

SWIMMING FEDERATION OF INDIA

SWIMMING PROGRAM FOR 73RD SENIOR NATIONAL AQUATIC CHAMPIONSHIPS -2019

FIRST DAY MORNING HEATS

1. 400M FREE STYLE MEN
2. 400M FREE STYLE WOMEN
3. 200M BREAST STROKE MEN
4. 200M BREAST STROKE WOMEN
5. 100M BACK STROKE MEN
6. 100M BACK STROKE WOMEN
7. 50M BUTTERFLY MEN
8. 50M BUTTERFLY WOMEN
9. 4 x 200M FREE STYLE RELAY WOMEN(T.F.)

FIRST DAY EVENING

FINALS

1. 400M FREE STYLE MEN
2. 400M FREE STYLE WOMEN
3. 200M BREAST STROKE MEN
4. 200M BREAST STROKE WOMEN
5. 100M BACK STROKE MEN
6. 100M BACK STROKE WOMEN
7. 50M BUTTERFLY MEN
8. 50M BUTTERFLY WOMEN
9. 4 x 200M FREE STYLE RELAY MEN(T.F.)

SECOND DAY MORNING

HEATS

1. 1500M FREE STYLE WOMEN(T.F.)
2. 800M FREE STYLE MEN(T.F.)
3. 200M INDIVIDUAL MEDLEY WOMEN
4. 200M INDIVIDUAL MEDLEY MEN
5. 100M FREESTYLE WOMEN
6. 100M FREESTYLE MEN
7. 50M BREAST STROKE WOMEN
8. 50M BREAST STROKE MEN
9. 4 x 50M MEDLEY RELAY MIXED(T.F.)

SECOND DAY EVENING

FINALS

1. 1500M FREE STYLE WOMEN(T.F.)
2. 800M FREE STYLE MEN(T.F.)
3. 200M INDIVIDUAL MEDLEY WOMEN
4. 200M INDIVIDUAL MEDLEY MEN
5. 100M FREESTYLE WOMEN
6. 100M FREESTYLE MEN
7. 50M BREAST STROKE WOMEN
8. 50M BREAST STROKE MEN
9. 4 x 50M FREESTYLE RELAY MIXED(T.F.)

THIRD DAY MORNING HEATS

1. 1500M FREE STYLE	MEN(T.F.)
2. 800M FREE STYLE	WOMEN (T.F.)
3. 200M BUTTERFLY	MEN
4. 200M BUTTERFLY	WOMEN
5. 50M BACK STROKE	MEN
6. 50M BACK STROKE	WOMEN
7. 50M FREESTYLE	MEN
8. 50M FREE STYLE	WOMEN
9. 4 x 100M MEDLEY RELAY	MEN(T.F.)

THIRD DAY EVENING FINALS

1. 1500M FREE STYLE	MEN(T.F.)
2. 800M FREE STYLE	WOMEN (T.F.)
3. 200M BUTTERFLY	MEN
4. 200M BUTTERFLY	WOMEN
5. 50M BACK STROKE	MEN
6. 50M BACK STROKE	WOMEN
7. 50M FREESTYLE	MEN
8. 50M FREE STYLE	WOMEN
9. 4 x 100M MEDLEY RELAY	WOMEN(T.F.)

FOURTH DAY MORNING HEATS

1. 400M INDIVIDUAL MEDLEY	WOMEN
2. 400M INDIVIDUAL MEDLEY	MEN
3. 200M FREE STYLE	WOMEN
4. 200M FREE STYLE	MEN
5. 200M BACK STROKE	WOMEN
6. 200M BACK STROKE	MEN
7. 100M BREAST STROKE	MEN
8. 100M BREAST STROKE	WOMEN
9. 100M BUTTERFLY STROKE	WOMEN
10. 100M BUTTERFLY STROKE	MEN
11. 4 x 100M FREE STYLE RELAY	WOMEN(T.F.)
12. 4 x 100M FREE STYLE RELAY	MEN(T.F.)

FOURTH DAY EVENING FINALS

1. 400M INDIVIDUAL MEDLEY	WOMEN
2. 400M INDIVIDUAL MEDLEY	MEN
3. 200M FREE STYLE	WOMEN
4. 200M FREE STYLE	MEN
5. 200M BACK STROKE	WOMEN
6. 200M BACK STROKE	MEN
7. 100M BREAST STROKE	MEN
8. 100M BREAST STROKE	WOMEN
9. 100M BUTTERFLY STROKE	WOMEN
10. 100M BUTTERFLY STROKE	MEN

N.B. In the Morning session heats will be conducted and finals will be conducted in the evening session. 800m & 1500m Free Style will be conducted as Time Finals with Fastest heat will be conducted in evening. All Relays will be held as Time Final.

SWIMMING FEDERATION OF INDIA

QUALIFYING TIME/STANDARD FOR SENIOR NATIONAL AQUATIC CHAMPIONSHIPS-2021

EVENTS	MEN		WOMEN	
	1ENTRY	2ENTRY	1ENTRY	2ENTRY
50m Free Style	0.24.11	0.23.93	0.27.68	0.27.46
100m Free Style	0.53.46	0.53.15	01.02.27	01.00.42
200m Free Style	01.57.19	01.55.48	02.15.00	02.13.61
400m Free Style	04.10.61	04.09.27	04.47.12	04.39.96
800m Free Style	08.51.35	08.38.39	09.48.08	09.43.93
1600m Free Style	16.52.28	16.43.70	19.06.52	18.49.26
3200m Back Stroke	0.27.88	0.27.59	0.32.22	0.31.94
1600m Back Stroke	0.59.72	0.59.11	01.09.98	01.08.61
800m Back Stroke	02.13.42	02.11.87	02.35.44	02.28.41
400m Breast Stroke	0.30.35	0.29.81	0.36.11	0.35.38
200m Breast Stroke	01.05.68	01.05.25	01.19.91	01.19.03
100m Breast Stroke	02.25.40	02.24.38	02.53.88	02.47.86
50m Butterfly Stroke	0.25.93	0.25.53	0.30.09	0.29.08
100m Butterfly Stroke	0.57.15	0.56.83	01.08.74	01.06.61
200m Butterfly Stroke	02.11.43	02.08.01	02.33.55	02.31.54
400m Individual Medley	02.13.77	02.11.60	02.34.17	02.31.59
800m Individual Medley	04.45.66	04.44.87	05.28.83	05.25.12
1600m Free Style Relay	03.43.67		04.29.80	
3200m Free Style Relay	08.24.45		09.56.91	
1600m Medley Relay	04.04.46		04.52.31	
800m Mixed Free Style Relay	01.48.06			
400m Mixed Medley Relay	02.00.50			

EVENTS	MEN		WOMEN	
	1 Entry	2 Entry	1 Entry	2 Entry
High Board	195.15	239.30	144.80	175.85
Platform Spring Board	197.60	266.45	133.45	152.40
Platform Spring Board	214.50	286.20	147.30	155.55