

## 31 Mar 2026, Tuesday

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
<b>08:30-09:00</b>	40m-1																
Latihan rasmi jarak pertama	<b>Warm Up</b>																
	Complete (1 - 10 +X) 122 cm																

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
<b>09:00-11:00</b>	40m-1																
Qualification Rounds	<b>Qualification Rounds</b>																
QR Kategori Sekolah Rendah	Complete (1 - 10 +X) 122 cm																

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
<b>11:30-12:00</b>	30m-2																
Latihan rasmi jarak kedua	<b>Warm Up</b>																
	Complete (1 - 10 +X) 122 cm																

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
<b>12:00-14:00</b>	30m-2																
Qualification Rounds	<b>Qualification Rounds</b>																
QR Kategori Sekolah Rendah	Complete (1 - 10 +X) 122 cm																

## 1 Apr 2026, Wednesday

<b>08:30-09:00</b> Latihan rasmi jarak pertama	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	60m-1											70m-1						
	Warm Up											Warm Up						
Complete (1 - 10 +X) 122 cm 6 Arc/Tgt																		

<b>09:00-11:00</b> Qualification Rounds QR Kategori Sekolah Menengah	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	60m-1											70m-1						
	Qualification Rounds											Qualification Rounds						
Complete (1 - 10 +X) 122 cm 6 Arc/Tgt																		

<b>11:30-12:00</b> Latihan rasmi jarak kedua	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	50m-2											60m-2						
	Warm Up											Warm Up						
Complete (1 - 10 +X) 122 cm 6 Arc/Tgt																		

<b>12:00-14:00</b> Qualification Rounds QR Kategori Sekolah Menengah	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	50m-2											60m-2						
	Qualification Rounds											Qualification Rounds						
Complete (1 - 10 +X) 122 cm 6 Arc/Tgt																		

## 2 Apr 2026, Thursday

08:30-09:00 Latihan rasmi lelaki	1	2	3	4	5	6	7	8	9	10	11	12
	40				60				70			
	RU12B Warm Up				RU15M Warm Up				RU18M Warm Up			
Complete (1 - 10 +X) 122 cm												

09:00-09:30 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12
	40				60				70			
	RU12B 1/8				RU15M 1/8				RU18M 1/8			
Complete (1 - 10 +X) 122 cm												

09:30-10:00 Latihan rasmi perempuan	1	2	3	4	5	6	7	8	9	10	11	12
	40				60				70			
	RU12G Warm Up				RU15W Warm Up				RU18W Warm Up			
Complete (1 - 10 +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
	40				60				70			
	RU12G 1/8				RU15W 1/8				RU18W 1/8			
Complete (1 - 10 +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
	40		40		60		60		70		70	
	RU12B 1/4		RU12G 1/4		RU15M 1/4		RU15W 1/4		RU18M 1/4		RU18W 1/4	
Complete (1 - 10 +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
	40		40		60		60		70		70	
	RU12B 1/2		RU12G 1/2		RU15M 1/2		RU15W 1/2		RU18M 1/2		RU18W 1/2	
Complete (1 - 10 +X) 122 cm												

11:30-12:00 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12
	40	40	40	40	60	60	60	60	70	70	70	70
	RU12B Gold	RU12B Bronze	RU12G Gold	RU12G Bronze	RU15M Gold	RU15M Bronze	RU15W Gold	RU15W Bronze	RU18M Gold	RU18M Bronze	RU18W Gold	RU18W Bronze
Complete (1 - 10 +X) 122 cm												