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| ATURCARA KEJOHANAN | | | | | | | | | |
| **HARI PERTAMA : 16 JUN 2025 (ISNIN)** | | | | | | | | | |
| **MASA** | | **NO.ACARA** | | **ACARA** | | **BAHAGIAN** | | **PERINGKAT** | |
| 7.45 pg | | 101 | | 3000M | | TERBUKA P | | SEPARUH AKHIR | |
| 102 | | 3000M | | TERBUKA L | | SEPARUH AKHIR | |
| 8.00 pg | | 103 | | LOMPAT JAUH | | L1 | | AKHIR | |
| 104 | | LONTAR PELURU | | L3 | | AKHIR | |
| 105 | | LOMPAT TINGGI | | L3 | | AKHIR | |
| 8.15 pg | | 106 | | HEPTA1 100M LB | | TERBUKA P123 | | AKHIR | |
| 107 | | 100M | | P3 | | SEPARUH AKHIR | |
| 108 | | 100M | | L3 | | SEPARUH AKHIR | |
| 109 | | 100M | | P2 | | SEPARUH AKHIR | |
| 110 | | 100M | | L2 | | SEPARUH AKHIR | |
| 111 | | 100M | | P1 | | SEPARUH AKHIR | |
| 112 | | 100M | | L1 | | SEPARUH AKHIR | |
| 9.00 pg | | 113 | | 800M | | P3 | | SEPARUH AKHIR | |
| 114 | | 800M | | L3 | | SEPARUH AKHIR | |
| 115 | | 800M | | P2 | | SEPARUH AKHIR | |
| 116 | | 800M | | L2 | | SEPARUH AKHIR | |
| 117 | | 800M | | P1 | | SEPARUH AKHIR | |
| 118 | | 800M | | L1 | | SEPARUH AKHIR | |
| 10.00 pg | | 119 | | HEPTA 2 LOMPAT TINGGI | | TERBUKA P123 | | AKHIR | |
| 120 | | LEMPAR CAKERA | | L1 | | AKHIR | |
| 121 | | LOMPAT KIJANG | | L2 | | AKHIR | |
| 122 | | MEREJAM LEMBING | | L2 | | AKHIR | |
| 10.30 pg | | 123 | | 4 x 100M | | P3 | | SEPARUH AKHIR | |
| 124 | | 4 x 100M | | L3 | | SEPARUH AKHIR | |
| 125 | | 4 x 100M | | P2 | | SEPARUH AKHIR | |
| 126 | | 4 x 100M | | L2 | | SEPARUH AKHIR | |
| 127 | | 4 x 100M | | P1 | | SEPARUH AKHIR | |
| 128 | | 4 x 100M | | L1 | | SEPARUH AKHIR | |
| SESI PETANG | | | | | | | | | |
| 2.00 ptg | | 129 | | HEPTA 3 - LONTAR PELURU | | TERBUKA P123 | | AKHIR | |
| 130 | | LOMPAT TINGGI | | P1 | | AKHIR | |
| 131 | | LOMPAT JAUH | | P3 | | AKHIR | |
| 132 | | 800 METER | | P3 | | AKHIR | |
| 133 | | 800 METER | | L3 | | AKHIR | |
| 134 | | 800 METER | | P2 | | AKHIR | |
| 135 | | 800 METER | | L2 | | AKHIR | |
| 136 | | 800 METER | | P1 | | AKHIR | |
| 137 | | 800 METER | | L1 | | AKHIR | |
| 3.00 ptg | | 138 | | LONTAR PELURU | | P3 | | AKHIR | |
| 139 | | 100M | | P3 | | AKHIR | |
| 140 | | 100M | | L3 | | AKHIR | |
| 141 | | 100M | | P2 | | AKHIR | |
| 142 | | 100M | | L2 | | AKHIR | |
| 143 | | 100M | | P1 | | AKHIR | |
| 144 | | 100M | | L1 | | AKHIR | |
| 3.30 ptg | | 145 | | HEPTA 4 - 200M | | TERBUKA P123 | | AKHIR | |
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| ATURCARA KEJOHANAN | | | | | | | |
| **HARI KEDUA : 17 JUN 2025 (SELASA)** | | | | | | | |
| **MASA** | | **NO.ACARA** | **ACARA** | **BAHAGIAN** | | **PERINGKAT** | |
| 7.45 pg | | 201 | 5000M JALAN KAKI | P1 | | AKHIR | |
| 202 | 5000M JALAN KAKI | TERBUKA L23 | | AKHIR | |
| 203 | 3000M JALAN KAKI | TERBUKA P23 | | AKHIR | |
| 8.00 pg | | 204 | HEPTA 5 - LOMPAT JAUH | TERBUKA P123 | | AKHIR | |
| 205 | LOMPAT KIJANG | P3 | | AKHIR | |
| 206 | LEMPAR CAKERA | P2 | | AKHIR | |
| 207 | MEREJAM LEMBING | L3 | | AKHIR | |
| 8.30 pg | | 208 | 400M | P3 | | SEPARUH AKHIR | |
| 209 | 400M | L3 | | SEPARUH AKHIR | |
| 210 | 400M | P2 | | SEPARUH AKHIR | |
| 211 | 400M | L2 | | SEPARUH AKHIR | |
| 212 | 400M | P1 | | SEPARUH AKHIR | |
| 213 | 400M | L1 | | SEPARUH AKHIR | |
| 10.00 pg | | 214 | HEPTA 6 - REJAM LEMBING | TERBUKA P123 | | AKHIR | |
| 215 | LOMPAT TINGGI | P2 | | AKHIR | |
| 216 | LONTAR PELURU | P1 | | AKHIR | |
| 217 | LOMPAT JAUH | L2 | | AKHIR | |
| 10.30 pg | | 218 | 100M LARI BERPAGAR | P3 | | SEPARUH AKHIR | |
| 219 | 100M LARI BERPAGAR | P2 | | SEPARUH AKHIR | |
| 220 | 100M LARI BERPAGAR | P1 | | SEPARUH AKHIR | |
| 221 | 110M LARI BERPAGAR | L3 | | SEPARUH AKHIR | |
| 222 | 110M LARI BERPAGAR | L2 | | SEPARUH AKHIR | |
| 223 | 110M LARI BERPAGAR | L1 | | SEPARUH AKHIR | |
| 11.30 pg | | 224 | BALING TUKUL BESI | TERBUKA L123 | | AKHIR | |
| **SESI PETANG** | | | | | | | |
| 2.00 ptg | | 225 | LEMPAR CAKERA | L2 | | AKHIR | |
| 226 | MEREJAM LEMBING | P3 | | AKHIR | |
| 227 | LOMPAT KIJANG | L3 | | AKHIR | |
| 228 | LOMPAT JAUH | P1 | |  | |
| 229 | 110M LARI BERPAGAR | L1 | | AKHIR | |
| 230 | 110M LARI BERPAGAR | L2 | | AKHIR | |
| 231 | 110M LARI BERPAGAR | L3 | | AKHIR | |
| 232 | 100M LARI BERPAGAR | P1 | | AKHIR | |
| 233 | 100M LARI BERPAGAR | P2 | | AKHIR | |
| 234 | 100M LARI BERPAGAR | P3 | | AKHIR | |
| 2.30 ptg | | 235 | 400M | P3 | | AKHIR | |
| 236 | 400M | L3 | | AKHIR | |
| 237 | 400M | P2 | | AKHIR | |
| 238 | 400M | L2 | | AKHIR | |
| 239 | 400M | P1 | | AKHIR | |
| 240 | 400M | L1 | | AKHIR | |
| 3.00 ptg | | 241 | HEPTA 7 - 800M | TERBUKA P123 | | AKHIR | |
| 3.15 ptg | | 242 | 3000M | TERBUKA P | | AKHIR | |
| 243 | 3000M | TERBUKA L | | AKHIR | |

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| ATURCARA KEJOHANAN | | | | |
| **HARI KETIGA : 18 JUN 2025 (RABU)** | | | | |
| **MASA** | **NO.ACARA** | **ACARA** | **BAHAGIAN** | **PERINGKAT** |
| 7.45 pg | 301 | 10000M JALAN KAKI | L1 | AKHIR |
| 8.00 pg | 302 | LONTAR PELURU | L2 | AKHIR |
| 303 | LOMPAT KIJANG | P1 | AKHIR |
| 304 | LOMPAT TINGGI | L1 | AKHIR |
| 9.00 pg | 305 | OKTA 1 - 100M | TERBUKA L123 | AKHIR |
| 306 | 1500M | P3 | SEPARUH AKHIR |
| 307 | 1500M | L3 | SEPARUH AKHIR |
| 308 | 1500M | P2 | SEPARUH AKHIR |
| 309 | 1500M | L2 | SEPARUH AKHIR |
| 310 | 1500M | P1 | SEPARUH AKHIR |
| 311 | 1500M | L1 | SEPARUH AKHIR |
| 10.00 pg | 312 | OKTA 2 - LOMPAT JAUH | TERBUKA L123 |  |
| 313 | MEREJAM LEMBING | L1 | AKHIR |
| 314 | LONTAR PELURU | P2 | AKHIR |
| 315 | LOMPAT KIJANG | P2 | AKHIR |
| 316 | 200M LARI BERPAGAR | P3 | SEPARUH AKHIR |
| 317 | 200M LARI BERPAGAR | P2 | SEPARUH AKHIR |
| 318 | 200M LARI BERPAGAR | L3 | SEPARUH AKHIR |
| 319 | 200M LARI BERPAGAR | L2 | SEPARUH AKHIR |
| 320 | 400M LARI BERPAGAR | P1 | SEPARUH AKHIR |
| 321 | 400M LARI BERPAGAR | L1 | SEPARUH AKHIR |
| 11.30 pg | 322 | BALING TUKUL BESI | TERBUKA P123 | AKHIR |
| SESI PETANG | | | | |
| 2.00 ptg | 323 | OKTA 3 - LONTAR PELURU | TERBUKA L123 |  |
| 324 | LEMPAR CAKERA | P1 | AKHIR |
| 325 | LOMPAT TINGGI | P3 | AKHIR |
| 326 | 400M LARI BERPAGAR | L1 | AKHIR |
| 327 | 400M LARI BERPAGAR | P1 | AKHIR |
| 328 | 200M LARI BERPAGAR | L2 | AKHIR |
| 329 | 200M LARI BERPAGAR | L3 | AKHIR |
| 330 | 200M LARI BERPAGAR | P2 | AKHIR |
| 331 | 200M LARI BERPAGAR | P3 | AKHIR |
| 3.00 ptg | 332 | 4 x 100M | P3 | AKHIR |
| 333 | 4 x 100M | L3 | AKHIR |
| 334 | 4 x 100M | P2 | AKHIR |
| 335 | 4 x 100M | L2 | AKHIR |
| 336 | 4 x 100M | P1 | AKHIR |
| 337 | 4 x 100M | L1 | AKHIR |
| 338 | OKTA 4 - 400M | TERBUKA L123 | AKHIR |
| 3.30 ptg | 339 | 1500M | P3 | AKHIR |
| 340 | 1500M | L3 | AKHIR |
| 341 | 1500M | P2 | AKHIR |
| 342 | 1500M | L2 | AKHIR |
| 343 | 1500M | P1 | AKHIR |
| 344 | 1500M | L1 | AKHIR |

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| ATURCARA KEJOHANAN | | | | |
| **HARI KEEMPAT: 19 JUN 2025 (KHAMIS)** | | | | |
| **MASA** | **NO.ACARA** | **ACARA** | **BAHAGIAN** | **PERINGKAT** |
| 8.00 pg | 401 | LOMPAT TINGGI | L2 | AKHIR |
| 402 | LOMPAT JAUH | L3 | AKHIR |
| 403 | MEREJAM LEMBING | P1 | AKHIR |
| 404 | LEMPAR CAKERA | L3 | AKHIR |
| 9.00 pg | 405 | OKTA 5- 110M LARI BERPAGAR | TERBUKA L123 | AKHIR |
| 406 | 2000M LARI BERHALANGAN | TERBUKA P | AKHIR |
| 407 | 2000M LARI BERHALANGAN | TERBUKA L23 | AKHIR |
| 408 | 2000M LARI BERHALANGAN | L1 | AKHIR |
| 10.00 pg | 409 | LONTAR PELURU | L1 | AKHIR |
| 410 | LOMPAT KIJANG | L1 | AKHIR |
| 411 | MEREJAM LEMBING | P2 | AKHIR |
| 412 | OKTA 6 - LOMPAT TINGGI | TERBUKA L123 | AKHIR |
| 413 | 200M | P3 | SEPARUH AKHIR |
| 414 | 200M | L3 | SEPARUH AKHIR |
| 415 | 200M | P2 | SEPARUH AKHIR |
| 416 | 200M | L2 | SEPARUH AKHIR |
| 417 | 200M | P1 | SEPARUH AKHIR |
| 418 | 200M | L1 | SEPARUH AKHIR |
| 11.00 pg | 419 | 4x400M | P3 | SEPARUH AKHIR |
| 420 | 4x400M | L3 | SEPARUH AKHIR |
| 421 | 4x400M | P2 | SEPARUH AKHIR |
| 422 | 4x400M | L2 | SEPARUH AKHIR |
| 423 | 4x400M | P1 | SEPARUH AKHIR |
| 424 | 4x400M | L1 | SEPARUH AKHIR |
| SESI PETANG | | | | |  |
| 2.00 ptg | 425 | OKTA 7 - REJAM LEMBING | TERBUKA L123 | AKHIR |
| 426 | LOMPAT JAUH | P2 | AKHIR |
| 427 | LEMPAR CAKERA | P3 | AKHIR |
| 428 | 200M | P3 | AKHIR |
| 429 | 200M | L3 | AKHIR |
| 430 | 200M | P2 | AKHIR |
| 431 | 200M | L2 | AKHIR |
| 432 | 200M | P1 | AKHIR |
| 433 | 200M | L1 | AKHIR |
| 3.00 ptg | 434 | OKTA 8 - 1500M | TERBUKA L123 | AKHIR |
| 435 | 4x400M | P3 | AKHIR |
| 436 | 4x400M | P2 | AKHIR |
| 437 | 4x400M | P1 | AKHIR |
| 438 | 4x400M | L3 | AKHIR |
| 439 | 4x400M | L2 | AKHIR |
| 440 | 4x400M | L1 | AKHIR |
| MAJLIS PENUTUP OLAHRAGA MSSD HULU LANGAT 2025 | | | | |