

**SCHEDULE****20 Apr 2026, Monday****PENGURUSAN**08:00-09:00 01:00 **PENDAFTARAN PESERTA DAN TAKLIMAT PENGURUS****Qualification Rounds****Session 1**09:00-09:20 00:20 **LATIHAN RASMI LELAKI****Session 2**09:20-09:40 00:20 **LATIHAN RASMI PEREMPUAN****Session 1**

10:00-12:30 02:30 Distance 1

12:30-13:00 00:30 **REHAT****Session 2**

13:00-15:30 02:30 Distance 1

**21 Apr 2026, Tuesday****Qualification Rounds****Session 2**08:30-08:50 00:20 **LATIHAN RASMI PEREMPUAN****Session 1**08:50-09:10 00:20 **LATIHAN RASMI LELAKI****Session 2**

09:30-12:00 02:30 Distance 2

12:00-12:30 00:30 **REHAT****Session 1**

12:30-15:00 02:30 Distance 2

**22 Apr 2026, Wednesday****LATIHAN RASMI**08:30-09:15 00:45 **LELAKI DAN PEREMPUAN****Individual Matches**

09:00 1/8: RU18M, RU18W, RU15M, RU15W, RU12M, RU12W

**PUSINGAN OLIMPIK INDIVIDU**09:30-13:00 03:30 **JARAK 70M, 60M, 40M (LELAKI PEREMPUAN 1/8 HINGGA 1/2)****Individual Matches**

09:45 1/4: RU18M, RU18W, RU15M, RU15W, RU12M, RU12W

10:30 1/2: RU18M, RU18W, RU15M, RU15W, RU12M, RU12W

11:15 Bronze: RU18M, RU18W, RU15M, RU15W, RU12M, RU12W

Gold: RU18M, RU18W, RU15M, RU15W, RU12M, RU12W

13:00-13:30 00:30 **REHAT****PUSINGAN OLIMPIK INDIVIDU**13:30-15:30 02:00 **JARAK 70M, 60M, 40M (LELAKI PEREMPUAN FINAL)****23 Apr 2026, Thursday****PENGURUSAN**08:30-09:00 00:30 **PENYAMPAIAN HADIAH****LATIHAN RASMI**09:00-09:45 00:45 **MIXED TEAM**



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**SCHEDULE****23 Apr 2026, Thursday (Continue)****PUSINGAN MIXED TEAM**

10:00-13:00	03:00	<b>JARAK 70M, 60M, 40M (LELAKI PEREMPUAN 1/4 HINGGA 1/2)</b>
13:00-13:30	00:30	<b>REHAT</b>
13:30-15:30	02:00	<b>JARAK 70M, 60M, 40M (LELAKI PEREMPUAN FINAL)</b>

**24 Apr 2026, Friday****LATIHAN RASMI**

08:30-09:15	00:45	<b>OLIMPIK BERPASUKAN</b>
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**PUSINGAN OLIMPIK BERPASUKAN**

09:30-11:30	02:00	<b>JARAK 70M, 60M, 40M (1/4 HINGGA FINAL)</b>
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**PENGURUSAN**

11:30-13:00	01:30	<b>MAJLIS PENUTUP DAN PENYAMPAIAN HADIAH</b>
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