



THUNDERBOLTS CUP

'Redefining School Sports Culture'



SWIMMING

The Competition

Date : 5-6 October 2024 (Saturday and Sunday)
Venue : GEMS Swimming Pool
Rules : With the exception of some of the modified rules in this document, all world aquatic rules will govern all aspect of the games. Download the rules at https://resources.fina.org/fina/document/2023/04/05/c8f2e9bf-54bb-4e95-a534-116671049357/WORLD_AQUATICS_COMPETITION_REGULATIONS.pdf

Participating entry fee

Entry fee : NRs. 1000/- per participant

Payment and Registration Details

The paid receipt of the registration fees along with the registration form and all birth certificates need to be mailed to info@thunderbolts.com.np

Tournament Timings

Morning : Report at 7:00 AM and events start at 8:30 AM; Ends at 11:00 AM
Afternoon : Report at 2:00 PM and events start at 3:30 PM; Ends at 6:00 PM

Roster Size

- Maximum of 20 swimmers of any combination of gender with 2 accompanying coaches for each school.
- The host school may enter more than this number.

Age Divisions

Age as of 5th October 2024.

- | | | |
|-----------------------|--------------|----------------------------------|
| • Under10 years | Girls & Boys | Born on or after October 6, 2014 |
| • 11 years – 12 years | Girls & Boys | Born on or after October 6, 2012 |
| • 13 years – 14 years | Girls & Boys | Born on or after October 6, 2010 |
| • 15 years – 17 years | Girls & Boys | Born on or after October 6, 2007 |

Bad Weather and Lightning guideline

- Outdoor activities will be suspended when lightning is detected. All personnel must seek appropriate shelter.
- Outdoor activities may resume after a reasonable time when the last lightning strike subsides. In the eventuality of no improvement in the weather, the events may be postponed.



THUNDERBOLTS CUP

'Redefining School Sports Culture'



Competition condition:

- Participants will be permitted to compete in an age group division based on their age on the first day of the competition [if the swimmer is aged 12 on the first day but turns 13 on the subsequent day, they will still be considered 12 years old for the championship].
- Swim ups – A swimmer may compete in the older age group division but if the swimmer 'swims up' they will not forfeit their eligibility to compete in their actual age group.

Events

Applicable for both genders

Age Category	Events
Under 10 Years	- 50m Freestyle - 50m Backstroke - 50m Breaststroke - 50m Butterfly
11 Years to 12 Years	- 50m Freestyle - 100m Freestyle – 50m Backstroke - 100m Backstroke - 50m Breaststroke - 100m Breaststroke - 50m Butterfly - 100m Individual Medley
13 Years to 14 Years	- 50 Freestyle - 100m Freestyle - 200m Freestyle - 50m Backstroke - 100m Backstroke - 50m Breaststroke - 100m Breaststroke - 50m Butterfly - 100m Butterfly - 200 Individual Medley
15 Years to 17 Years	- 50 Freestyle - 100m Freestyle - 200m Freestyle - 400m Freestyle - 50m Backstroke - 100m Backstroke - 200m Backstroke - 50m Breaststroke - 100m Breaststroke - 200m Breaststroke - 50m Butterfly - 100m Butterfly - 200 Individual Medley

Entries

- Each school may enter up to 2 swimmers per event.
- A swimmer may enter in any number of events.
- All events will be timed finals. Relays will also be timed finals.
- Each school may enter only one relay team per event listing up to 6 swimmers on the official entry form.
- Final relay team names must be submitted to the control room by noon of the event day and alternate arrangement will be at the discretion of the Tournament Director.
- No changes will be entertained after the final entry but a swimmer may be withdrawn from their events but no new swimmer can be added to the list.
- Entry fee must be paid along with the submission of the registration form before the deadline on 24th September 2024.
- Entry form must be accompanied by the proof of age certificate [Birth certificate/Citizenship Card or Passport].
- Entry will not be valid or registered if the form is incomplete or if the fee is not paid within the given frame on time.

Awards

- Gold, Silver and Bronze medals will be awarded to the first, second and third place swimmers.
- Winner trophy will be awarded to the school securing the highest point in the championship.
- If the points are equal at the end, the number of gold medals followed by silver and then bronze will determine the winner.

Scoring

Points for individual event will be given up to 8 positions



THUNDERBOLTS CUP

'Redefining School Sports Culture'



Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	12	11	10	9	7	5	3	1

For the relay, it will be double points

Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	24	22	20	18	14	10	6	2

Swim Meet Calendar

Date	Day	Time	Event
13 th September 2024	Friday	4:00 PM	Form Distribution
27 th September 2024	Friday	4:00 PM	Final Registration Date
29 th September 2024	Sunday	4:00 PM	Verification of DOB
30 th September 2024	Monday	3:00 PM	Swim Meet Meeting (Officials)
30 th September 2024	Monday	3:00 PM	Preparation of Lists
1 st October 2024	Tuesday	4:00 PM	Event Correction
2 nd October 2024	Wednesday	3:00 PM	Printing and Mailing Final List
5 th October 2024	Saturday	7:00 AM; 2:00 PM	Timed Finals
6 th October 2024	Sunday	7:00 AM; 2:00 PM	Timed Finals

General Rules

- All competitions will have two false start rules.
- Event with less than 3 entries will not be held.
- Swimmers are to report to the marshal area at least 4 events before their event.
- Referee will resolve the confusion or queries that arises after due information/investigation.
- Competition jury will solve all protest and other related matters of the championships after receiving written grievance.

Protest

- A written protest with a deposit of NPR. 10,000/- must be submitted within 30 minutes after the event.
- The Jury panel will be responsible to resolve the protest and their decision will be final.
- The deposit will be returned if the protest is upheld by the jury.

Contact details

- Yubraj Sunwar, yubraj.sunwar@gems.edu.np : 9841975952
- Laxmi Katwal, laxmi.katwal@gems.edu.np : 9811046978
- Kapil Budhathoki, kapil.budhathoki@gems.edu.np : 9851044401
- Champa Jyoti Limbu, cj.limbu@gihe.edu.np : 9811046978



THUNDERBOLT
CUP

CONTACT PERSON: _____ MOB: _____
SCHOOL: _____
ADDRESS: _____

ENTRIES WILL NOT BE RECORDED IF NOT SUBMITTED WITH SWIMMER REGISTRATION FORM

[illegible]

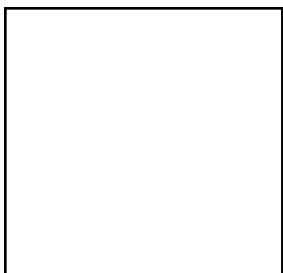


THUNDERBOLTS CUP

'Redefining School Sports Culture'



NAME	Age/ Group	SEX: M/F	BIRTHDAY			EVENTS															
			YY	MM	DD	FREE				BREAST			BACK			FLY		IM		TR	
						50m	100m	200m	400m	50m	100m	200m	50m	100m	200m	50m	100m	100m	200m	4x50	



AUTHORISED STAMP

SIGNATURE: _____

NAME (BLOCK LETTERS): _____



THUNDERBOLTS CUP

'Redefining School Sports Culture'



DAY: Saturday - 5th October 2024 (Ashwin 19th, 2081)					
Event	Distance	Stroke	Age Group	Gender	Remarks
1	400 m	Freestyle	15 - 17 Yrs.	Boys	
2	200 m	Ind. Medley	15 - 17 Yrs.	Girls	
3	50 m	Freestyle	Under 10 Yrs.	Boys	
4	50 m	Breaststroke	Under 10 Yrs.	Girls	
5	200 m	Freestyle	13 - 14 Yrs.	Boys	
6	200 m	Ind. Medley	13 - 14 Yrs.	Girls	
7	100 m	Ind. Medley	11 - 12 Yrs.	Boys	
8	100 m	Freestyle	11 - 12 Yrs.	Girls	
9	200 m	Backstroke	15 - 17 Yrs.	Boys	
10	200 m	Breaststroke	15 - 17 Yrs.	Girls	
11	50 m	Backstroke	Under 10 Yrs.	Boys	
12	50 m	Butterfly	Under 10 Yrs.	Girls	
13	100 m	Breaststroke	13 - 14 Yrs.	Boys	
14	100 m	Backstroke	13 - 14 Yrs.	Girls	
15	100 m	Backstroke	11 - 12 Yrs.	Boys	
16	100 m	Breaststroke	11 - 12 Yrs.	Girls	
17	100 m	Butterfly	15 - 17 Yrs.	Boys	
18	50 m	Butterfly	15 - 17 Yrs.	Girls	
19	50 m	Backstroke	13 - 14 Yrs.	Boys	
20	50 m	Butterfly	13 - 14 Yrs.	Girls	
21	50 m	Breaststroke	11 - 12 Yrs.	Boys	
22	50 m	Backstroke	11 - 12 Yrs.	Girls	
23	200 m	Freestyle	15 - 17 Yrs.	Boys	
24	100 m	Freestyle	15 - 17 Yrs.	Girls	
25	100 m	Butterfly	13 - 14 Yrs.	Boys	
26	100 m	Freestyle	13 - 14 Yrs.	Girls	
27	50 m	Butterfly	11 - 12 Yrs.	Boys	
28	50 m	Freestyle	11 - 12 Yrs.	Girls	
29	100 m	Backstroke	15 - 17 Yrs.	Boys	
30	100 m	Breaststroke	15 - 17 Yrs.	Girls	
31	50 m	Freestyle	13 - 14 Yrs.	Boys	
32	50 m	Breaststroke	13 - 14 Yrs.	Girls	
33	50 m	Backstroke	15 - 17 Yrs.	Boys	
34	50 m	Breaststroke	15 - 17 Yrs.	Girls	
35	50 m	Freestyle	15 - 17 Yrs.	Boys	
36	4 x 50 m	Freestyle Relay	Open	Girls	
37	4 x 50 m	Medley Relay	Open	Boys	

DAY TWO : Sunday - 6th October 2024 (20th Ashwin 2080)					
Event	Distance	Stroke	Age Group	Gender	Remarks
38	400 m	Freestyle	15 - 17 Yrs.	Girls	
39	200 m	Ind. Medley	15 - 17 Yrs.	Boys	
40	50 m	Freestyle	Under 10 Yrs.	Girls	
41	50 m	Breaststroke	Under 10 Yrs.	Boys	
42	200 m	Freestyle	13 - 14 Yrs.	Girls	
43	200 m	Ind. Medley	13 - 14 Yrs.	Boys	
44	100 m	Ind. Medley	11 - 12 Yrs.	Girls	
45	100 m	Freestyle	11 - 12 Yrs.	Boys	
46	200 m	Backstroke	15 - 17 Yrs.	Girls	
47	200 m	Breaststroke	15 - 17 Yrs.	Boys	
48	50 m	Backstroke	Under 10 Yrs.	Girls	
49	50 m	Butterfly	Under 10 Yrs.	Boys	
50	100 m	Breaststroke	13 - 14 Yrs.	Girls	
51	100 m	Backstroke	13 - 14 Yrs.	Boys	
52	100 m	Backstroke	11 - 12 Yrs.	Girls	
53	100 m	Breaststroke	11 - 12 Yrs.	Boys	
54	100 m	Butterfly	15 - 17 Yrs.	Girls	
55	50 m	Butterfly	15 - 17 Yrs.	Boys	
56	50 m	Backstroke	13 - 14 Yrs.	Girls	
57	50 m	Butterfly	13 - 14 Yrs.	Boys	
58	50 m	Breaststroke	11 - 12 Yrs.	Girls	
59	50 m	Backstroke	11 - 12 Yrs.	Boys	
60	200 m	Freestyle	15 - 17 Yrs.	Girls	
61	100 m	Freestyle	15 - 17 Yrs.	Boys	
62	100 m	Butterfly	13 - 14 Yrs.	Girls	
63	100 m	Freestyle	13 - 14 Yrs.	Boys	
64	50 m	Butterfly	11 - 12 Yrs.	Girls	
65	50 m	Freestyle	11 - 12 Yrs.	Boys	
66	100 m	Backstroke	15 - 17 Yrs.	Girls	
67	100 m	Breaststroke	15 - 17 Yrs.	Boys	
68	50 m	Freestyle	13 - 14 Yrs.	Girls	
69	50 m	Breaststroke	13 - 14 Yrs.	Boys	
70	50 m	Backstroke	15 - 17 Yrs.	Girls	
71	50 m	Breaststroke	15 - 17 Yrs.	Boys	
72	50 m	Freestyle	15 - 17 Yrs.	Girls	
73	4 x 50 m	Freestyle Relay	Open	Boys	
74	4 x 50 m	Medley Relay	Open	Girls	
75	4 x 50 m	Mixed Free Relay	Open	Mixed	