

JADUAL PERTANDINGAN
KONTINJEN SELANGOR
SUKAN MALAYSIA (SUKMA) KE-19, PERAK 2018
17HB SEPTEMBER 2018 (ISNIN)

Bil	Sukan	Venue	Masa Mula	Acara	Catatan
1.	Badminton	Arena Badminton Amanjaya, Ipoh	10.00 Pg	Mixed Doubles Selangor lwn Wilayah Persekutuan	Quarter Final
			10.40 Pg	Women's Single Selangor lwn Perak	
			10.40 Pg	Men's Single Selangor lwn Wilayah Persekutuan	
			11.20 Pg	Women's Double Selangor lwn Melaka	
			12.00 Tghr	Men's Double Selangor lwn Johor	
			12.40 Tghr	Men's Doubles Selangor lwn Negeri Sembilan	

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	Sambungan (Hoki)		3.00 Ptg – 6.00 Ptg	Mixed Doubles Women's Single Men's Single Women's Double Men's Double	Semi Final
2.	Hoki (L)	Stadium Hoki Sultan Azlan Shah, Ipoh	4.00 Ptg	Selangor lwn Kedah	Peringkat Kumpulan
3.	Akuatik (Renang)	Pusat Akuatik Tuanku Zara, Kompleks Sukan MBI	8.45 Pg	Men's 50m Backstroke Men's 100m Breaststroke Men's 200m Freestyle Men's 400m Individual Medley Women's 50m Backstroke Women's 100m Breaststroke Women's 200m Freestyle Women's 400m Individual Medley	Saringan

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	Sambungan (Akuatik)		5.30 Ptg	Women's 200m Freestyle	Akhir
			5.40 Ptg	Men's 200m Freestyle	
			5.50 Ptg	Women's 100m Breaststroke	
			5.55 Ptg	Men's 100m Breaststroke	
			6.20 Ptg	Women's 50m Backstroke	
			6.25 Ptg	Men's 50m Backstroke	
			6.50 Ptg	Women's 400m Individual Medley	
			7.00 Ptg	Men's 400m Individual Medley	
4.	Gimnastik Artisik	Stadium Indera Mulia, Ipoh	9.00 Pg	Women's Individual All-Around	Akhir
				Women Team	
5.	Olahraga	Stadium Perak, Ipoh	8.00 Pg	Men's 10,000m	Final
			9.30 Pg	Women's 5000m Race Walk	
			10.00 Pg	Men's Shot Put	
			3.10 Ptg	Women's Shot Put	
			3.50 Ptg	Men's 100m	Semi Final 1-3
			4.40 Ptg	Men's 400m	Semi Final 1-3

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6.	Kriket	Padang Ipoh	1.00 Ptg	Selangor lwn Pahang	Peringkat Kumpulan
7.	Sepaktakraw	Institut Latihan Kkm Sultan Azlan Shah, Ulu Kinta	9.00 Pg	Men's Regu 3 (Trio) Selangor lwn Negeri Sembilan	Peringkat Kumpulan
			10.30 Pg	Women's Double Selangor lwn Wilayah Persekutuan	
			12.00 Tghr	Women's Regu 3 (Trio) Selangor lwn Sarawak	
			1.30 Ptg	Men's Double Selangor lwn Sarawak	
8.	Tenpin Bowling	Ampang Superbowl, Ipoh Parade	8.00 Pg	Men's Trios	Day 1
			12.00 Tghr	Women's Trios	
9.	Bola Keranjang (L)	Sm Poi Lam (SUWA), Ipoh	1.30 Ptg	Selangor lwn Sarawak	Peringkat Kumpulan
10.	Menembak	Kompleks Menembak Amanjaya, Chepor	9.00 Pg	25m Standard Pistol Men's	Akhir
				25m Standard Pistol Men's Team	
				10m Air Pistol Women's	
				10m Air Pistol Women's Team	
			10.00 Pg	50m Rifle Prone Men's	
				50m Rifle Prone Men's Team	

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11.	Golf	Royal Perak Golf Club, Ipoh	7.30 Pg	Men's Individual	Day 3
				Men's Individual	Final
				Men's Team	
				Women's Individual	Day 3
				Women's Individual	Final
				Women's Team	
12.	Petanque	Arena Petanque, Kuala Kangsar	8.30 Pg	Women's Single	Group P Playoff
				Women's Double	
13	Pencak Silat	Dewan Jubli Perak, Kuala Kangsar	8.30 Pg	Women's Class C (55-60kg) Selangor Iwn Sabah	Suku Akhir
				Men's Class E (65-70kg) Selangor Iwn Terengganu	
				Men's Class D (60-65kg) Selangor Iwn P.Pinang	
				Men's Class F (70-75kg) Selangor Iwn P.Pinang	

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	Sambungan (Pencak Silat)		2.30 Ptg	Men's Class G (75-80kg) Selangor lwn Johor		
				Men's Class I (85-90kg) Selangor lwn Sarawak		
				Women's Class B (50-55kg) Selangor lwn Terengganu		
			8.30 Ptg	Silat Seni Solo Kreatif (Putra)		Akhir
				Regu (Puteri)		
14.	Muay	Dewan Serbaguna Daerah Grik	2.30 Ptg	42 Kg – 45 Kg (L) Selangor lwn P. Pinang	Round 2	
				67 Kg – 71 Kg (L) Selangor lwn Wilayah Persekutuan		
				42 Kg – 45 Kg (W) Selangor lwn Sabah		
15.	Pelayaran	KD Pelandok, Pengkalan TLDM Lumut	10.00 Pg	International 420s - Men	Day 3	
				Laser Standard - Men		
				Laser 4.7 - Men		
				RS:One - Men		
				Laser Radial - Men		
				Optimist U15 - Boys		

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	Sambungan (Pelayaran)			Windsurfing Bic Techno - Men	
				International 420s - Women	
				Laser 4.7 - Women	
				RS:One - Women	
				Laser Radial – Women	
				Optimist U15 - Girls	
				Windsurfing Bic Techno - Women	
16.	Memanah	Padang Universiti Teknologi Petronas	9.30 Pg	50m Compound Men Individual	Final
				50m Recurve Men Individual	
				50m Compound Women Individual	
				50m Recurve Women Individual	
			2.30 Ptg	30m Compound Men Individual	
				30m Recurve Men Individual	
				30m Compound Women Individual	
				30m Recurve Women Individual	
17.	Tinju	Dewan Dato' Loppe Hashim, Bagan Datuk	3.00 Ptg	Men's Welter (69kg) Selangor lwn Sarawak	Quarter Final

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18.	Karate-Do	Dewan Politeknik Sultan Azlan Shah, Behrang	12.00 Tghr	Men'S Team Kumite Selangor lwn Sarawak	Quarter Final
				Women's Team Kumite Selangor lwn P. Pinang	
			4.00 Ptg	Men's Team Kumite	Final
				Women's Team Kumite	
19.	Bola Jaring	Pusat Latihan Teknologi Tinggi (ADTEC), Taiping	4.30 Ptg	Selangor lwn Terengganu	Peringkat Kumpulan
20.	Skuary	Arena Squash, Kompleks Sukan MBI	10.30 Pg	Men's Singles	Pusingan Ke2
				Women's Singles	
			6.00 Ptg – 9.00 Mlm	Men's Singles	Quarter Final
				Women's Singles	
21.	Terjun	Pusat Akuatik Tuanku Zara, Kompleks Sukan Mbi	11.25 Ptg	Men's 3m Springboard	Final
			1.20 Ptg	Women's Synchronised 10m Platform	
22.	Taekwondo	Dewan Tan Poh Sang, SMK San Min, Teluk Intan	9.00 Pg – 1.30 Ptg	Men's Poomsae Individual	Final
				Women's Poomsae Individual	
				Mixed Poomsae	
23.	Futsal (P)	Manjung Indoor, Sport Arena	8.00 Pg	Selangor lwn N. Sembilan	Quarter Final
	Futsal (L)		6.00 Ptg	Selangor lwn Wilayah Persekutuan	

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24.	Boling Padang	Arena Lawn Bowls, Kompleks Sukan MBI, Ipoh	8.00 Pg	Women's Single Selangor Iwn Wilayah Persekutuan	Peringkat Kumpulan
				Women's Fours Selangor Iwn Kedah	
			10.30 Pg	Men's Pairs Selangor Iwn Pahang	
				Men's Triples Selangor Iwn Terengganu	
			1.15 Ptg	Women's Single Selangor Iwn Melaka	
				Women's Fours Selangor Iwn Perlis	
			4.00 Ptg	Men's Pairs Selangor Iwn Perlis	
				Men's Triples Selangor Iwn Kelantan	
		8.00 Ptg	Men's Pairs Selangor Iwn Sarawak		
25.	Berbasikal (BMX)	Taman Tasik Kemunting	9.00 Pg	BMX Race (W & L)	Ujian Masa
			10.30 Pg		Moto
			12.00 Tghr		Separuh Akhir
			2.00 Ptg		Akhir
		Taiping Bike Park	3.00 Ptg		Downhill Individual (L & W)

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26.	Angkat Berat	Dewan Merdeka, MD Tapah	3.00 Ptg	Men's 77kg Snatch	Final
			5.00 Ptg	Men's 77kg Clean & Jerk	

