

JADUAL PERTANDINGAN
KONTINJEN SELANGOR
SUKAN MALAYSIA (SUKMA) KE-19, PERAK 2018
18HB SEPTEMBER 2018 (SELASA)

Bil	Sukan	Venue	Masa Mula	Acara	Catatan
1.	Badminton	Arena Badminton Amanjaya, Ipoh	3.40 Ptg	Men's Single Selangor lwn Pulau Pinang	Final
2.	Hoki (W)	Stadium Hoki Sultan Azlan Shah, Ipoh	6.00 Ptg	Selangor lwn Sarawak	Peringkat Kumpulan
	Hoki (L)		8.00 Mlm	Selangor lwn Sarawak	
3.	Akuatik - Renang	Pusat Akuatik Tuanku Zara, Kompleks Sukan MBI	8.45 Pg	Men's 50m Butterfly	Saringan
				Men's 200m Backstroke	
				Men's 100m Freestyle	
				Men's 200m Individual Medley	
				Women's 50m Butterfly	
				Women's 200m Backstroke	
				Women's 100m Freestyle	
				Women's 200m Individual Medley	

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	Sambungan (Akuatik- Renang)		5.30 Ptg	Women's 200m Backstroke	Akhir
			5.40 Ptg	Men's 200m Backstroke	
			5.50 Ptg	Women's 100m Freestyle	
			6.00 Ptg	Men's 100m Freestyle	
			6.20 Ptg	Women's 50m Butterfly	
			6.25 Ptg	Men's 50m Butterfly	
			6.50 Ptg	Women's 200m Individual Medley	
			7.00 Ptg	Men's 200m Individual Medley	
4.	Gimnastik Artisik	Stadium Indera Mulia, Ipoh	10.00 Pg	Men's Individual All-Around	Akhir
				Men's Team	
5.	Olahraga	Stadium Perak, Ipoh	8.30 Pg	Men's Long Jump	Final
			9.50 Pg	Men's 400m Hurdles	Semi Final
			10.30 Pg	Women's 800m	
			10.50 Pg	Men's 800m	
			3.30 Ptg	Men's 100m	Final
			4.00 Ptg	Men's 400m	

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	Sambungan (Olahraga)		5.00 Ptg	Men's 4 x 100m Relay	Semi Final
			5.30 Ptg	Women's 3000m Steeplechase	Final
			5.50 Ptg	Men's 3000m Steeplechase	
6.	Sepaktakraw	Institut Latihan Kkm Sultan Azlan Shah, Ulu Kinta	10.30 Pg	Women's Doubles Selangor lwn Kedah	Peringkat Kumpulan
			12.00 Tghr	Men's Doubles Selangor lwn Wilayah Persekutuan	
			1.30 Ptg	Men's Regu 3 (Trio) Selangor lwn Sarawak	
			1.30 Ptg	Women's Regu 3 (Trio) Selangor lwn Pulau Pinang	
			4.30 Ptg	Men's Doubles Selangor lwn Kelantan	
7.	Tenpin Bowling	Ampang Superbowl, Ipoh Parade	8.00 Pg	Men's Trios	Final
			12.00 Tghr	Women's Trios	
8.	Bola Keranjang (W)	Sm Poi Lam (SUWA), Ipoh	3.30 Ptg	Selangor lwn Pahang	Peringkat Kumpulan

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9.	Menembak	Kompleks Menembak Amanjaya, Chepor	9.00 Pg	10m Air Pistol Men's	Akhir
				10m Air Pistol Men's Team	
				25m Sports Pistol Women's	
				50m Rifle 3 Positions Women's	
				25m Sports Pistol Women's Team	
				50m Rifle 3 Positions Women's Team	
10.	Petanque	Arena Petanque, Kuala Kangsar	8.30 Pg	Men's Team Selangor lwn Pulau Pinang	Game 1 Pusingan 1
				Women's Team Selangor lwn Perak	
11.	Pencak Silat	Dewan Jubli Perak, Kuala Kangsar	2.30 Ptg	Men's Class H (80-85kg) Selangor lwn Sabah	Quarter Final
				Men's Class Bebas (85-110kg) Selangor lwn Sarawak	
				Women's Class A (45-50kg) Selangor lwn Sarawak	
				Women's Class D (60-65kg) Selangor lwn N. Sembilan	
		8.30 Ptg	Men's Singles (Juris Tunggal Baku)	Final	
			Women's Doubles (Ganda)		

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12.	Muay	Dewan Serbaguna Daerah Grik	2.30 Ptg	48 Kg - 51 Kg (L) Selangor Iwn Perak	Peringkat Kumpulan
				54 Kg – 57 Kg (L) Selangor Iwn Perlis	
				57 Kg – 60 Kg (L) Selangor Iwn N. Sembilan	
13.	Pelayaran	KD Pelandok, Pengkalan TLDM Lumut	10.00 Pg	International 420s - Men	Day 4
				Laser Standard - Men	
				Laser 4.7 - Men	
				RS:One - Men	
				Laser Radial - Men	
				Optimist U15 - Boys	
				Windsurfing Bic Techno - Men	
				International 420s - Women	
				Laser 4.7 - Women	
				Laser Radial – Women	
				Optimist U15 - Girls	
Windsurfing Bic Techno - Women					

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14.	Memanah	Padang Universiti Teknologi Petronas	9.00 Pg	70m Men Olimpik Round Individu Recurve	Peringkat Awal - Akhir
				70m Men Olimpik Round Individu Recurve	
15.	Bola Baling (W)	UPSI, Tanjung Malim	11.00 Pg	Selangor lwn Kelantan	Suku Akhir
16.	Bola Jaring	Pusat Latihan Teknologi Tinggi (ADTEC), Taiping	2.30 Ptg	Selangor lwn Pulau Pinang	Peringkat Kumpulan
17.	Berbasikal	Taiping Bike Park, Taiping	10.30 Pg	Mens Downhill 1.5km	Qualification
				Womens Downhill 1.5km	
			3.00 Ptg	Mens Downhill 1.5km	Final
				Womens Downhill 1.5km	
18.	Terjun	Pusat Akuatik Tuanku Zara, Kompleks Sukan MBI	11.25 Pg	Men Synchronised Platform	Final
			12.30 Tghr	Women's 1m Springboard	
			2.10 Ptg	Men's 1m Springboard	
19.	Taekwondo	Dewan Tan Poh Sang, SMK San Min, Teluk Intan	9.00 Pg	Men -63kg Selangor lwn Perak	Pusingan Keempat
				Men -74kg Selangor lwn Pahang	Pusingan Ketiga
				Men +87kg Selangor lwn Pulau Pinang	Pusingan Pertama

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20.	Futsal (W)	Manjung Indoor Sport Arena	10.00 Pg	Selangor lwn Wilayah Persekutuan	Semi Final
21.	Boling Padang	Arena Lawn Bowls, Kompleks Sukan MBI, Ipoh	8.00 Pg	Men's Pairs Selangor lwn Sarawak	Peringkat Kumpulan
				Women's Fours Selangor lwn Terengganu	
			10.30 Pg	Women's Single Selangor lwn Pulau Pinang	
			1.15 Ptg	Women's Fours Selangor lwn Wilayah Persekutuan	
			4.00 Ptg	Men's Pairs Selangor lwn Terengganu	
				Men's Triples Selangor lwn Sarawak	
			8.00 Mlm	Men's Pairs Selangor lwn Johor	