
KEJOHANAN OLAHRAGA TAHUNAN SMK SIMPANG BEKOH KALI KE-32 TAHUN 2011

Sukan tahunan SMKSB akan berlangsung pada hari khamis 30 jun 2011 (2.30ptng-5.00ptng)

Acara terdahulu yang dijalankan sebelum hari tersebut adalah seperti berikut:-

Isnin 27 Jun 2011

no acara

Acara

101

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

5000 meter (T) lelaki

102

800 meter (L15)

103

800 meter (L18)

104

Merejam lembing (L15)

105

Melempar cakera (L18)

106

Lompat jauh (P15)

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

107

Merejam lembing (P15)

108

Melempar cakera (P18)

109

Lompat jauh (L15)

110

Merejam lembing (L18)

111

Melempar Cakera (L15)

112

Lompat Jauh (P18)

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

Selasa 28 Jun 2011

no acara

Acara

201

3000 meter (T) Perempuan

202

800 meter (P15)

203

800 meter (P18)

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

204

Merejam lembing (P18)

205

Melempar cakera (P15)

206

Lompat jauh (L18)

207

Lontar peluru (L18)

208

Lompat tinggi (P15)

209

Lompat kijang (P18)

210

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

Lontar peluru (P18)

211

Lompat tinggi (L15)

212

Lompat kijang (L18)

213

Lontar peluru (P18)

214

Lompat tinggi (P18)

215

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

Lompat kijang (L15)

Rabu 29 Jun 2011

no acara

Acara

301

1500 meter (L15)

302

1500 meter (L18)

303

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

1500 meter (P15)

304

1500 meter (P18)

305

400 meter (L15)

306

400 meter (L18)

307

400 meter (P15)

308

400 meter (P18)

309

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

200 meter (L15)

310

200 meter (L18)

311

200 meter (P15)

312

200 meter (P18)

313

Lontar peluru (L15)

314

Lompat kijang (P15)

aktiviti koku

Written by SMK Simpang Bekoh

Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

Acara hari sukan Khamis 30 Jun 2011

no acara

Acara

401

4X100 meter (L15)

402

4X100 meter (L18)

403

aktiviti koku

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Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

4X100 meter (P15)

404

4X100 meter (P18)

405

Lompat tinggi (L18)

406

4X400 meter (L15)

407

4X400 meter (L18)

408

4X400 meter(P15)

409

4X400 meter (P18)

aktiviti koku

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Wednesday, 04 May 2011 14:39 - Last Updated Tuesday, 28 June 2011 12:31

410

100 meter (L15)

411

100 meter (L18)

412

100 meter (P15)

413

100 meter (P18)

*INFO UNIT KOKURIKULUM SMKSB

"USAHA JAYA"

aktiviti koku

Written by SMK Simpang Bekoh

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