



PARASUKMA XXI SARAWAK 2024 - MEMANAH

Sarawak (PARA2024)

Sarawak, From 22-09-2024 to 27-09-2024



22 Sep 2024, Sunday

09:00-11:30 Practice & Equipment Inspectio Practice for recurve division	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	70m																	
	RMO/ RWO Practice																	
	Outdoor (1-X) 122 cm																	

14:00-16:30 Practice for compound division	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	50m																	
	CMO/ CWO Practice																	
	Outdoor (5-X) 80 cm																	

23 Sep 2024, Monday

09:00-09:30 Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	50m-1																	
	Warm Up																	
	Outdoor (5-X) 80 cm																	

09:30-10:40 Qualification Rounds Compound Division	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	50m-1																	
	Qualification Rounds																	
	Outdoor (5-X) 80 cm																	

11:00-12:10 Qualification Rounds Compound Division	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	50m-2																	
	Qualification Rounds																	
	Outdoor (5-X) 80 cm																	

14:00-14:30 Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	70m-1																	
	Warm Up																	
	Outdoor (1-X) 122 cm																	

14:30-15:40 Qualification Rounds Recurve Division	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	70m-1																	
	Qualification Rounds																	
	Outdoor (1-X) 122 cm																	

16:00-17:10 Qualification Rounds Recurve Division	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	70m-2																	
	Qualification Rounds																	
	Outdoor (1-X) 122 cm																	



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Sarawak (PARA2024)

Sarawak, From 22-09-2024 to 27-09-2024



24 Sep 2024, Tuesday

09:00-09:30 1/4: RMOD, CMOD Warm Up	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50								70							
	CMOD Warm Up								RMOD Warm Up							
	Outdoor (5-X) 80 cm								Outdoor (1-X) 122 cm							

09:30-10:00 Team Matches 4 ends of 4 arrows	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50								70							
	CMOD 1/4								RMOD 1/4							
	Outdoor (5-X) 80 cm								Outdoor (1-X) 122 cm							

10:00-10:30 1/4: RWOD, CWOD Warm Up	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50								70							
	CWOD Warm Up								RWOD Warm Up							
	Outdoor (5-X) 80 cm								Outdoor (1-X) 122 cm							

10:30-11:00 Team Matches 4 ends of 4 arrows	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50								70							
	CWOD 1/4								RWOD 1/4							
	Outdoor (5-X) 80 cm								Outdoor (1-X) 122 cm							

11:00-11:30 Team Matches 4 ends of 4 arrows	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50				50				70				70			
	CMOD 1/2				CWOD 1/2				RMOD 1/2				RWOD 1/2			
	Outdoor (5-X) 80 cm				Outdoor (5-X) 80 cm				Outdoor (1-X) 122 cm				Outdoor (1-X) 122 cm			

13:30-14:00 1/4: RXO, CXO Warm Up	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50								70							
	CXO Warm Up								RXO Warm Up							
	Outdoor (5-X) 80 cm								Outdoor (1-X) 122 cm							

14:00-14:30 Team Matches 4 ends of 4 arrows	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50								70							
	CXO 1/4								RXO 1/4							
	Outdoor (5-X) 80 cm								Outdoor (1-X) 122 cm							

14:30-15:00 Team Matches 4 ends of 4 arrows	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50				70				70				70			
	CXO 1/2				RXO 1/2				RXO 1/2				RXO 1/2			
	Outdoor (5-X) 80 cm				Outdoor (5-X) 80 cm				Outdoor (1-X) 122 cm				Outdoor (1-X) 122 cm			

25 Sep 2024, Wednesday

09:00-09:30 1/16: RMO Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	70																							
	RMO Warm Up																							
Outdoor (1-X) 122 cm																								

09:30-10:00 Individual Matches 5 ends of 3 arrows 1/8: RWO Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	70																70							
	RMO 1/16																RWO Warm Up							
Outdoor (1-X) 122 cm																								

10:00-10:30 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
									70								70							
									RMO 1/8								RWO 1/8							
Outdoor (1-X) 122 cm																								

10:30-11:00 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
									70								70							
									RMO 1/4								RWO 1/4							
Outdoor (1-X) 122 cm																								

11:00-11:30 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
											70								70					
											RMO 1/2								RWO 1/2					
Outdoor (1-X) 122 cm																								

13:30-14:00 1/16: CMO Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50																							
	CMO Warm Up																							
Outdoor (5-X) 80 cm																								

14:00-14:30 Individual Matches 5 ends of 3 arrows 1/8: CWO Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50																50							
	CMO 1/16																CWO Warm Up							
Outdoor (5-X) 80 cm																								

14:30-15:00 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
									50								50							
									CMO 1/8								CWO 1/8							
Outdoor (5-X) 80 cm																								

15:00-15:30 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
									50								50							
									CMO 1/4								CWO 1/4							
Outdoor (5-X) 80 cm																								

15:30-16:00 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
											50								50					
											CMO 1/2								CWO 1/2					
Outdoor (5-X) 80 cm																								

26 Sep 2024, Thursday

09:00-09:30 Individual Matches 5 ends of 3 arrows	1	2
	50	
	CWO Bronze	
	Outdoor (5-X) 80 cm	

09:30-10:00 Individual Matches 5 ends of 3 arrows	1	2
	50	
	CWO Gold	
	Outdoor (5-X) 80 cm	

10:00-10:30 Individual Matches 5 ends of 3 arrows	1	2
	50	
	CMO Bronze	
	Outdoor (5-X) 80 cm	

10:30-11:00 Individual Matches 5 ends of 3 arrows	1	2
	50	
	CMO Gold	
	Outdoor (5-X) 80 cm	

11:00-11:30 Team Matches 4 ends of 4 arrows	1	2
	50	
	CXO Bronze	
	Outdoor (5-X) 80 cm	

11:30-12:00 Team Matches 4 ends of 4 arrows	1	2
	50	
	CXO Gold	
	Outdoor (5-X) 80 cm	

12:00-12:30 Team Matches 4 ends of 4 arrows	1	2
	50	
	CWOD Bronze	
	Outdoor (5-X) 80 cm	

12:30-13:00 Team Matches 4 ends of 4 arrows	1	2
	50	
	CWOD Gold	
	Outdoor (5-X) 80 cm	

13:00-13:30 Team Matches 4 ends of 4 arrows	1	2
	50	
	CMOD Bronze	
	Outdoor (5-X) 80 cm	

13:30-14:00 Team Matches 4 ends of 4 arrows	1	2
	50	
	CMOD Gold	
	Outdoor (5-X) 80 cm	

27 Sep 2024, Friday

09:00-09:25 Individual Matches 5 ends of 3 arrows	1	2
	70	
	RWO Bronze	
	Outdoor (1-X) 122 cm	

09:25-09:50 Individual Matches 5 ends of 3 arrows	1	2
	70	
	RWO Gold	
	Outdoor (1-X) 122 cm	

09:50-10:15 Individual Matches 5 ends of 3 arrows	1	2
	70	
	RMO Bronze	
	Outdoor (1-X) 122 cm	

10:15-10:40 Individual Matches 5 ends of 3 arrows	1	2
	70	
	RMO Gold	
	Outdoor (1-X) 122 cm	

10:40-11:05 Team Matches 4 ends of 4 arrows	1	2
	70	
	RXO Bronze	
	Outdoor (1-X) 122 cm	

11:05-11:30 Team Matches 4 ends of 4 arrows	1	2
	70	
	RXO Gold	
	Outdoor (1-X) 122 cm	

13:30-13:55 Team Matches 4 ends of 4 arrows	1	2
	70	
	RWOD Bronze	
	Outdoor (1-X) 122 cm	

13:55-14:20 Team Matches 4 ends of 4 arrows	1	2
	70	
	RWOD Gold	
	Outdoor (1-X) 122 cm	

14:25-14:50 Team Matches 4 ends of 4 arrows	1	2
	70	
	RMOD Bronze	
	Outdoor (1-X) 122 cm	

14:50-15:15 Team Matches 4 ends of 4 arrows	1	2
	70	
	RMOD Gold	
	Outdoor (1-X) 122 cm	