



KEMENTERIAN PENDIDIKAN

Kejohanan Memanah Majlis Sukan Sekolah Malaysia 2026

MSS Malaysia dan MSS Selangor (MSSM2026)
SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026



7 Jun 2026, Sunday

08:00-08:30 Latihan rasmi	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40m-1																60m-1																70m-1															
	Warm Up																Warm Up																Warm Up															
	Complete (1 - 10 +X) 122 cm																																															

08:30-10:00 Qualification Rounds Sesi Lelaki	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40m-1																60m-1																70m-1															
	Qualification Rounds																Qualification Rounds																Qualification Rounds															
	Complete (1 - 10 +X) 122 cm																																															

10:00-10:30 Latihan rasmi	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40m-1																60m-1																70m-1															
	Warm Up																Warm Up																Warm Up															
	Complete (1 - 10 +X) 122 cm																																															

10:30-12:00 Qualification Rounds Sesi Perempuan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40m-1																60m-1																70m-1															
	Qualification Rounds																Qualification Rounds																Qualification Rounds															
	Complete (1 - 10 +X) 122 cm																																															

13:00-13:30 Latihan rasmi	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	30m-2																50m-2																60m-2															
																	Warm Up																Warm Up															
	Warm Up																																															
	Complete (1 - 10 +X) 122 cm																																															





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia 2026

MSS Malaysia dan MSS Selangor (MSSM2026)

SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026



7 Jun 2026, Sunday (Continue)

13:30-15:00 Qualification Rounds Sesi Lelaki	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	30m-2																50m-2																60m-2															
	Qualification Rounds																Qualification Rounds																Qualification Rounds															
	Qualification Rounds																Qualification Rounds																Qualification Rounds															
	Qualification Rounds																Qualification Rounds																Qualification Rounds															
Complete (1 - 10 +X) 122 cm																																																

15:00-15:30 Latihan rasmi	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48																
	30m-2																50m-2																60m-2																															
																	Warm Up																Warm Up																															
	Warm Up																																																															
	Complete (1 - 10 +X) 122 cm																																																															

15:30-17:00 Qualification Rounds Sesi Perempuan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	30m-2																50m-2																60m-2															
	Qualification Rounds																Qualification Rounds																Qualification Rounds															
	Qualification Rounds																																															
	Complete (1 - 10 +X) 122 cm																																															





MSS Malaysia dan MSS Selangor (MSSM2026)
SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026



08:00-08:30 Latihan rasmi

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
25m-3																40m-3																50m-3															
Warm Up																Warm Up																Warm Up															
Complete (1 - 10 +X) 80 cm																																															

08:30-10:00	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
Qualification Rounds	25m-3																40m-3																50m-3															
Sesi Lelaki																																																
	Qualification Rounds																Qualification Rounds																Qualification Rounds															
																	Complete (1 - 10 +X) 80 cm																															

10:00-10:30 Latihan rasmi	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	25m-3																40m-3																50m-3															
																	Warm Up																Warm Up															
	Warm Up																																															
Complete (1 - 10 +X) 80 cm																																																

10:30-12:00 Qualification Rounds Sesi Perempuan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	25m-3																40m-3																50m-3															
																	Qualification Rounds																Qualification Rounds															
	Qualification Rounds																																															
Complete (1 - 10 +X) 80 cm																																																

13:00-13:30
Latihan rasmi

20m-4

30m-4

Warm Up

Warm Up

Reduced (5 - 10 +X) 80 cm





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MSS Malaysia dan MSS Selangor (MSSM2026)

SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026



8 Jun 2026, Monday (Continue)

13:30-15:00 Qualification Rounds Sesi Lelaki	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	20m-4																30m-4																															
	Qualification Rounds																Qualification Rounds																															
Reduced (5 - 10 +X) 80 cm																																																
15:00-15:30 Latihan rasmi	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	20m-4																30m-4																															
	Warm Up																Warm Up																															
Reduced (5 - 10 +X) 80 cm																																																
15:30-17:00 Qualification Rounds Sesi Perempuan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	20m-4																30m-4																															
	Qualification Rounds																Qualification Rounds																															
Reduced (5 - 10 +X) 80 cm																																																



9 Jun 2026, Tuesday

09:00-09:30 Latihan rasmi kategori lelaki	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12B																RU15M																RU18M															
	Warm Up																Warm Up																Warm Up															
	Complete (1 - big 10) 122 cm																																															

09:30-10:00	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
Individual Matches	40																60																70															
5 ends of 3 arrows	RU12B																RU15M																RU18M															
	1/32																1/32																1/32															
	Complete (1 - big 10) 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12B																RU15M																RU18M															
	1/32																1/32																1/32															
Complete (1 - big 10) 122 cm																																																

10:30-11:00 Latihan rasmi kategori perempuan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12G																RU15W																RU18W															
	Warm Up																Warm Up																Warm Up															
	Complete (1 - big 10) 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12G																RU15W																RU18W															
	1/32																1/32																1/32															
	Complete (1 - big 10) 122 cm																																															



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MSS Malaysia dan MSS Selangor (MSSM2026)

SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026

**9 Jun 2026, Tuesday (Continue)**

11:30-12:00 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 25 26 27 28 29 30 31 32																33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48															
	40																60																70															
	RU12G 1/32																RU15W 1/32																RU18W 1/32															
Complete (1 - big 10) 122 cm																																																

12:00-12:30 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 25 26 27 28 29 30 31 32																33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48															
	40																60																70															
	RU12B 1/16																RU15M 1/16																RU18M 1/16															
Complete (1 - big 10) 122 cm																																																

12:30-13:00 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 25 26 27 28 29 30 31 32																33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48															
	40																60																70															
	RU12G 1/16																RU15W 1/16																RU18W 1/16															
Complete (1 - big 10) 122 cm																																																

13:00-13:30 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								25 26 27 28 29 30 31 32								33 34 35 36 37 38 39 40				41 42 43 44 45 46 47 48										
	40								40								60								60								70				70										
	RU12B 1/8								RU12G 1/8								RU15M 1/8								RU15W 1/8								RU18M 1/8				RU18W 1/8										
Complete (1 - big 10) 122 cm																																															

14:00-14:15 Latihan rasmi (1 end)	1 2 3 4 5 6 7 8								9 10 11 12 13 14 15 16								17 18 19 20 21 22 23 24								25 26 27 28 29 30 31 32								33 34 35 36 37 38 39 40				41 42 43 44 45 46 47 48										
	40								40								60								60								70				70										
	RU12B Warm Up								RU12G Warm Up								RU15M Warm Up								RU15W Warm Up								RU18M Warm Up				RU18W Warm Up										
Complete (1 - big 10) 122 cm																																															





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia 2026

MSS Malaysia dan MSS Selangor (MSSM2026)

SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026



9 Jun 2026, Tuesday (Continue)

14:15-14:45 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40								40								60								60								70								70							
	RU12B								RU12G								RU15M								RU15W								RU18M								RU18W							
	1/4								1/4								1/4								1/4								1/4								1/4							
	Complete (1 - big 10) 122 cm																																															

14:45-15:15 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48				
					40				40												60				60												70				70											
					RU12B				RU12G												RU15M				RU15W												RU18M				RU18W											
					1/2				1/2												1/2				1/2												1/2				1/2											
Complete (1 - big 10) 122 cm																																																				

15:15-15:45 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48					
					40		40		40		40										60		60		60		60										70		70		70		70										
					RU12B		RU12B		RU12G		RU12G										RU15M		RU15M		RU15W		RU15W										RU18M		RU18M		RU18W		RU18W										
					Bronze		Gold		Gold		Bronze										Bronze		Gold		Gold		Bronze										Bronze		Gold		Gold		Bronze										
					■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■		■
Complete (1 - big 10) 122 cm																																																					





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia 2026

MSS Malaysia dan MSS Selangor (MSSM2026)

SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026



10 Jun 2026, Wednesday

09:30-10:00 Latihan rasmi pasukan campuran	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12X																RU15X																RU18X															
	Warm Up																Warm Up																Warm Up															
	Complete (1 - big 10) 122 cm																																															

10:00-10:30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
Team Matches	40																60																70															
4 ends of 6 arrows	RU12X																RU15X																RU18X															
	1/8																1/8																1/8															
	Complete (1 - big 10) 122 cm																																															

10:30-11:00 Team Matches 4 ends of 6 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
					40												60												70																			
					RU12X												RU15X												RU18X																			
					1/4												1/4												1/4																			
Complete (1 - big 10) 122 cm																																																

11:00-11:30 Team Matches 4 ends of 6 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
							40														60														70													
							RU12X														RU15X														RU18X													
							1/2														1/2														1/2													
Complete (1 - big 10) 122 cm																																																

11:30-12:00 Team Matches 4 ends of 6 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
									40										60										70																			
									RU12X										RU15X										RU18X																			
									Bronze										Bronze										Bronze																			
Complete (1 - big 10) 122 cm																																																



10 Jun 2026, Wednesday (Continue)

12:00-12:30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48						
							40																60																70															
							RU12X																RU15X																RU18X															
							Gold																Gold																Gold															
							■ ■ ■ ■																■ ■ ■ ■																■ ■ ■ ■															
Team Matches																																																						
4 ends of 6 arrows																																																						
Complete (1 - big 10) 122 cm																																																						

Complete (1 - big 10) 122 cm



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Kejohanan Memanah Majlis Sukan Sekolah Malaysia 2026

MSS Malaysia dan MSS Selangor (MSSM2026)

SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026



11 Jun 2026, Thursday

09:30-10:00 Latihan rasmi pasukan (lelaki)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12BT Warm Up																RU15MT Warm Up																RU18MT Warm Up															
	Complete (1 - big 10) 122 cm																																															

10:00-10:30 Team Matches 4 ends of 6 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12BT 1/8																RU15MT 1/8																RU18MT 1/8															
	Complete (1 - big 10) 122 cm																																															

10:30-11:00 Latihan rasmi pasukan (perempu)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12GT Warm Up																RU15WT Warm Up																RU18WT Warm Up															
	Complete (1 - big 10) 122 cm																																															

11:00-11:30 Team Matches 4 ends of 6 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40																60																70															
	RU12GT 1/8																RU15WT 1/8																RU18WT 1/8															
	Complete (1 - big 10) 122 cm																																															

11:30-12:00 Team Matches 4 ends of 6 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	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	40								40								60								60								70								70							
	RU12BT 1/4								RU12GT 1/4								RU15MT 1/4								RU15WT 1/4								RU18MT 1/4								RU18WT 1/4							
	Complete (1 - big 10) 122 cm																																															





KEMENTERIAN PENDIDIKAN

Kejohanan Memanah Majlis Sukan Sekolah Malaysia 2026

MSS Malaysia dan MSS Selangor (MSSM2026)

SK Seksyen 7 Shah Alam, From 06-06-2026 to 12-06-2026

**11 Jun 2026, Thursday (Continue)**

12:00-12:30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Team Matches 4 ends of 6 arrows				40				40												60				60												70				70							
					RU12BT				RU12GT												RU15MT				RU15WT												RU18MT				RU18WT							
					1/2				1/2												1/2				1/2												1/2				1/2							
												Complete (1 - big 10) 122 cm																																				