

PARA SUKAN MALAYSIA XXII Selangor 2026 - MEMANAH

Selangor (PSUKMA26)

Shah Alam, From 04-09-2026 to 10-09-2026



9 Sep 2026, Wednesday

08:00-08:30 1/16: PRM, PCM Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				50											
	PRM				PCM											
	Warm Up				Warm Up											
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

08:30-09:00 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				50											
	PRM				PCM											
	1/16				1/16											
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

09:00-09:30 1/8: PRM, PCM Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				50											
	PRM				PCM											
	Warm Up				Warm Up											
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 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
	70				50											
	PRM				PCM											
	1/8				1/8											
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

10:00-10:30 1/8: PRW, PCW Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				50											
	PRW				PCW											
	Warm Up				Warm Up											
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

10:30-11:00 Individual Matches 5 ends of 3 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70	70		70		70	70	50			50					50
	PRW	PRW		PRW		PRW	PRW	PCW			PCW					PCW
	-Bye-	1/8		-Bye-		1/8	-Bye-	-Bye-			1/8					-Bye-
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 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
	70				70				50				50			
	PRM				PRW				PCM				PCW			
	1/4				1/4				1/4				1/4			
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

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
	70				70				50				50			
	PRM				PRW				PCM				PCW			
	1/2				1/2				1/2				1/2			
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

12:30-13:00 1/4: PRM, PCM Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				50											
	PRM				PCM											
	Warm Up				Warm Up											
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

13:00-13:30 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70			70			70		50				50			
	PRM			PRM			PRM		PCM				PCM			
	-Bye-			1/4			-Bye-		-Bye-				1/4			
	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm											

MUKHAZAM MOHAMED
KDT Para Memanah
-a SUKMA Selangor 2026

PARA SUKAN MALAYSIA XXII Selangor 2026 - MEMANAH

Selangor (PSUKMA26)

Shah Alam, From 04-09-2026 to 10-09-2026



9 Sep 2026, Wednesday (Continue)

13:30-14:00 1/2 PRM, PRW, PCM, PCW Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				70				50				50			
	PRM				PRW				PCM				PCW			
	Warm Up				Warm Up				Warm Up				Warm Up			
	Complete (1 - 10 +X) 122 cm				Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm				Reduced (5 - 10 +X) 80 cm			

14:00-14:30 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				70				50				50			
	PRM				PRW				PCM				PCW			
	1/2				1/2				1/2				1/2			
	Complete (1 - 10 +X) 122 cm								Reduced (5 - 10 +X) 80 cm							

15:00-15:30 1/4: PRX, PCX Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70								50							
	PRX								PCX							
	Warm Up								Warm Up							
	Complete (1 - 10 +X) 122 cm								Reduced (5 - 10 +X) 80 cm							

15:30-16:00 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70				70				70				50			
	PRX				PRX				PRX				PCX			
	-Bye-				1/4				-Bye-				1/4			
	Complete (1 - 10 +X) 122 cm												Reduced (5 - 10 +X) 80 cm			

16:00-16:30 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
					70				50							
					PRX				PCX							
					1/2				1/2							
					Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm							

17:00-17:30 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	50															
	PCX															
	Bronze															
	Reduced (5 - 10 +X) 80 cm															

17:30-18:00 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	50															
	PCX															
	Gold															
	Reduced (5 - 10 +X) 80 cm															

18:00-18:30 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70															
	PRX															
	Bronze															
	Complete (1 - 10 +X) 122 cm															

18:30-19:00 Team Matches 4 ends of 4 arrows	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	70															
	PRX															
	Gold															
	Complete (1 - 10 +X) 122 cm															

MUKHRIZ BIN MOHAMED
KDT Para Memanah
Para SUKMA Selangor 2026

PARA SUKAN MALAYSIA XXII Selangor 2026 - MEMANAH

Selangor (PSUKMA26)

Shah Alam, From 04-09-2026 to 10-09-2026



10 Sep 2026, Thursday

08:30-09:00

Individual Matches
5 ends of 3 arrows

1	2
50	
PCW	
Bronze	
Reduced (5 - 10 + X) 80 cm	

09:00-09:30

Individual Matches
5 ends of 3 arrows

1	2
50	
PCW	
Gold	
Reduced (5 - 10 + X) 80 cm	

09:30-10:00

Individual Matches
5 ends of 3 arrows

1	2
50	
PCM	
Bronze	
Reduced (5 - 10 + X) 80 cm	

10:00-10:30

Individual Matches
5 ends of 3 arrows

1	2
50	
PCM	
Gold	
Reduced (5 - 10 + X) 80 cm	

10:30-11:00

Team Matches
4 ends of 4 arrows

1	2
50	
PCW	
Bronze	
Reduced (5 - 10 + X) 80 cm	

11:00-11:30

Team Matches
4 ends of 4 arrows

1	2
50	
PCW	
Gold	
Reduced (5 - 10 + X) 80 cm	

11:30-12:00

Team Matches
4 ends of 4 arrows

1	2
50	
PCM	
Bronze	
Reduced (5 - 10 + X) 80 cm	

12:00-12:30

Team Matches
4 ends of 4 arrows

1	2
50	
PCM	
Gold	
Reduced (5 - 10 + X) 80 cm	

13:00-13:30

Individual Matches
5 ends of 3 arrows

1	2
70	
PRW	
Bronze	
Complete (1 - 10 + X) 122 cm	

13:30-14:00

Individual Matches
5 ends of 3 arrows

1	2
70	
PRW	
Gold	
Complete (1 - 10 + X) 122 cm	

14:00-14:30

Individual Matches
5 ends of 3 arrows

1	2
70	
PRM	
Bronze	
Complete (1 - 10 + X) 122 cm	

14:30-15:00

Individual Matches
5 ends of 3 arrows

1	2
70	
PRM	
Gold	
Complete (1 - 10 + X) 122 cm	

15:00-15:30

Team Matches
4 ends of 4 arrows

1	2
70	
PRW	
Bronze	
Complete (1 - 10 + X) 122 cm	

15:30-16:00

Team Matches
4 ends of 4 arrows

1	2
70	
PRW	
Gold	
Complete (1 - 10 + X) 122 cm	

16:00-16:30

Team Matches
4 ends of 4 arrows

1	2
70	
PRM	
Bronze	
Complete (1 - 10 + X) 122 cm	

16:30-17:00

Team Matches
4 ends of 4 arrows

1	2
70	
PRM	
Gold	
Complete (1 - 10 + X) 122 cm	

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Para SUKMA Selangor 2026