

# JASNOOR KAUR

**JAS FOR SENIOR MEN & WOMEN | U-19 BOYS TO BE HELD AT THE AS FROM 4th TO 5th JULY  
- 2025**

## **Friday, 04 Jul 2025 – Morning Session**

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

## **Saturday, 05 Jul 2025 – Morning Session**

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

## **Friday, 04 Jul 2025 – Evening Session**

- 800 m Freestyle – SENIOR MEN (Timed Final)
- 800 m Freestyle – SENIOR WOMEN (Timed Final)
- 800 m Freestyle – U-19 BOYS (Timed Final)
- 100 m Breaststroke – SENIOR MEN (Finals)
- 100 m Breaststroke – SENIOR WOMEN (Finals)
- 100 m Breaststroke – U-19 BOYS (Finals)
- 100 m Backstroke – SENIOR MEN (Finals)
- 100 m Backstroke – SENIOR WOMEN (Finals)
- 100 m Backstroke – U-19 BOYS (Finals)
- 50 m Freestyle – SENIOR MEN (Finals)
- 50 m Freestyle – SENIOR WOMEN (Finals)
- 50 m Freestyle – U-19 BOYS (Finals)
- 50 m Breaststroke – SENIOR MEN (Finals)
- 50 m Breaststroke – SENIOR WOMEN (Finals)
- 50 m Breaststroke – U-19 BOYS (Finals)
- 4 x 100 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 100 m Freestyle Relay – SENIOR WOMEN (Timed Final)
- 4 x 100 m Freestyle Relay – U-19 BOYS (Timed Final)

## **Saturday, 05 Jul 2025 – Evening Session**

- 100 m Butterfly – SENIOR MEN (Finals)
- 100 m Butterfly – SENIOR WOMEN (Finals)
- 100 m Butterfly – U-19 BOYS (Finals)
- 50 m Backstroke – SENIOR MEN (Finals)
- 50 m Backstroke – SENIOR WOMEN (Finals)
- 50 m Backstroke – U-19 BOYS (Finals)
- 100 m Freestyle – SENIOR MEN (Finals)
- 100 m Freestyle – SENIOR WOMEN (Finals)
- 100 m Freestyle – U-19 BOYS (Finals)
- 50 m Butterfly – SENIOR MEN (Finals)
- 50 m Butterfly – SENIOR WOMEN (Finals)
- 50 m Butterfly – U-19 BOYS (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 Medley Relay – U-19 BOYS (Timed Final)

**Saturday, 05 Jul 2025 – Morning Session (contd.)**

- 400 m Individual Medley – SENIOR WOMEN (Timed Final)
- 400 m Individual Medley – U-19 BOYS (Timed Final)
- 50 m Butterfly – SENIOR MEN (Heats)
- 50 m Butterfly – SENIOR WOMEN (Heats)
- 50 m Butterfly – U-19 BOYS (Heats)
- 4 x 200 m Freestyle Relay – SENIOR MEN (Timed Final)
- 4 x 200 m Freestyle Relay – SENIOR WOMEN (Timed Final)
- 4 x 200 m Freestyle Relay – U-19 BOYS (Timed Final)

**Saturday, 05 Jul 2025 – Evening Session (contd.)**