



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

Nepal Swimming Association

Technical Committee's Summarized Report For the period January, 2023 to March, 2024

Committees' Executive Members served for the period:

1. Rajesh Bajracharya – Chair
2. Naresh Vaidya – Senior Member
3. Bijen Man Shrestha –Member
4. Bishnu Khadka Cheetri -Member
5. Anish Maharjan – Member Secretary

Committees' General Member served for the period:

1. Damodar Aryal
2. Deepak Sagar Singh Maharjan
3. Yogendra Man Shrestha
4. Baikunth Pradhan
5. Ongden Lama
6. Jennifer Lama
7. Bajra Bahadur Tamang
8. Raju Maharjan

Competition/Activities During the Period

June 2023	11 th NSA Cup Swimming Championship, Kathmandu, NEPAL
July 2023	World Aquatics Championship, Fukuoka, JAPAN
September 2023	World Aquatics Junior Swimming Championship, Netanya, ISRAEL
September 2023	19 th Asian Games, Hangzhou, CHINA
December 2023	26th Open National Swimming Competition, Kathmandu, NEPAL
February 2023	World Aquatics Championship, Doha, QATAR



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

11th NSA Cup Swimming Championship, Kathmandu, NEPAL

June 2023

This event was also considered as a Preliminary Selection game of Nomination for the World Aquatics Championship, Fukuoka, JAPAN.

Event Date: 4th & 5th June, 2023

Key Results:

As per the Final Result of the 11th N.S.A. Cup Swimming Competition, 2080 (2023) held at Satdobato Swimming Complex, Lalitpur on 2023-06-04 and 2023-06-05, the following Athletes are Nominated for the National Team Training Program.

S.No	Athlete Name (Male)	Points	S.No	Athlete Name (Female)	Points
1	Alexander Gadegaard Shah	692	1	Gaurika Singh	586
2	Nasir Yahya Hussain	664	2	Duana Lama	586
3	Bikash Kumal	606	3	Anushiya Tandukar	528
4	Ajal Kaji Tamrakar	588	4	Royal Prajapati	517
5	Sankarshana Bahadur Raghubanshi	572	5	Megan Gurung	463
6	Ervin Shrestha	550	6	Adipsha Vaidya	459
7	Alvin Maharjan	546	7	Upaasti Maharjan	453
8	Tenzin Namdol Ryan Gurung	541	8	Rosha Neupane	449
9	Seren Singh	538	9	Tisha Maharjan	446
10	Subigya Man Tuladhar	530	10	Cyiera Shuvangini Bazagai	438



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

The following Players/Athletes (2 Male and 2 Female) have been Selected as per the Performance Results concluded from 11th NSA Cup Swimming Competition, 2080 dated 2023-06-05 for the World Aquatics Championship Fukuoka, Japan 2023. The selection and the recommendation have been made on the basis of Highest World Aquatics Points Secured by the Athletes during the Selection Game held at Satdobato Swimming Pool, Lalitpur conducted by Nepal Swimming Association.

SN	Name	Sex	Event	Timing	Points Remarks
1	Alexander Gadegaard Shah	M	Men Open 100m Freestyle	00.52.96	692
2	Nasir Yahya Hussain	M	Men Open 400m Freestyle	04.12.17	664
3	Gaurika Singh	F	Women Open 50m Backstroke	00.32.24	586
4	Duana Lama	F	Women Open 200m Freestyle	02.15.01	586
5	Bikash Kumal	M	Men Open 50m Breaststroke	00.30.66	606 Reserve M
6	Anushiya Tandukar	F	Women Open 100m Freestyle	01.03.96	528 Reserve F



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

World Aquatics Championship, Fukuoka, JAPAN

July 2023

This was one of the pre-qualifying rounds for the Paris Olympic 2024

Participation

Female Athlete

1. Gaurika Singh
2. Duana Lama

Male Athlete

1. Alexander Gadegaard Shah
2. Nasir Yahya Hussain

Coach: Nayana Shakya

Team Manager: Naresh Vaidya

Performance and Results:

Gaurika Singh

Women 100m Backstroke	Timing: 1:06.80	Points 636
Women 50m Freestyle	Timing: 31.44	Points 631

Duana Lama

Women 100 Freestyle	Timing: 01:01.93	Points 582
Women 200 Freestyle	Timing: 02:12.46	Points 620

Alexander Gadegaard Shah

Men 50m Freestyle	Timing: 23.89	Points 670
Men 100m Freestyle	Timing: 52.94	Points 693

Nasir Yahya Hussain

Men 200m Freestyle	Timing: 01:57.26	Points: 658
Men 400m Freestyle	Timing: 04:08.23	Points: 696



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

World Aquatics Junior Swimming Championship, Netanya, ISRAEL

September 2023

Participation

Female Athlete

1. Upaasti Maharjan
2. Rosha Neupane
3. Tisha Maharjan

Male Athlete

1. Alvin Maharjan
2. Ervin Maharjan
3. Ajal Kaji Tamrakar

Coach: Shanker Karki

Team Manager: Jennifer Lama

Performance and Results:

Upaasti Maharjan

Women 100m Breaststroke	Timing: 1:26.69	Points 404
Women 50m Breaststroke	Timing: 38.67	Points 434

Rosha Neupane

Women 50 Freestyle	Timing: 29.81	Points 500
Women 100 Freestyle	Timing: 01.06.00	Points 480

Tisha Maharjan

Women 50m Backstroke	Timing: 36.77	Points 395
Women 100m Freestyle	Timing: 01.07.89	Points 441

Alvin Maharjan

Men 100m Freestyle	Timing: 56.24	Points: 578
Men 50m Butterfly	Timing: 27.62	Points: 524

Ervin Shrestha

Men 100m Freestyle	Timing: 56.18	Points: 580
Men 200m Freestyle	Timing: 2:05.74	Points: 533

Ajal Kaji Tamrakar

Men 50m Butterfly	Timing: 27.05	Points: 558
Men 50m Freestyle	Timing: 25.32	Points: 563



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

19th Asian Games, Hangzhou, CHINA

September 2023

Participation

Athletes

Duana Lama
Anushiya Tandukar
Alexander Gadegaard Shah
Nasir Yahya Hussain

Coach: Ratna Lal Maharjan

Manager: Ishor Kumar Karki

Performance and Results:

Duana Lama

Women 100m Breaststroke	Timing: 01.20.15	Points 512
Women 200m Freestyle	Timing: 02.16.29	Points 569

Anushiya Tandukar

Women 50 Freestyle	Timing: 29.53	Points 514
Women 100 Freestyle	Timing: 01.03.17	Points 548

Alexander Gadegaard Shah

Men 50m Freestyle	Timing: 24.15	Points 649
Men 100m Freestyle	Timing: 54.14	Points 648

Nasir Yahya Hussain

Men 200m Freestyle	Timing: 04.22.03	Points: 592
Men 400m Freestyle	Timing: 02.00.14	Points: 611



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

26th Open National Swimming Competition, Kathmandu, NEPAL

December 2023

Event Dates: 27th and 28 December 2023

Key Results

Athletes Rank on the basis of 26th Open National Swimming Competition, 2023

This would Change the Beneficiary for the Aquaic Support Program 2024

Women's Ranking

SN	Athletes (Female)	Events	DOB	Time in Seconds	Aqua Points
1	Anushiya Tandukar	100M FREESTYLE WOMEN OPEN	2006-03-17	62.89	510
2	Tisha Maharjan	50M FREESTYLE WOMEN OPEN	2008-10-02	29.45	472
3	Adipsha Vaidya	100M BREASTSTROKE WOMEN OPEN	2004-10-31	80.14	471
4	Rosha Neupane	50M FREESTYLE WOMEN OPEN	2007-08-05	29.46	471
5	Shrenu Maharjan	50M FREESTYLE GIRLS 13-14 YRS	2009-09-23	30.42	428
6	Cyiera Shuvangini Bazagai	50M BREASTSTROKE WOMEN OPEN	2009-08-08	38.37	404
7	Vainavi Shrestha	50M FREESTYLE GIRLS 13-14 YRS	2009-09-26	31.21	396
8	Ravya Shrestha	100M FREESTYLE WOMEN OPEN	2008-11-24	70.00	369
9	Zoya Thapa	200M FREESTYLE WOMEN OPEN	2008-03-02	155.45	357
10	Aarju Thapa Magar	50M FREESTYLE WOMEN OPEN	2008-07-10	32.38	355
11	Sarasi Khadka	50M FREESTYLE GIRLS 15-17 YRS	2007-06-11	32.62	347
12	Aayukti Thapa	50M FREESTYLE GIRLS 15-17 YRS	2007-11-02	34.84	285
13	Kavya Shrestha	50M FREESTYLE WOMEN OPEN	2005-12-21	34.96	282
14	Bisakha Maharjan	50M FREESTYLE GIRLS 13-14 YRS	2009-09-24	35.84	261
15	Aahana Maharjan	50M BUTTERFLY GIRLS 15-17 YRS	2008-05-10	40.71	214
16	Sharon Sherpa	50M FREESTYLE GIRLS 13-14 YRS	2009-10-06	38.73	207



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

Men's Ranking

SN	Athletes (Male)	Events	DOB	Time in Seconds	Aqua Points
1	Ajal Kaji Tamrakar	50M BUTTERFLY BOYS 15-17 YRS	2008-11-22	25.67	608
2	Ervin Shrestha	100M FREESTYLE MEN OPEN	2007-08-05	55.09	539
3	Seren Singh	100M FREESTYLE MEN OPEN	2005-03-10	55.30	533
4	Bikash Kumal	100M BREASTSTROKE MEN OPEN	2004-04-25	68.29	530
5	Tenzin Namdol Ryan Gurung	50M BUTTERFLY MEN OPEN	2006-01-16	26.86	530
6	Subigya Man Tuladhar	200M FREESTYLE MEN OPEN	2006-08-04	123.15	525
7	Sanil Kumar Thapa Magar	200M FREESTYLE MEN OPEN	2007-07-24	125.03	502
8	Dipanker Awale	100M BREASTSTROKE MEN OPEN	2004-12-29	69.74	498
9	Ashim Bhandari	50M BUTTERFLY BOYS 15-17 YRS	2007-08-26	27.64	487
10	Jaden Shrestha	100M FREESTYLE MEN OPEN	2008-01-10	57.36	477
11	Nirbhay Thapa	50M FREESTYLE MEN OPEN	2004-01-07	25.81	476
12	Revanta Bahadur Shrestha	50M FREESTYLE MEN OPEN	2009-01-18	26.55	437
13	Yuvan Lal Shrestha	200M FREESTYLE MEN OPEN	2008-08-08	132.00	426
14	Leeson Dangol Maharjan	50M FREESTYLE MEN OPEN	2008-06-29	29.62	315
15	Devin Darlami	50M BREASTSTROKE MEN OPEN	2006-06-19	37.09	304
16	Bashistha Raj Shahi	50M FREESTYLE BOYS 13-14 YRS	2009-11-01	30.52	288
17	Nirnay Thapa	50M FREESTYLE BOYS 13-14 YRS	2009-08-29	30.59	286
18	Emon Shrestha	50M FREESTYLE BOYS 13-14 YRS	2009-10-28	32.78	232
19	Pradhyot Raj Hada	50M FREESTYLE BOYS 13-14 YRS	2009-03-31	33.92	209
20	Aarav Raj Maharjan	50M FREESTYLE BOYS 13-14 YRS	2009-12-24	34.84	193
21	Kushal Giri	50M FREESTYLE BOYS 13-14 YRS	2009-06-18	43.42	100



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

World Aquatics Championship, Doha, QATAR

February 2023

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Participation

Female Athlete

3. Gaurika Singh
4. Duana Lama

Male Athlete

3. Alexander Gadegaard Shah
4. Nasir Yahya Hussain

Coach: Shanker Karki

Team Manager: Ranjan Bhattarai

Chef De Mission: Paras Shrestha

Performance and Results:

Gaurika Singh

Women 50m Backstroke	Timing: 30.80	Points 663
Women 100m Backstroke	Timing: 01.50.47	Points 671

Duana Lama

Women 200 Freestyle	Timing: 02.14.59	Points 589
Women 400 Freestyle	Timing: 4.45.85	Points 558

Alexander Gadegaard Shah

Men 50m Freestyle	Timing: 23.79	Points 679
Men 100m Freestyle	Timing: 52.17	Points 724

Nasir Yahya Hussain

Men 200m Freestyle	Timing: 01.56.39	Points: 673
Men 400m Freestyle	Timing: 04.05.65	Points: 719

After this event, on the basis of Olympic Qualifying Rounds were completed and Mr. Alexander Gadegaard Shah and Ms. Duana Lama were Selected for the Paris Olympic 2024



NEPAL SWIMMING ASSOCIATION

Technical Committee's Report, 2023-2024

Conclusion:

We the Members of the Technical Committee of Nepal Swimming Association are delighted to provide you with the Reports that were achieved. As you can see, the Competitiveness of Nepalese Swimming as been growing exponentially. Athletes were successful to score as high as 724 Swimming Points! We wish all the General Assembly Members and Swimming Family for the Continued Support and we promise to continue the development of Swimming and Aquatics Sports.

Rajesh Bajracharya,
Chair
Technical Committee
Date: 2024-04-20