m 400m 800m 1500m 3000m 2000m Steeplechase (76.0cm) 110m Hurdles (76.2cm) 400m Hurdles (76.2cm) 4x100m Relay Medley Relay (100x200x300x400) Medley Relay (200x400x600x800) 5000m Walk High Jump Pole Vault Long Jump Triple Jump Shot Put (3kg) Discus Throw (1kg) Hammer Throw (3kg) Javelin Throw (500g)		
	Cross Country	1	Individual Cross Country (4 - 6km)	Individual Cross Country (4 - 6km)		
3	BADMINTON	1	1	1	1	3
	Badminton		Single	Single	Mixed Double	
4	BASKETBALL	1	2	2	0	4
	Basketball 3x3		Open (2 teams per country) Dunk Contest	Open (2 teams per country) Shootout		
5	EQUESTRIAN	2	0	0	3	3
	Jumping	1			Jumping Individual Jumping Team	
	Endurance	1			100km Endurance	
6	E-SPORTS	1	0	0	8	8
	E-Sports				FC25 Individual FC25 Team Fortnite Individual Fortnite Team Rocket League Individual Rocket League Team Apex Legends Apex Legends	
7	FOOTBALL	1	1	1	0	2
	Futsal		12 Teams Tournament	8 to 12 Teams Tournament		
8	GOLF	1	1	1	1	3
	Golf		Individual Stroke Play	Individual Stroke Play	Mixed Team Event	
9	HANDBALL	1	1	1	0	2
	Handball		12 Teams Tournament	12 Teams Tournament		
10	JUDO	1	7	7	0	14



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	Judo		-50 kg -55 kg -60 kg -66 kg -73 kg -81 kg -90 kg		-40 kg -44 kg -48 kg -52 kg -57 kg -63 kg -70 kg				
11	JIU-JITSU	1	4	Men	4	Women	0	Mixed	Total 8
	Jiu-Jitsu		-48 kg -56 kg -62 kg -69 kg		-48 kg -52 kg -57 kg -63 kg				
12	MIXED MARTIAL ARTS	2	8	Men	6	Women	1	Mixed	Total 15
	Traditional MMA	1	-60 kg -65 kg -75 kg -85 kg		-55 kg -65 kg -75 kg		Mixed team		
	Modern MMA	1	-50 kg -60 kg -70 kg -80 kg		-50 kg -60 kg -70 kg				
13	CYCLING	1	2	Men	2	Women	1	Mixed	Total 5
	Road Cycling	1	Road Race Individual Time Trial		Road Race Individual Time Trial		Team Time Trial Mixed Relay		
14	TABLE TENNIS	1	1	Men	1	Women	1	Mixed	Total 3
	Table Tennis		Single		Single		Mixed Team Event		
15	TAEKWONDO	2	8	Men	8	Women	1	Mixed	Total 17
	Kyorugi	1	-48 kg 48-55kg 55-63kg 63-73kg +73 kg		-44 kg 44-49kg 49-55kg 55-63kg +63 kg		Kyorugi Mixed Team Event		
	Recognized Poomsae	1	Individual Pair Team		Individual Pair Team				
16	TRIATHLON	1	1	Men	1	Women	1	Mixed	Total 3
			Individual Super Sprint		Individual Super Sprint		Mixed Team Event		
17	WRESTLING	2	9	Men	9	Women	0	Mixed	Total 18
	Freestyle	1	48 kg 55 kg 65 kg 71 kg 80 kg		43 kg 49 kg 57 kg 65 kg 73 kg				
	Beach Freestyle	1	50 kg 60 kg 70 kg 80 kg		40 kg 50 kg 60 kg 70 kg				
18	WEIGHTLIFTING	1	6	Men	6	Women	0	Mixed	Total 12
	Weightlifting		55 kg 61 kg 67 kg 73 kg 81 kg +81 kg		45 kg 49 kg 55 kg 59 kg 64 kg +64 kg				
19	KABADDI	1	1	Men	1	Women	0	Mixed	Total 2
	Kabaddi		8 to 12 teams tournament		8 to 12 teams tournament				
20	VOLLEYBALL	1	1	Men	1	Women	0	Mixed	Total 2
	Indoor Volleyball		12 teams tournament		12 teams tournament				
21	TEQBALL	1	2	Men	2	Women	1	Mixed	Total 5
	Teqball		Single Double		Single Double		Mixed Double		
22	BOXING	1	7	Men	6	Women	0	Mixed	Total 13



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	Boxing		TBC TBC TBC TBC TBC TBC TBC		TBC TBC TBC TBC TBC TBC				
23	MUAY	1	TBC	Men	TBC	Women	0	Mixed	Total TBC
	Muay			3 events Light weight category		3 events light weight category			
24	CAMEL RACING	1	1	Men	0	Women	0	Mixed	Total 1
	Camel Racing			2000m racing - TBC					
Total									