



SCHEDULE

26 Sep 2026, Sabtu

LAPANG SASAR DIBUKA

07:30-08:00 00:30 *Latihan Shoot form*

PEMBUKAAN KEJOHANAN

08:00-08:10 00:10 *Nyayian lagu Negaraku dan bacaan doa*

Pusingan Kelayakan

PEREMPUAN

08:10-08:25 00:15 *LATIHAN RASMI*

08:30-09:30 01:00 Jarak 1

09:45-10:45 01:00 Jarak 2

LELAKI

11:00-11:15 00:15 *LATIHAN RASMI*

11:15-12:15 01:00 Jarak 1

12:30-13:30 01:00 Jarak 2

REHAT

13:30-14:15 00:45 *Solat / Rehat / Makan*

Perlawanan Individu

14:15-14:45 00:30 1/4: RB10L, RB12L, RB15L

14:45-15:00 00:15 *LATIHAN RASMI*

15:00-15:30 00:30 1/4: RB10P, RB12P, RB15P

15:30-16:00 00:30 1/2: RB10L, RB10P, RB12L, RB12P, RB15L, RB15P

16:00-16:30 00:30 Gangsa: RB10L, RB10P, RB12L, RB12P, RB15L, RB15P

Emas: RB10L, RB10P, RB12L, RB12P, RB15L, RB15P

MAJLIS PENUTUP

17:00-17:30 00:30 *Majlis Penutup dan Penyampaian Hadiah*