No	Sports	Date	Time	Selection Venues
1	Badminton	25th April 2026	3.30pm – 6.00pm	Women's Institute, Jalan Gasing, PJ
2	Basketball (Men's) & Basketball (Women)	23rd April 2026	7.00pm – 9.00pm	SJK(C) Sungai Way
3	Bowling	28th April 2026	6.30pm	Sunway Megalanes, Sunway Pyramid
4	Chess	25th April 2026	8.30pm	Online
5	Cross Country	25th April 2026	6.45am	Stadium MBSJ
6	Darts	24th & 25th April 2026	6.00pm - 8.00pm	Secretariat, Selangor Bar
7	E-Sports	24th April 2026 30th April 2026	8.00pm - Tekken 8.00pm - FIFA & Mobile Legends	Adnan Sharida & Associates, Bangi
8	Football (Premier) & Football (Veterans)	22nd April 2026	10.30pm – 12.00am	UM Park Field
9	Golf	TBC	TBC	TBC
10	Ladies Futsal	27th April 2026	9.00pm	WOS Subang Jaya
11	Netball	21st May 2026	8.30pm	TBC
12	Pickleball	23rd April 2026	8.00pm -11.00pm	Reserve Kota Damansara
13	Snooker	21st April 2026 28th April 2026	8.30pm 8.30pm	Evolve Mall, Ara Damansara Evolve Mall, Ara Damansara
14	Table Tennis	22nd April 2026	2.00pm - 5.00pm	3 Damansara
15	Volleyball	TBC	TBC	TBC