



KEMENTERIAN PENDIDIKAN

Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah 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 (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah 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															

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															

Complete (1 - 10 +X) 122 cm





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

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



8 Jun 2026, Monday

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 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
	25m-3																40m-3																50m-3															
	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	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





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah 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																																															





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

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



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 Warm Up																RU15M Warm Up																RU18M Warm Up															

Complete (1 - 10 +X) 122 cm

09:30-10:00 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															
	RU12B 1/32																RU15M 1/32																RU18M 1/32															

Complete (1 - 10 +X) 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 1/32																RU15M 1/32																RU18M 1/32															

Complete (1 - 10 +X) 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 Warm Up																RU15W Warm Up																RU18W Warm Up															

Complete (1 - 10 +X) 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 1/32																RU15W 1/32																RU18W 1/32															

Complete (1 - 10 +X) 122 cm





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah 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 - 10 +X) 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 - 10 +X) 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 - 10 +X) 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 - 10 +X) 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 - 10 +X) 122 cm																																																





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah 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 1/4				RU12G 1/4				RU15M 1/4				RU15W 1/4				RU18M 1/4				RU18W 1/4																											

Complete (1 - 10 +X) 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 1/2				RU12G 1/2				RU15M 1/2				RU15W 1/2				RU18M 1/2				RU18W 1/2																							

Complete (1 - 10 +X) 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								60				60				70				70																							
					RU12B Bronze								RU15M Bronze				RU15W Bronze				RU18M Bronze				RU18W Bronze																							

Complete (1 - 10 +X) 122 cm

15:45-16:15 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 Gold				RU12G Gold				RU15M Gold				RU15W Gold				RU18M Gold				RU18W Gold																							

Complete (1 - 10 +X) 122 cm





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah 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 RU12X Warm Up																60 RU15X Warm Up																70 RU18X Warm Up															
Complete (1 - 10 +X) 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 RU12X 1/8																60 RU15X 1/8																70 RU18X 1/8															
Complete (1 - 10 +X) 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 RU12X 1/4																60 RU15X 1/4								70 RU18X 1/4																							
Complete (1 - 10 +X) 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 RU12X 1/2																60 RU15X 1/2								70 RU18X 1/2																							
Complete (1 - 10 +X) 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 RU12X Bronze																60 RU15X Bronze								70 RU18X Bronze																							
Complete (1 - 10 +X) 122 cm																																																





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

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



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						
Team Matches							40																60																70															
4 ends of 6 arrows							RU12X Gold																RU15X Gold																RU18X Gold															
							■■■■																■■■■																■■■■															
	Complete (1 - 10 +X) 122 cm																																																					





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Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah 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 - 10 +X) 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 - 10 +X) 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 - 10 +X) 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 - 10 +X) 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 - 10 +X) 122 cm





KEMENTERIAN PENDIDIKAN

Kejohanan Memanah Majlis Sukan Sekolah Malaysia (MSSM) 2026

Majlis Sukan Sekolah Malaysia dan Majlis Sukan Sekolah Selangor (MSSM2026)

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



11 Jun 2026, Thursday (Continue)

12:00-12:30 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				40				60				60				70				70																							
					RU12BT 1/2				RU12GT 1/2				RU15MT 1/2				RU15WT 1/2				RU18MT 1/2				RU18WT 1/2																							

Complete (1 - 10 +X) 122 cm

12:30-13:00 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 Bronze				RU12GT Bronze				RU15MT Bronze				RU15WT Bronze				RU18MT Bronze				RU18WT Bronze																							

Complete (1 - 10 +X) 122 cm

13:00-13:30 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				40				60				60				70				70																							
					RU12BT Gold				RU12GT Gold				RU15MT Gold				RU15WT Gold				RU18MT Gold				RU18WT Gold																							

Complete (1 - 10 +X) 122 cm

