



# 20 Apr 2026, Monday

**09:30-10:00**

Warm Up Pusingan Kelayakan QR

1	2	3	4	5	6	7	8	9	10	11	12	13
40m												
<b>B12</b>												
Complete (1 - 10 +X) 122 cm												

**10:00-11:30**

Qualification Rounds  
B12

1	2	3	4	5	6	7	8	9	10	11	12	13
40m												
<b>B12</b>												
Complete (1 - 10 +X) 122 cm												

**11:30-11:45**

Warm Up Pusingan Kelayakan QR

1	2	3	4	5	6	7	8	9	10	11	12	13
40m												
<b>G12</b>												
Complete (1 - 10 +X) 122 cm												

**11:45-13:45**

Qualification Rounds  
G12

1	2	3	4	5	6	7	8	9	10	11	12	13
40m												
<b>G12</b>												
Complete (1 - 10 +X) 122 cm												

**13:45-14:15**

Pusingan Kelayakan QR Lelaki J

1	2	3	4	5	6	7	8	9	10	11	12	13
30m												
<b>B12</b>												
Complete (1 - 10 +X) 122 cm												

**14:30-16:30**

Qualification Rounds  
B12

1	2	3	4	5	6	7	8	9	10	11	12	13
30m												
<b>B12</b>												
Complete (1 - 10 +X) 122 cm												



# 21 Apr 2026, Tuesday

**08:45-09:00**

Warm Up Pusingan Kelayakan QR

1	2	3	4	5	6	7	8	9	10	11	12	13
30m												
<b>G12</b>												
Complete (1 - 10 +X) 122 cm												

**09:00-10:30**

Qualification Rounds  
G12

1	2	3	4	5	6	7	8	9	10	11	12	13
30m												
<b>G12</b>												
Complete (1 - 10 +X) 122 cm												

**10:30-11:00**

Warm Up Pusingan Kelayakan QR

1	2	3	4	5	6	7	8	9	10	11	12	13
20m												
<b>B12</b>												
Complete (1 - 10 +X) 80 cm												

**11:00-13:00**

Qualification Rounds  
B12

1	2	3	4	5	6	7	8	9	10	11	12	13
20m												
<b>B12</b>												
Complete (1 - 10 +X) 80 cm												

**13:00-13:15**

Warm Up Pusingan Kelayakan QR

1	2	3	4	5	6	7	8	9	10	11	12	13
20m												
<b>G12</b>												
Complete (1 - 10 +X) 80 cm												

**13:15-15:15**

Qualification Rounds  
G12

1	2	3	4	5	6	7	8	9	10	11	12	13
20m												
<b>G12</b>												
Complete (1 - 10 +X) 80 cm												



# KEJOHANAN MEMANAH MSSD KUALA LANGAT 2026

PEJABAT PENDIDIKAN KUALA LANGAT (KUALA26)  
SMK BANDAR BANTING, From 20-04-2026 to 24-04-2026



## 22 Apr 2026, Wednesday

<b>07:45-08:15</b> Warm Up QR1 L15&L18 Distance 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	70m					60m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 122 cm																				

<b>08:15-09:45</b> Qualification Rounds M18,M15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	70m					60m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 122 cm																				

<b>09:50-10:20</b> Warm Up QR2 P15&P18 Distance 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	70m					60m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 110 +X) 122 cm										Complete (1 - 10 +X) 122 cm										

<b>10:20-11:50</b> Qualification Rounds W18,W15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	70m					60m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 110 +X) 122 cm										Complete (1 - 10 +X) 122 cm										

<b>11:55-12:25</b> Warm Up QR3 L15&L18 Distance 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	60m					50m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 122 cm																				

<b>12:25-13:55</b> Qualification Rounds M18,M15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	60m					50m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 122 cm																				

<b>14:00-14:30</b> Warm Up QR4 P15&P18 Distance 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	60m					50m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 10 +X) 122 cm																				

<b>14:30-16:00</b> Qualification Rounds W18,W15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	60m					50m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 10 +X) 122 cm																				



# 23 Apr 2026, Thursday

<b>07:45-08:15</b> Warm Up QR5 L15&L18 Distance 3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	50m					40m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 80 cm																				

<b>08:15-09:45</b> Qualification Rounds M18,M15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	50m					40m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 80 cm																				

<b>09:50-10:20</b> Warm Up QR6 P15&P18 Distance 3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	50m					40m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 10 +X) 80 cm																				

<b>10:20-11:50</b> Qualification Rounds W18,W15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	50m					40m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 10 +X) 80 cm																				

<b>11:55-12:25</b> Warm Up QR7 L15&L18 Distance 4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	30m					30m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 80 cm																				

<b>12:25-13:55</b> Qualification Rounds M18,M15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	30m					30m														
	<b>M18</b>					<b>M15</b>														
Complete (1 - 10 +X) 80 cm																				

<b>14:00-14:30</b> Warm Up QR8 P15&P18 Distance 4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	30m					30m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 10 +X) 80 cm																				

<b>14:30-16:00</b> Qualification Rounds W18,W15	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	30m					30m														
	<b>W18</b>					<b>W15</b>														
Complete (1 - 10 +X) 80 cm																				



# KEJOHANAN MEMANAH MSSD KUALA LANGAT 2026

PEJABAT PENDIDIKAN KUALA LANGAT (KULA26)  
SMK BANDAR BANTING, From 20-04-2026 to 24-04-2026



## 24 Apr 2026, Friday

### 07:45-08:15

Team Event Warm Up

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
70				70				60				60			
RM18 Warm Up				RW18 Warm Up				RM15 Warm Up				RW15 Warm Up			
Complete (1 - big 10) 122 cm															

### 08:10-08:40

Team Matches

4 ends of 6 arrows

6 ends of 6 arrows

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
70				70				60				60			
RM18 1/4				RW18 1/4				RM15 1/4				RW15 1/4			
Complete (1 - big 10) 122 cm															

### 08:40-09:10

Team Matches

4 ends of 6 arrows

6 ends of 6 arrows

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
70				70				60				60			
RM18 1/2				RW18 1/2				RM15 1/2				RW15 1/2			
Complete (1 - big 10) 122 cm															

### 09:20-09:50

Team Matches

4 ends of 6 arrows

6 ends of 6 arrows

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
70				70				60				60			
RM18 Gold		RM18 Bronze		RW18 Gold		RW18 Bronze		RM15 Gold		RM15 Bronze		RW15 Gold		RW15 Bronze	
Complete (1 - big 10) 122 cm															