

**SUKAN MALAYSIA XXI SARAWAK 2024**  
**17 - 24 OGOS 2024**

**AKUATIK TERJUN**

TARIKH PERTANDINGAN

19 - 23 OGOS 2024

VENUE

PUSAT AKUATIK PANDALELA RINONG, PETRA JAYA

**JADUAL PERTANDINGAN**  
**AKUATIK TERJUN**

TARIKH	MASA	PUSINGAN	L/W	KUMP	NO.	PERKARA / ACARA	TEMPAT / GELANGGANG
<b>18 OGOS 2024</b> <b>AHAD</b>	1400					TAKLIMAT KEPEGAWAIAN TEKNIKAL TAKLIMAT PENGURUS PASUKAN (TPP) & UNDIAN	BILIK MESYUARAT PUSAT AKUATIK PANDELELA RINONG, PETRA JAYA
<b>HARI PERTAMA</b> <b>(19 OGOS 2024)</b> <b>ISNIN</b>	1015-1115					TRAINING SESSION	
	1125-1240	AKHIR	L			3M PAPAN ANJAL LELAKI	
	1240-1310					TRAINING SESSION	
	1320-1350	AKHIR	W			10M PLATFORM SEIRAMA WANITA	
	1400					<b>UPACARA PENYAMPAIAN PINGAT</b> <b>1. 3M PAPAN ANJAL LELAKI</b> <b>2. 10M PLATFORM SEIRAMA WANITA</b>	
<b>HARI KEDUA</b> <b>(20 OGOS 2024)</b> <b>SELASA</b>	1015-1115					TRAINING SESSION	
	1125-1200	AKHIR	L/W			3M PAPAN ANJAL SEIRAMA CAMPURAN	
	1200-1230					TRAINING SESSION	
	1240-1340	AKHIR	W			1M PAPAN ANJAL WANITA	
	1350-1420					TRAINING SESSION	
	1430-1510	AKHIR	L			PLATFORM SEIRAMA LELAKI	
	1520					<b>UPACARA PENYAMPAIAN PINGAT</b> <b>3. 3M PAPAN ANJAL SEIRAMA CAMPURAN</b> <b>4. 1M PAPAN ANJAL WANITA</b> <b>5. PLATFORM SEIRAMA LELAKI</b>	
<b>HARI KETIGA</b> <b>(21 OGOS 2024)</b> <b>RABU</b>	1015-1115					TRAINING SESSION	
	1125-1200	AKHIR	L			3M PAPAN ANJAL SEIRAMA LELAKI	
	1200-1230					TRAINING SESSION	
	1240-1340	AKHIR	W			PLATFORM WANITA	
	1350-1420					TRAINING SESSION	
	1430-1600	AKHIR	L			1M PAPAN ANJAL LELAKI	
	1610					<b>UPACARA PENYAMPAIAN PINGAT</b> <b>6. 3M PAPAN ANJAL SEIRAMA LELAKI</b> <b>7. PLATFORM WANITA</b> <b>8. 1M PAPAN ANJAL LELAKI</b>	
<b>HARI KEEMPAT</b> <b>(22 OGOS 2024)</b> <b>KHAMIS</b>	1015-1115					TRAINING SESSION	
	1125-1145	AKHIR	W			3M PAPAN ANJAL SEIRAMA WANITA	
	1145-1205					TRAINING SESSION	
	1215-1345	AKHIR	L			PLATFORM LELAKI	
	1355					<b>UPACARA PENYAMPAIAN PINGAT</b> <b>9. 3M PAPAN ANJAL SEIRAMA WANITA</b> <b>10. PLATFORM LELAKI</b>	
<b>HARI KELIMA</b> <b>(23 OGOS 2024)</b> <b>JUMAAT</b>	1015-1115					TRAINING SESSION	
	1125-1225	AKHIR	W			3M PAPAN ANJAL WANITA	
	1225-1345					TRAINING SESSION	
	1400-1450	AKHIR	L/W			PLATFORM SEIRAMA CAMPURAN	
	1500					<b>UPACARA PENYAMPAIAN PINGAT</b> <b>11. 3M PAPAN ANJAL WANITA</b> <b>12. PLATFORM SEIRAMA CAMPURAN</b>	