

MOHALI SWIMMING ASSOCIATION

**10TH MOHALI SENIOR DISTRICT SWIMMING COMPETITION FOR SENIOR MEN & WOMEN TO
BE HELD AT THE GMADA STADIUM, SECTOR-79, MOHALI FROM 11th TO 13th JULY - 2025**

Friday, 11 Jul 2025 – Morning Session

- 800 m Freestyle – SENIOR MEN (Timed Final)
- 800 m Freestyle – SENIOR WOMEN (Timed Final)
- 200 m Individual Medley – SENIOR MEN (Heats)
- 200 m Individual Medley – SENIOR WOMEN (Heats)
- 100 m Butterfly – SENIOR MEN (Heats)
- 100 m Butterfly – SENIOR WOMEN (Heats)
- 200 m Backstroke – SENIOR MEN (Heats)
- 200 m Backstroke – SENIOR WOMEN (Heats)
- 50 m Freestyle – SENIOR MEN (Heats)
- 50 m Freestyle – SENIOR WOMEN (Heats)
- 50 m Breaststroke – SENIOR MEN (Heats)
- 50 m Breaststroke – SENIOR WOMEN (Heats)

Saturday, 12 Jul 2025 – Morning Session

- 400 m Freestyle – SENIOR MEN (Timed Final)
- 400 m Freestyle – SENIOR WOMEN (Timed Final)
- 50 m Backstroke – SENIOR MEN (Heats)
- 50 m Backstroke – SENIOR WOMEN (Heats)
- 200 m Breaststroke – SENIOR MEN (Heats)
- 200 m Breaststroke – SENIOR WOMEN (Heats)
- 100 m Freestyle – SENIOR MEN (Heats)
- 100 m Freestyle – SENIOR WOMEN (Heats)
- 200 m Butterfly – SENIOR MEN (Heats)
- 200 m Butterfly – SENIOR WOMEN (Heats)

Sunday, 13 Jul 2025 – Morning Session

- 1500 m Freestyle – SENIOR MEN (Timed Final)
- 1500 m Freestyle – SENIOR WOMEN (Timed Final)
- 100 m Breaststroke – SENIOR MEN (Heats)
- 100 m Breaststroke – SENIOR WOMEN (Heats)
- 200 m Freestyle – SENIOR MEN (Heats)
- 200 m Freestyle – SENIOR WOMEN (Heats)
- 100 m Backstroke – SENIOR MEN (Heats)
- 100 m Backstroke – SENIOR WOMEN (Heats)
- 50 m Butterfly – SENIOR MEN (Heats)
- 50 m Butterfly – SENIOR WOMEN (Heats)

Friday, 11 Jul 2025 – Evening Session

- 100 m Butterfly – SENIOR MEN (Finals)
- 100 m Butterfly – SENIOR WOMEN (Finals)
- 50 m Freestyle – SENIOR MEN (Finals)
- 50 m Freestyle – SENIOR WOMEN (Finals)
- 50 m Breaststroke – SENIOR MEN (Finals)
- 50 m Breaststroke – SENIOR WOMEN (Finals)
- 4 x 100 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Freestyle Relay – SENIOR WOMEN (Timed Final)
- 4 x 200 m Freestyle Relay Mixed (Timed Final)

Saturday, 12 Jul 2025 – Evening Session

- 400 m Individual Medley – SENIOR MEN (Timed Final)
- 400 m Individual Medley – SENIOR WOMEN (Timed Final)
- 50 m Backstroke – SENIOR MEN (Finals)
- 50 m Backstroke – SENIOR WOMEN (Finals)
- 100 m Freestyle – SENIOR MEN (Finals)
- 100 m Freestyle – SENIOR WOMEN (Finals)
- 50 m Butterfly – SENIOR MEN (Finals)
- 50 m Butterfly – SENIOR WOMEN (Finals)
- 4 x 100 m Medley Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Medley Relay – SENIOR WOMEN (Timed Final)
- 4 x 100 m Freestyle Relay Mixed (Timed Final)
- 4 x 50 m Freestyle Relay Mixed (Timed Final)

Sunday, 13 Jul 2025 – Evening Session

- 100 m Breaststroke – SENIOR MEN (Finals)
- 100 m Breaststroke – SENIOR WOMEN (Finals)
- 200 m Freestyle – SENIOR MEN (Finals)
- 200 m Freestyle – SENIOR WOMEN (Finals)
- 100 m Backstroke – SENIOR MEN (Finals)
- 100 m Backstroke – SENIOR WOMEN (Finals)
- 50 m Butterfly – SENIOR MEN (Finals)
- 50 m Butterfly – SENIOR WOMEN (Finals)
- 4 x 200 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 200 m Freestyle Relay – SENIOR WOMEN (Timed Final)
- 4 x 50 m Medley Relay Mixed (Timed Final)
- 4 x 100 m Medley Relay Mixed (Timed Final)