

**JADUAL PERTANDINGAN**  
**KONTINJEN SELANGOR**  
**SUKAN MALAYSIA (SUKMA) KE-19, PERAK 2018**  
**20HB SEPTEMBER 2018 (KHAMIS)**

Bil	Sukan	Venue	Masa Mula	Acara	Catatan
1.	Memanah	Padang Universiti Teknologi Petronas Seri Iskandar	8.30 Pg	Recurve Women Team Selangor lwn Kelantan	Elimination
			9.00 Pg	Recurve Women Team	Quarter Final
				Recurve Men Team	
			9.30 Pg	Recurve Women Team	Semi Final
				Recurve Men Team	
			10.30 Pg – 12.00 Tghr	Recurve Women Team	Final
Recurve Men Team					
2.	Tenpin Bowling	Ampang Superbowl, Ipoh	10.00 Pg	Men's Team of 5	Akhir
			3.30 Ptg	Women's Team of 5	

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3.	Olahraga	Stadium Perak, Ipoh	8.00 Pg	Men's Discus Throw	Final
			8.30 Pg	Women's Pole Vault	
			9.50 Pg	Men's 200m	Semi Final
			3.00 Ptg	Men's Javelin Throw	Final
			3.40 Ptg	Men's 200m	
			4.20 Ptg	Women's 1500m	
			4.40 Ptg	Men's 1500m	
			5.30 Ptg	Men's 4 x 400m Relay	
4.	Bola Keranjang	SM Poi Lam (SUWA), Ipoh	8.00 Pg	Men's 3 on 3 Selangor lwn Sarawak	Peringkat Kumpulan
			9.00 Pg	Women's 3 on 3 Selangor lwn Sarawak	
			10.40 Pg	Men's 3 on 3 Selangor lwn Wilayah Persekutuan	
			11.40 Pg	Women's 3 on 3 Selangor lwn Perak	
			12.00 Tghr	Men's 3 on 3 Selangor lwn Pulau Pinang	

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	Sambungan (Bola Keranjang)		12.40 Tghr – 1.00 Ptg	Women's 3 on 3	Suku Akhir
			1.20 Ptg	Men's 3 on 3 Selangor lwn Johor	Peringkat Kumpulan
			3.30 Ptg	Women's Team Selangor lwn Negeri Sembilan	Separuh Akhir
			8.00 Mlm	Men's Team Selangor lwn Perak	
5.	Kriket	Padang Batalion Ke- 2 Rejiman Renjer Diraja, Kem Sy	9.00 Pg	Selangor lwn Wilayah Persekutuan	Semi Final
6.	Berbasikal	Velodrome Rakyat, Ipoh	9.00 Pg	Women's Sprint	Time Trial
			9.29 Pg	Men's Sprint	
			9.59 Pg	Men's Individual Pursuit 4km Selangor lwn Sarawak	Qualification (Heat 2)
				Men's Individual Pursuit 4km Selangor lwn Terengganu	Qualification (Heat 8)
			11.30 Pg	Women's Sprint	Quarter Final
			11.42 Pg	Men's Sprint	
			2.00 Ptg	Women's Sprint	Semi Final
			2.06 Ptg	Men's Sprint	

Bil	Sukan	Venue	Masa Mula	Acara	Catatan
	Sambungan (Berbasikal)		2.12 Ptg	Women's Scratch Race 10 km	Final
			3.10 Ptg	Women's Sprint	
			3.16 Ptg	Men's Sprint	
			3.22 Ptg	Men's Individual Pursuit 4km	
7.	Akuatik - Terjun		11.25 Pg	Men's Platform	Final
			12.55 Tghr	Women's Synchronised 3m Springboard	
8.	Akuatik - Renang	Pusat Akuatik Tuanku Zara, Kompleks Sukan MBI	8.45 Pg	Women's 400m Freestyle	Peringkat Saringan
				Men's 400m Freestyle	
				Women's 100m Butterfly	
				Men's 100m Butterfly	
				Women's 200m Breaststroke	
				Men's 200m Breaststroke	
				Women's 4 x 200 Freestyle Relay	
				Men's 4 x 200 Freestyle Relay	
			5.30 Ptg	Women's 400m Freestyle	Final
			5.40 Ptg	Men's 400m Freestyle	

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	Sambungan (Akuatik – Renang)		5.50 Ptg	Women's 100m Butterfly	
			6.00 Ptg	Men's 100m Butterfly	
			6.20 Ptg	Women's 200m Breaststroke	
			6.30 Ptg	Men's 200m Breaststroke	
			6.50 Ptg	Women's 4 x 200 Freestyle Relay	
			7.00 Ptg	Men's 4 x 200 Freestyle Relay	
9.	Bola Baling (W)	Universiti Pendidikan Sultan Idris, Tanjung Malim	8.00 Pg	Selangor lwn Negeri Sembilan	Penentuan Ketiga / Keempat
10.	Hoki	Stadium Hoki Sultan Azlan Shah, Ipoh	3.30 Ptg	Women's Team Selangor lwn Terengganu	Semi Final
11.	Muay	Dewan Seberguna Majlis Daerah, Grik	2.30 Ptg	Men's 54kg – 57kg Selangor lwn Kedah	Akhir
12.	Bola Jaring	Pusat Latihan Teknologi Tinggi (ADTEC), Taiping	10.30 Pg	Selangor lwn Perak	Peringkat Kumpulan
13.	Boling Padang	Arena Lawn Bowls, Kompleks Sukan MBI, Ipoh	8.00 Pg	Men's Triples Selangor lwn Negeri Sembilan	Peringkat Kumpulan
			10.30 Pg	Men's Pairs Selangor lwn Wilayah Persekutuan	

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	Sambungan (Boling Padang)			Mixed Pairs Selangor Iwn Wilayah Persekutuan	
			4.00 Ptg	Women's Single Selangor Iwn Terengganu	
14.	Pencak Silat	Dewan Jubli Perak, Kuala Kangsar	2.30 Ptg	Men's Class D (60 – 65 Kg) Selangor Iwn Pahang	Final
15.	Sepaktakraw	Institut Latihan KKM Sultan Azlan Shah, Ulu Kinta	9.00 Pg	Women's Regu 4 (Quadran) Selangor Iwn Kelantan	Peringkat Kumpulan
			11.30 Pg	Women's Regu 4 (Quadran) Selangor Iwn Pulau Pinang	
			2.00 Ptg	Women's Regu 4 (Quadran) Selangor Iwn Perak	
			3.15 Ptg	Men's Regu 4 (Quadran) Selangor Iwn Terengganu	
			4.30 Ptg	Women's Regu 4 (Quadran) Selangor Iwn Sabah	
			6.00 Ptg	Men's Regu 4 (Quadran) Selangor Iwn Kelantan	
16.	Squash	Arena Squash, Kompleks Sukan MBI	10.00 Pg	Men's Team Kedah Iwn Selangor	Game B (Pool B)
			11.30 Pg	Women's Team Selangor Iwn Pulau Pinang	Game A (Pool A)

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	Sambungan (Squash)		6.00 Ptg	Men's Team Selangor Iwn Wilayah Persekutuan	Game B (Pool B)
			7.30 Ptg	Women's Team Selangor Iwn Negeri Sembilan	Game A (Pool A)
17.	Taekwondo	Dewan Tan Poh Sang, SMK San Min, Teluk Intan	9.00 Pg	Women – 46 Kg Selangor Iwn Negeri Sembilan	Pusingan Awal
				Women – 67 Kg Selangor Iwn Kelantan	
				Women – 46 Kg	Quarter Final
				Women – 67 Kg	
				Women – 46 Kg	Semi Final
				Women – 67 Kg	
				Women – 46 Kg	Final
				Women – 67 Kg	
18.	Angkat Berat	Dewan Merdeka, Majlis Daerah Tapah	11.00 Pg	Women's 90 Kg Snatch	Final
				Women's 90 Kg Clean/Jerk	
			4.30 Ptg	Men's 105 Kg Clean / Jerk	
				Men's 105 Kg Snatch	