

# Grand Final Liga HLA 2025

Persatuan Memanah Daerah Hulu Langat (HPCGF25)

Taman Sepakat Indah, Kajang, From 24-01-2026 to 25-01-2026

## 24 Jan 2026, Saturday

<b>08:00-08:30</b> 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
	50m-1							30m-1			20m-1													
	Warm Up							Warm Up			Warm Up													
Complete (1 - 10 +X) 80 cm																								

<b>08:30-10:00</b> Qualification Rounds RU15M RU15W RU12B RU12G RU10B RU10G	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	50m-1							30m-1			20m-1													
	Qualification Rounds							Qualification Rounds			Qualification Rounds													
Complete (1 - 10 +X) 80 cm																								

<b>10:30-11:00</b> 1/8: RU15M 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																							
	RU15M Warm Up																							
Complete (1 - 10 +X) 80 cm																								

<b>11:00-11:30</b> 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																							
	RU15M 1/8																							
Complete (1 - 10 +X) 80 cm																								

<b>11:30-12:00</b> 1/4: RU15M, RU15W, RU12G, RU10	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								30								20							
	RU15W Warm Up								RU12G Warm Up								RU10G Warm Up							
Complete (1 - 10 +X) 80 cm																								

<b>12:00-12:30</b> Individual Matches 5 ends of 3 arrows 1/2: RU15M, RU15W, RU12B, RU12	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				30				30				20				20			
	RU15M 1/4				RU15W 1/4				RU12B Warm Up				RU12G 1/4				RU10B Warm Up				RU10G 1/4			
Complete (1 - 10 +X) 80 cm																								

<b>12:30-13:00</b> 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				30				30				20				20			
	RU15M 1/2				RU15W 1/2				RU12B 1/2				RU12G 1/2				RU10B 1/2				RU10G 1/2			
Complete (1 - 10 +X) 80 cm																								

<b>13:00-13:30</b> 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				30				30				20				20			
	RU15M Gold		RU15M Bronze		RU15W Gold		RU15W Bronze		RU12B Gold		RU12B Bronze		RU12G Gold		RU12G Bronze		RU10B Gold		RU10B Bronze		RU10G Gold		RU10G Bronze	
Complete (1 - 10 +X) 80 cm																								

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Persatuan Memanah Daerah Hulu Langat (HPCGF25)

Taman Sepakat Indah, Kajang, From 24-01-2026 to 25-01-2026

## 25 Jan 2026, Sunday

<b>08:00-08:30</b> 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
	70m-1									50m-1						50m-1								
	Warm Up									Warm Up						Warm Up								
	Complete (1 - 10 +X) 122 cm									Reduced (5 - 10 +X) 80 cm						Complete (1 - 10 +X) 122 cm								

<b>08:30-10:00</b> Qualification Rounds RM RW CM CW	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	70m-1									50m-1						50m-1								
	Qualification Rounds									Qualification Rounds						Qualification Rounds								
	Complete (1 - 10 +X) 122 cm									Reduced (5 - 10 +X) 80 cm						Complete (1 - 10 +X) 122 cm								

<b>10:30-11:00</b> BW 1/8: RM, CM, BM Warm Up 1/8: RW 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									50						50								
	RM Warm Up									CM Warm Up						BM Warm Up								
	Complete (1 - 10 +X) 122 cm									Reduced (5 - 10 +X) 80 cm						Complete (1 - 10 +X) 122 cm								

  

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									50						50								
RW Warm Up									Complete (1 - 10 +X) 122 cm														

<b>11:00-11:30</b> 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									50						50								
	RM 1/8									CM 1/8						BM 1/8								
	Complete (1 - 10 +X) 122 cm									Reduced (5 - 10 +X) 80 cm						Complete (1 - 10 +X) 122 cm								

<b>11:30-12:00</b> Individual Matches 5 ends of 3 arrows 1/4: RM, RW, CM, CW, BM Warm U	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									50														
	RW 1/8									CW Warm Up														
	Complete (1 - 10 +X) 122 cm									Reduced (5 - 10 +X) 80 cm														

<b>12:00-12:30</b> Individual Matches 5 ends of 3 arrows 1/2: RM, RW, CM, CW, BM, BW Wa	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				50				50				50				50			
	RM 1/4				RW 1/4				CM 1/4				CW 1/4				BM 1/4				BW Warm Up			
	Complete (1 - 10 +X) 122 cm				Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm				Complete (1 - 10 +X) 122 cm				Complete (1 - 10 +X) 122 cm							

<b>12:30-13:00</b> 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				50				50				50				50			
	RM 1/2				RW 1/2				CM 1/2				CW 1/2				BM 1/2				BW 1/2			
	Complete (1 - 10 +X) 122 cm				Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm				Complete (1 - 10 +X) 122 cm				Complete (1 - 10 +X) 122 cm							

<b>13:00-13:30</b> 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		70		70		50				50				50				50			
	RM Gold		RM Bronze		RW Gold		RW Bronze		CM Gold		CM Bronze		CW Gold		CW Bronze		BM Gold		BM Bronze		BW Gold		BW Bronze	
	Complete (1 - 10 +X) 122 cm				Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm				Complete (1 - 10 +X) 122 cm				Complete (1 - 10 +X) 122 cm							