

# SWIMMING ( BOYS )

For 25m , 50m:

- Swimmers must remain on the block until the starting signal is given.
- Swimmers must use the designated stroke for the event (e.g. freestyle, backstroke, breaststroke, butterfly).
- Swimmers must stay within their designated lane.
- Swimmers must touch the wall with hand to complete the event.

## Penalties and Disqualifications

- Swimmers who false start will be disqualified.
- Stroke Infraction: Swimmers who fail to execute the designated stroke correctly will be disqualified.
- Lane Infraction: Swimmers who swim outside their designated lane will be disqualified.

For more details  
Eli Innocent Kandluna: 9556248310

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# SWIMMING ( GIRLS )

For 25m and 50m :

- Swimmers must remain on the block until the starting signal is given.
- Swimmers must use the designated stroke for the event (e.g. freestyle, backstroke, breaststroke, butterfly).
- Swimmers must stay within their designated lane.
- Swimmers must touch the wall with hand to complete the event.

## Penalties and Disqualifications

- Swimmers who false start will be disqualified.
- Stroke Infraction: Swimmers who fail to execute the designated stroke correctly will be disqualified.
- Lane Infraction: Swimmers who swim outside their designated lane will be disqualified.

For more details  
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