

# KEJOHANAN MEMANAH MSSB KUCHING 2026

PPD PADAWAN (MSSB26)

PERBADANAN SUKAN SARAWAK (SSC), From 08-04-2026 to 10-04-2026

## 9 Apr 2026, Thursday

<b>08:00-08:20</b> Official warmup for all Women	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	40 M										60 M										70 M			
	Warm Up										Warm Up										Warm Up			
Complete (1 - 10 +X) 122 cm																								

<b>08:20-10:10</b> Qualification Rounds U12W U15W U18W	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	40 M										60 M										70 M			
	Qualification Rounds										Qualification Rounds										Qualification Rounds			
Complete (1 - 10 +X) 122 cm																								

<b>10:10-10:30</b> Official warmup for all Men ca	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	40 M										60 M										70 M			
	Warm Up										Warm Up										Warm Up			
Complete (1 - 10 +X) 122 cm																								

<b>10:30-12:20</b> Qualification Rounds U12M U15M U18M	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	40 M										60 M										70 M			
	Qualification Rounds										Qualification Rounds										Qualification Rounds			
Complete (1 - 10 +X) 122 cm																								

<b>13:30-13:50</b> Official warmup for all Women	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	30 M										50 M										60 M			
	Warm Up										Warm Up										Warm Up			
Complete (1 - 10 +X) 122 cm																								

<b>13:50-15:20</b> Qualification Rounds U12W U15W U18W	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	30 M										50 M										60 M			
	Qualification Rounds										Qualification Rounds										Qualification Rounds			
Complete (1 - 10 +X) 122 cm																								

<b>15:20-15:40</b> Official warmup for all Men ca	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	30 M										50 M										60 M			
	Warm Up										Warm Up										Warm Up			
Complete (1 - 10 +X) 122 cm																								

<b>15:40-17:10</b> Qualification Rounds U12M U15M U18M	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	30 M										50 M										60 M			
	Qualification Rounds										Qualification Rounds										Qualification Rounds			
Complete (1 - 10 +X) 122 cm																								

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PPD PADAWAN (MSSB26)

PERBADANAN SUKAN SARAWAK (SSC), From 08-04-2026 to 10-04-2026

## 10 Apr 2026, Friday

<b>08:00-08:20</b> Official warmup for all Women	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	25 M											40 M											50 M
	Warm Up											Warm Up											Warm Up
Complete (1 - 10 +X) 80 cm																							

<b>08:20-09:50</b> Qualification Rounds U12W U15W U18W	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	25 M											40 M											50 M
	Qualification Rounds											Qualification Rounds											Qualification Rounds
Complete (1 - 10 +X) 80 cm																							

<b>09:50-10:10</b> Official warmup for all Men ca	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	25 M											40 M											50 M
	Warm Up											Warm Up											Warm Up
Complete (1 - 10 +X) 80 cm																							

<b>10:10-11:40</b> Qualification Rounds U12M U15M U18M	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	25 M											40 M											50 M
	Qualification Rounds											Qualification Rounds											Qualification Rounds
Complete (1 - 10 +X) 80 cm																							

<b>14:00-14:20</b> Official warmup for all Women	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	20 M											30 M											30 M
	Warm Up											Warm Up											Warm Up
Reduced (6 - 10 +X) 80 cm																							

<b>14:20-15:20</b> Qualification Rounds U12W U15W U18W	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	20 M											30 M											30 M
	Qualification Rounds											Qualification Rounds											Qualification Rounds
Reduced (6 - 10 +X) 80 cm																							

<b>15:10-15:30</b> Official warmup for all Men ca	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	20 M											30 M											
	Warm Up											Warm Up											
Reduced (6 - 10 +X) 80 cm																							

<b>15:40-16:40</b> Qualification Rounds U12M U15M U18M	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
	20 M											30 M											
	Qualification Rounds											Qualification Rounds											
Reduced (6 - 10 +X) 80 cm																							