

**PUNJAB STATE - 2024 FOR SENIOR MEN | U-10 GIRLS | U-19 BOYS TO BE HELD AT THE  
MOHALI FROM 11TH TO 13TH FEBRUARY - 2023**

**Saturday, 11 Feb 2023 – Morning Session**

- 800 m Freestyle – SENIOR MEN (Timed Final)
- 800 m Freestyle – U-19 BOYS (Timed Final)
- 200 m Individual Medley – SENIOR MEN (Heats)
- 200 m Individual Medley – U-19 BOYS (Heats)
- 100 m Butterfly – SENIOR MEN (Heats)
- 100 m Butterfly – U-19 BOYS (Heats)
- 200 m Backstroke – SENIOR MEN (Heats)
- 200 m Backstroke – U-19 BOYS (Heats)
- 50 m Freestyle – SENIOR MEN (Heats)
- 50 m Freestyle – U-19 BOYS (Heats)
- 50 m Freestyle – U-10 GIRLS (Heats)
- 50 m Breaststroke – SENIOR MEN (Heats)
- 50 m Breaststroke – U-19 BOYS (Heats)
- 50 m Breaststroke – U-10 GIRLS (Heats)

**Saturday, 11 Feb 2023 – Evening Session**

- 100 m Butterfly – SENIOR MEN (Finals)
- 100 m Butterfly – U-19 BOYS (Finals)
- 50 m Freestyle – SENIOR MEN (Finals)
- 50 m Freestyle – U-19 BOYS (Finals)
- 50 m Freestyle – U-10 GIRLS (Finals)
- 50 m Breaststroke – SENIOR MEN (Finals)
- 50 m Breaststroke – U-19 BOYS (Finals)
- 50 m Breaststroke – U-10 GIRLS (Finals)
- 4 x 100 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Freestyle Relay – U-19 BOYS (Timed Final)
- 4 x 50 m Freestyle Relay – U-10 GIRLS (Timed Final)
- 4 x 200 m Freestyle Relay Mixed (Timed Final)

**Sunday, 12 Feb 2023 – Morning Session**

- 400 m Freestyle – SENIOR MEN (Timed Final)
- 400 m Freestyle – U-19 BOYS (Timed Final)
- 50 m Backstroke – SENIOR MEN (Heats)
- 50 m Backstroke – U-19 BOYS (Heats)
- 50 m Backstroke – U-10 GIRLS (Heats)
- 200 m Breaststroke – SENIOR MEN (Heats)
- 200 m Breaststroke – U-19 BOYS (Heats)
- 100 m Freestyle – SENIOR MEN (Heats)
- 100 m Freestyle – U-19 BOYS (Heats)
- 200 m Butterfly – SENIOR MEN (Heats)
- 200 m Butterfly – U-19 BOYS (Heats)

**Sunday, 12 Feb 2023 – Evening Session**

- 400 m Individual Medley – SENIOR MEN (Timed Final)
- 400 m Individual Medley – U-19 BOYS (Timed Final)
- 50 m Backstroke – SENIOR MEN (Finals)
- 50 m Backstroke – U-19 BOYS (Finals)
- 50 m Backstroke – U-10 GIRLS (Finals)

- 100 m Freestyle – SENIOR MEN (Finals)
- 100 m Freestyle – U-19 BOYS (Finals)
- 50 m Butterfly – SENIOR MEN (Finals)
- 50 m Butterfly – U-19 BOYS (Finals)
- 50 m Butterfly – U-10 GIRLS (Finals)
- 4 x 100 m Medley Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Medley Relay – U-19 BOYS (Timed Final)
- 4 x 50 m Medley Relay – U-10 GIRLS (Timed Final)
- 4 x 100 m Freestyle Relay Mixed (Timed Final)
- 4 x 50 m Freestyle Relay Mixed (Timed Final)

Monday, 13 Feb 2023 – Morning Session

- 1500 m Freestyle – SENIOR MEN (Timed Final)
- 1500 m Freestyle – U-19 BOYS (Timed Final)
- 100 m Breaststroke – SENIOR MEN (Heats)
- 100 m Breaststroke – U-19 BOYS (Heats)
- 200 m Freestyle – SENIOR MEN (Heats)
- 200 m Freestyle – U-19 BOYS (Heats)
- 100 m Backstroke – SENIOR MEN (Heats)
- 100 m Backstroke – U-19 BOYS (Heats)
- 50 m Butterfly – SENIOR MEN (Heats)
- 50 m Butterfly – U-19 BOYS (Heats)
- 50 m Butterfly – U-10 GIRLS (Heats)

Monday, 13 Feb 2023 – Evening Session

- 100 m Breaststroke – SENIOR MEN (Finals)
- 100 m Breaststroke – U-19 BOYS (Finals)
- 200 m Freestyle – SENIOR MEN (Finals)
- 200 m Freestyle – U-19 BOYS (Finals)
- 100 m Backstroke – SENIOR MEN (Finals)
- 100 m Backstroke – U-19 BOYS (Finals)
- 50 m Butterfly – SENIOR MEN (Finals)
- 50 m Butterfly – U-19 BOYS (Finals)
- 50 m Butterfly – U-10 GIRLS (Finals)
- 4 x 200 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 200 m Freestyle Relay – U-19 BOYS (Timed Final)
- 4 x 50 m Medley Relay – U-10 GIRLS (Timed Final)
- 4 x 100 m Medley Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Medley Relay – U-19 BOYS (Timed Final)
- 4 x 50 m Medley Relay Mixed (Timed Final)
- 4 x 100 m Medley Relay Mixed (Timed Final)