

**PUNJAB STATE - 2024 FOR SENIOR MEN TO BE HELD AT THE MOHALI ON 11TH AND 13TH
February - 2023**

Saturday, 11 Feb 2023 – Morning Session

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

Saturday, 11 Feb 2023 – Evening Session

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

Sunday, 12 Feb 2023 – Morning Session

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

Sunday, 12 Feb 2023 – Evening Session

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

Monday, 13 Feb 2023 – Evening Session

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