

TARAF KELAYAKAN BAGI KEJOHANAN OLAHRAGA MSSPP **PERINGKAT ZON TAHUN 2023**

Jadual 1 menunjukkan senarai acara yang dipertandingkan pada peringkat zon berserta taraf kelayakan.

Pelajar yang mengambil bahagian perlu mencapai taraf kelayakan tersebut bagi memperolehi sijil penyertaan peringkat zon.

JADUAL 1

L18	L15	L12	L10	ACARA	P18	P15	P12	L10
14.0s	15.0s	16.0s	18.0s	100 Meter	16.0s	17.0s	18.0s	20.0s
28.0s	30.0s	32.0s		200 Meter	34.0s	35.0s	36.0s	
62.0s	65.0s			400 Meter	85.0s	90.0s		
2m 40s	2m 50s			800 Meter	3m 20s	3m 30s		
			6m 45s	1200 Meter				7m 30s
5m 40s	5m 50s			1500 Meter	7m 30s	7m 40s		
		11m 0s		2000 Meter			12m 0s	
13 min 0s				3000 Meter	16 min 0s			
		18.0s		80 Meter Lari Berpagar			20.0s	
				100 Meter Lari Berpagar	22.0s	23.0s		
20.0s	21.0s			110 Meter Lari Berpagar				
	34.0s			200 Meter Lari Berpagar		40.0s		
70.0s				400 Meter Lari Berpagar	100s			
1.50m	1.35m	1.20m		Lompat Tinggi	1.20m	1.10m	1.00m	
5.00m	4.50m	3.50m	3.00m	Lompat Jauh	3.50m	3.20m	3.00m	2.70m
9.30m	9.10m			Lompat Kijang	7.50m	7.20m		
8.00m	7.50m	6.50m		Lontar Peluru	6.10m	6.00m	5.50m	
22.0m	20.0m			Lempar Cakera	16.0m	14.0m		
25.0m	25.0m			Rejam Lembing	20.0m	15.0m		
				3000 Meter Jalan Kaki		23 min		
	36 min 0s			5000 Meter Jalan Kaki	40 min 0s			
1j 15m 0s				10000 Meter Jalan Kaki				
9 min 0s	10 min 0s			2000 Meter Lari Berhalangan	12 min 0s			
30.0m				Baling Tukul Besi	20.0m			
2.80m				Lompat Bergalah	2.50m			
				Heptathlon	2500 mata			
3500 mata				Oktathlon				
56.0s	60.0s	64.0s		4x100M	64.0s	68.0s	72.0s	
		2m 08s		4x200M			2m 24s	
4m 08s	4m 20s			4x400m	5m 40s	6m 0s		