

OFFICIAL PRACTICE

Squad A: 9:00 A.M.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
BANDAR SERI BEGAWAN (M)		BANDAR SERI BEGAWAN (SM)		BANDAR SERI BEGAWAN (SW)		BELAIT (SM)		BELAIT (SW)		SERIA (SM)		SERIA (SW)		HONG KONG (M)		KOWLOON (M)		KOWLOON (SM)		KOWLOON (SW)		NEW TERRITORIES (M)		NEW TERRITORIES (SM)	

Squad B: 11:00 AM

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
JEJU (W)		JEJU (SW)		PARANAQUE (Men)		PARANAQUE (Women)		PARANAQUE (SM)		PARANAQUE (SW)		PASAY (M)		PASAY (W)		PASAY (SM)		PASAY (SW)		SEONG NAM (M)		SINGAPORE (M)		SINGAPORE (W)	

Squad C: 1:00 PM

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
TAMUNING (M)		TAMUNING (W)		KUALA LUMPUR (M)		KUALA LUMPUR (W)		KUALA LUMPUR (SM)		KUALA LUMPUR (SW)				KUCHING (M)		KUCHING (W)		KUCHING (SM)		KUCHING (SW)				PENANG (M)	

Squad D: 3:00 PM

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
PETALING JAYA (M)		PETALING JAYA (W)		PETALING JAYA (SM)		PETALING JAYA (SW)		SHAH ALAM A (M)		SHAH ALAM A (W)		SHAH ALAM A (SM)		SHAH ALAM A (SW)		SHAH ALAM B (M)		SHAH ALAM B (W)		SHAH ALAM B (SM)		SHAH ALAM B (SW)			