

# MOHALI SWIMMING ASSOCIATION

**10TH DISTRICT FOR SENIOR MEN & WOMEN TO BE HELD AT THE SECTOR 79, GMADA  
STADIUM FROM 27th TO 28th JUNE - 2025**

## **Friday, 27 Jun 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 (Timed Final)
- 200 m Freestyle – SENIOR WOMEN (Timed Final)
- 100 m Backstroke – SENIOR MEN (Heats)
- 100 m Backstroke – SENIOR WOMEN (Heats)
- 200 m Individual Medley – SENIOR MEN (Timed Final)
- 200 m Individual Medley – SENIOR WOMEN (Timed Final)
- 50 m Freestyle – SENIOR MEN (Heats)
- 50 m Freestyle – SENIOR WOMEN (Heats)
- 200 m Butterfly – SENIOR MEN (Timed Final)
- 200 m Butterfly – SENIOR WOMEN (Timed Final)
- 50 m Breaststroke – SENIOR MEN (Heats)
- 50 m Breaststroke – SENIOR WOMEN (Heats)

## **Friday, 27 Jun 2025 – Evening Session**

- 800 m Freestyle – SENIOR MEN (Timed Final)
- 800 m Freestyle – SENIOR WOMEN (Timed Final)
- 100 m Breaststroke – SENIOR MEN (Finals)
- 100 m Breaststroke – SENIOR WOMEN (Finals)
- 100 m Backstroke – SENIOR MEN (Finals)
- 100 m Backstroke – 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)

## **Saturday, 28 Jun 2025 – Morning Session**

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

## **Saturday, 28 Jun 2025 – Evening Session**

- 100 m Butterfly – SENIOR MEN (Finals)
- 100 m Butterfly – SENIOR WOMEN (Finals)
- 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)