

JADUAL PERTANDINGAN

KONTINJEN SELANGOR SUKAN MALAYSIA (SUKMA) KE-19, PERAK 2018

19HB SEPTEMBER 2018 (RABU)

| Bil | Sukan | Venue | Masa Mula | Acara | Catatan |
|-----|----------|--|-----------|---|------------------------|
| 1. | Memanah | Padang Universiti Teknologi Petronas Seri Iskandar | 8.30 Pg | 50m Compound Men Individual Selangor lwn Perak Selangor lwn Perak | Peringkat Awal - Akhir |
| | | | | 50m Compound Women Individual Selangor lwn Pulau Pinang Selangor lwn Sabah Selangor lwn Melaka | |
| 2. | Olahraga | Stadium Perak, Ipoh | 7.30 Pg | Women's 10km Race Walk | Final |
| | | | 10.30 Pg | Men's 4 x 400m Relay | Semi Final |
| | | | 3.00 Ptg | Women's Hammer Throw | Final |
| | | | 3.30 Ptg | Men's 400m Hurdles | |
| | | | 3.50 Ptg | Women's 800m | |
| | | | 4.05 Ptg | Men's 800m | |
| | | | 4.55 Ptg | Men's 4 x 100m Relay | |

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|-----|-------------------------|---|-----------|--------------------------------------|--------------------|
| | Sambungan (Olahraga) | | 5.20 Ptg | Women's 5000m | |
| | | | 5.50 Ptg | Men's 5000m | |
| 3. | Tenpin Bowling | Ampang Superbowl, Ipoh | 10.00 Pg | Women's Team of 5 | Akhir |
| | | | 3.30 Ptg | Men's Team of 5 | |
| 4. | Bola Keranjang (W) | SM Poi Lam (SUWA), Ipoh | 10.30 Pg | Selangor lwn Johor | Peringkat Kumpulan |
| | Bola Keranjang (L) | | 6.00 Ptg | Selangor lwn Johor | |
| 5. | Kriket | Padang Ipoh | 1.00 Ptg | Selangor lwn Johor | Quarter Final |
| 6. | Berbasikal | Taiping Bike Park, Taiping | 9.00 Pg | Women's Cross Country 1.5Hr | Final |
| | | | 11.00 Pg | Men's Cross Country 1.5Hr | |
| 7. | Terjun | Pusat Akuatik Tuanku Zara, Kompleks Sukan MBI | 11.25 Pg | Women's Platform | Final |
| | | | 1.00 Ptg | Men's Synchronised 3m Springboard | |
| 8. | Renang | Pusat Akuatik Tuanku Zara, Kompleks Sukan MBI | 8.45 Pg | Men's 200m Butterfly | Peringkat Saringan |
| | | | | Men's 50m Breaststroke | |
| | | | | Men's 4 x 100 Freestyle Relay | |
| | | | | Women's 200m Butterfly | |

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| | Sambungan (Renang) | | | Women's 50m Breaststroke | Akhir |
| | | | | Women's 800m Freestyle | |
| | | | | Women's 4 x 100 Freestyle Relay | |
| | | | 5.30 Ptg | Women's 800m Freestyle | |
| | | | 6.00 Ptg | Men's 50m Breaststroke | |
| | | | 6.05 Ptg | Women's 50m Breaststroke | |
| | | | 6.15 Ptg | Men's 200m Butterfly | |
| | | | 6.25 Ptg | Women's 200m Butterfly | |
| | | | 6.50 Ptg | Men's 4 x 100 Freestyle Relay | |
| 7.00 Ptg | Women's 4 x 100 Freestyle Relay | | | | |
| 9. | Futsal (W) | Manjung Indoor Sport Arena | 10.00 Pg | Selangor lwn Terengganu | Penentuan Ketiga / Keempat |
| 10. | Bola Baling (W) | Universiti Pendidikan Sultan Idris, Tanjung Malim | 11.00 Pg | Selangor lwn Terengganu | Separuh Akhir |
| 11. | Hoki (L) | Stadium Hoki Sultan Azlan Shah, Ipoh | 8.00 Mlm | Selangor lwn Perak | Peringkat Kumpulan |
| | Hoki (W) | | | Selangor lwn Sarawak | |

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| 12. | Muay | Dewan Seberguna Majlis Daerah, Grik | 2.30 Ptg | Men's 42kg-45kg Selangor lwn Perak | Separuh Akhir |
| | | | | Men's 48Kg - 51kg Selangor lwn Sarawak | |
| | | | | Men's 57kg – 60Kg Selangor lwn Perak | |
| | | | | Men's 54kg - 57kg Selangor lwn Johor | |
| 13. | Gimnastik | Stadium Indera Mulia, Ipoh | 1.30 Ptg | Men's Floor Exercise | Akhir |
| | | | 2.10 Ptg | Men's Pommel Horse | |
| | | | | Women's Vault | |
| | | | 2.50 Ptg | Women's Uneven Bars | |
| | | | | Men's Rings | |
| | | | 3.30 Ptg | Women's Balance Beam | |
| | | | | Men's Vault | |
| | | | 4.10 Ptg | Women's Floor Exercise | |
| Men's Parallel Bars | | | | | |
| 4.50 Ptg | Men's Horizontal Bar | | | | |
| 14. | Bola Jaring | Pusat Latihan Teknologi Tinggi (ADTEC), Taiping | 4.30 Ptg | Selangor lwn Pahang | Peringkat Kumpulan |

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| 15. | Boling Padang | Arena Lawn Bowls, Kompleks Sukan MBI, Ipoh | 8.00 Pg | Women's Single Selangor lwn Pahang | Peringkat Kumpulan |
| | | | | Women's Fours Selangor lwn Pulau Pinang | |
| | | | 10.30 Pg | Men's Triples Selangor lwn Perlis | |
| | | | 1.15 Ptg | Women's Single Selangor lwn Perlis | |
| | | | | Women's Fours Selangor lwn Negeri Sembilan | |
| | | | 4.00 Ptg | Men's Pairs Selangor lwn Sabah | |
| | | | | Men's Triples Selangor lwn Pulau Pinang | |
| 8.00 Mlm | Men's Pairs Selangor lwn Sabah | | | | |
| 16. | Petanque | Arena Petanque, Kuala Kangsar | 9.00 Pg | Berpasukan (W) Selangor lwn Johor | Suku Akhir |
| | | | | Berpasukan (L) Selangor lwn Perak | |

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| 17. | Pencak Silat | Dewan Jubli Perak, Kuala Kangsar | 8.30 Pg | Men's Class D (60 – 65 Kg) Selangor lwn Sarawak | Semi Final |
| | | | | Men's Class J (90-95 Kg) Selangor lwn Pahang | |
| | | | | Women's Class F (70-75 Kg) Selangor lwn Wilayah Persekutuan | |
| | | | 2.30 Ptg | Men's Class G (75 -80 Kg) Selangor lwn Negeri Sembilan | |
| | | | | Women's Class A (45 – 50 Kg) Selangor lwn Kedah | |
| | | | 8.30 Mlm | Men's Doubles (Ganda) | |
| Women's Singles (Jurus Tunggal Baku) | | | | | |
| 18. | Pelayaran | KD Pelandok, Pengkalan TLDM, Lumut | 9.00 Pg | International 420s - Men | Day 5 |
| | | | | Laser Standard - Men | |
| | | | | RS:One - Men | |
| | | | | Laser Radial - Men | |
| | | | | Optimist U15 - Boys | |
| | | | | International 420s - Women | |
| | | | | Laser 4.7 - Women | |
| | | | | Laser Radial - Women | |

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| | Sambungan (Pelayaran) | | | Optimist U15 - Girls | |
| Windsurfing Bic Techno - Women | | | | | |
| Laser 4.7 - Men | | | | | |
| 19. | Menembak | Kompleks Menembak Darul Ridzuan, Chepor | 9.00 Pg | 50m Rifle 3 Positions Men's Team | Final |
| | | | | 25m Sports Pistol Men's | |
| | | | | 25m Sports Pistol Men's Team | |
| | | | | 50m Rifle 3 Positions Men's | |
| 20. | Sepaktakraw | Institut Latihan KKM Sultan Azlan Shah, Ulu Kinta | 9.00 Pg | Men's Regu 3 (Trio) Selangor Iwn Pulau Pinang | Suku Akhir |
| | | | | 12.00 Tghr | Women's Regu 3 (Trio) Selangor Iwn Sabah |
| | | | Women's Doubles Selangor Iwn Sarawak | | |
| 21. | Squash | Arena Squash, Kompleks Sukan MBI | 10.00 Pg | Men's Team | Pusingan 1 |
| | | | 6.00 Ptg | Women's Team | Pusingan 1 |
| | | | | Men's Team | Pusingan 2 |
| 22. | Taekwondo | Dewan Tan Poh Sang, SMK San Min, Teluk Intan | 9.00 Pg | Men's -58Kg Selangor Iwn Kedah / Perak | Suku Akhir |
| | | | | Men's -68 Kg Selangor Iwn Wilayah Persekutuan | Peringkat Pusingan |

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| | Sambungan | | | Men's -87 Kg Selangor lwn Sarawak | Suku Akhir |
| | | | | Women's -49 Kg Selangor lwn Sarawak | Peringkat Pusingan |

