



1st Nepal Aquatics Championship, Kathmandu, 2024

6th & 7th July, 2024 (22nd & 23rd Ashad 2081)

INFORMATION, RULES AND REGULATIONS

1. THE COMPETITION:

HOST:	NEPAL SWIMMING ASSOCIATION
TIME:	Morning: 08:00am Afternoon: 04:00 pm Warm up: One (1) hour before till 15 mins before the start of Meet
VENUE:	International Swimming Complex, Satdobato, Lalitpur. (Indoor S.C. Pool)
RULES:	World Aquatics and Nepal Swimming Association Rules.

2. PARTICIPATION ENTRY FEE and Uniform Size

Entry fee of NRs.1000/- must be paid by each swimmer one day before the Competition Starting Day. Entry Fee to be Deposit with player ID online via Esewa see QR Code as per Annex-1). Kindly Mention "Player ID-Player Name" in remarks. For Example: 1234-Nayana.

Screenshot your proof of payment and send it to 9851050593 (Whatsapp) along with T-shirt Size- XXL, XL, L, M, S, XS.

Please send your entries as soon as possible to secure your T-shirt Size.

3. NOMINATIONS AND SPORTS ENTRIES:

Entries shall only be submitted online via "swimnepal.com". No amendments will be accepted after the last date of entry i.e. 29th June 2024 (15th Ashad 2081). Only amendments for errors and forfeiture shall be entertained till 1st July, 2024 (17th Ashad 2081).

4. GENERAL RULES:

- Age Group participants must show their Accreditation Card at the Call Room and Age Groups competition will be conduct as **Heats and Finals**.
- Swimmers whose events falls consecutively will be given a Five (05) minute of rest period if reported to the referee.
- A swimmer shall swim in age group as per their Date of Birth and in all the Open events.
- Swimmer who does not complete an event that they have entered will not be permitted to swim in any other event on that session. This is to prevent this from causing scheduled events to be cancelled.
- Swimmers may withdraw only on medical grounds recommended by a Medical Profession.
- Swimmers must fill up Seeding Time. (Officially Recorded)
- The Referee / Jury will solve any confusion or queries you have.
- Heats/Preliminaries will be conducted on 8-10 lanes.
- A minimum 4 players are required in order to start list otherwise the event shall be scratched.
- All swimmer, coach & parents need to follow Health & Safety Protocols and World Anti-Doping Agency (WADA) Rules for All Participating Athletes.

5. PRIZES, POINTS:

- Gold, Silver and Bronze medals, will be awarded to the swimmers coming First, Second and Third in each race respectively and Trophies for the Winning Team, 1st Runner-Up and 2nd Runner-Up.
- Cash Prize Awarded for player who beats the Existing National Record
- Team Points for Individual Events: First- 5 points, Second- 3 point, Third- 2 point and Fourth-1 point.
- Team Points for Relay Events: First- 10 points, Second- 6 point, Third- 4 point and Fourth-2 point.



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6. EVENTS ORDER: Refer Attachment Document or Website
(Day 1: Event 1 to 31, Day 2: Event 32 to 65)

7. CALENDAR & TIMELINE

2024-06-17 (2081-03-03):	Nomination & Sports Entries Open date
2024-06-29 (2081-03-15):	Final Entries for Nomination & Sports Entries
2024-07-02 (2081-03-18):	Entries publish date
2024-07-03 (2081-03-19):	Entries Corrections
2024-07-03 (2081-03-19):	Managers and Team Leaders Meeting/ Withdrawals 5pm@Satdobato)
2024-07-06 (2081-03-22):	Game Day 1 (Heats: 8am, Finals: 4pm)
2024-07-07 (2081-03-23):	Game Day 2 (Heats: 8am, Finals: 4pm)

8. PROTEST

Written Protests with a deposit of NRS 5000/- shall be made within 20 minutes after the event ends. The Technical/Jury Committee will make a final decision as per rules on the protest. The Deposit amount shall be refunded only if the Protest is upheld. Any and all detrimental incidents to the Referee / Meet Director.

9. JURY TEAM

Mr. Ishor Kumar Karki- Chairperson
Mr. Umesh Pradhan- Member
Mr. Bharat Tamang- Member

10. CONTACT & ENQUIRIES

Mr. Dilip Vaidya (Treasurer)	9851050593	Mr. Bijen Man Shrestha, Meet Referee	9841284298
Mr. Yogendra Man Shrestha	9841244395	Mr. Bishnu Khadka,	9813488893, 9851046770
Mr. Umesh Pradhan	9851006515	Mr. Anish Maharjan	9822790832
Mr. Shankar Karki Chief Coach	9841312731	Mr. Ratna Lal Maharjan Coach	9841226110
Mrs. Nayana Shakya Coach	9841525799	Mr. Chandraram Chaudhary	9841169731
Mr. Indrajit Rajbhandari	9842029620	Mr. Anand Kunwar	9846065991

CONCLUSION: NSA is always dedicated for the promotion of swimming. We are here to facilitate your participation in every way possible. Please direct any and all confusion to the Referee, who will explain.



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Annex-1

We Accept



नेपाल राष्ट्र बैंकबाट अनुमति प्राप्त



Nepal Swimming Association

Terminal : 2222020014265066

Address : Lalitpur MP

1

Open your Fonepay Member Mobile
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2

Scan this code, confirm the payment
details and make quick payment



1660-01-02121(NTC)
1810-21-02121(Ncell)
qr@esewa.com.np



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Annex-2 – Order of Events

Day	Order	Name	Distance (Mtr)	Stroke
One	1	200M FREESTYLE WOMEN OPEN	200	Freestyle
One	2	200M INDIVIDUAL MEDLEY MEN OPEN	200	Individual Medley
One	3	25M FREESTYLE GIRLS UNDER 8	25	Freestyle
One	4	25M FREESTYLE BOYS UNDER 8	25	Freestyle
One	5	50M BACKSTROKE GIRLS UNDER 10	50	Backstroke
One	6	50M BACKSTROKE BOYS UNDER 10	50	Backstroke
One	7	200M BUTTERFLY WOMEN OPEN	200	Butterfly
One	8	200M BUTTERFLY MEN OPEN	200	Butterfly
One	9	50M BREASTSTROKE GIRLS 11-12 YRS	50	Breaststroke
One	10	50M BREASTSTROKE BOYS 11-12 YRS	50	Breaststroke
One	11	100M BACKSTROKE WOMEN OPEN	100	Backstroke
One	12	100M BACKSTROKE MEN OPEN	100	Backstroke
One	13	50M FREESTYLE GIRLS 13-14 YRS	50	Freestyle
One	14	50M FREESTYLE BOYS 13-14 YRS	50	Freestyle
One	15	50M BREASTSTROKE GIRLS 15-17 YRS	50	Breaststroke
One	16	50M BREASTSTROKE BOYS 15-17 YRS	50	Breaststroke
One	17	100M BUTTERFLY WOMEN OPEN	100	Butterfly
One	18	100M BUTTERFLY MEN OPEN	100	Butterfly
One	19	50M BREASTSTROKE GIRLS 9-10 YRS	50	Breaststroke
One	20	50M BREASTSTROKE BOYS 9-10 YRS	50	Breaststroke
One	21	50M BACKSTROKE GIRLS 11-12 YRS	50	Backstroke
One	22	50M BACKSTROKE BOYS 11-12 YRS	50	Backstroke
One	23	200M BREASTSTROKE WOMEN OPEN	200	Breaststroke
One	24	200M BREASTSTROKE MEN OPEN	200	Breaststroke
One	25	50M BUTTERFLY GIRLS 13-14 YRS	50	Butterfly
One	26	50M BUTTERFLY BOYS 13-14 YRS	50	Butterfly
One	27	50M BACKSTROKE GIRLS 15-17 YRS	50	Backstroke
One	28	50M BACKSTROKE BOYS 15-17 YRS	50	Backstroke
One	29	50M BUTTERFLY WOMEN OPEN	50	Butterfly
One	30	50M BUTTERFLY MEN OPEN	50	Butterfly
One	31	4x50 Medley Relay MIXED-AGE Category Only	200	Medley Relay
Two	32	200M FREESTYLE MEN OPEN	200	Freestyle
Two	33	200M INDIVIDUAL MEDLEY WOMEN OPEN	200	Individual Medley
Two	34	50M BREASTSTROKE BOYS UNDER 8	25	Breaststroke
Two	35	50M BREASTSTROKE GIRLS UNDER 8	25	Breaststroke
Two	36	50M BUTTERFLY BOYS UNDER 10	50	Butterfly
Two	37	50M BUTTERFLY GIRLS UNDER 10	50	Butterfly
Two	38	200M BACKSTROKE MEN OPEN	200	Backstroke
Two	39	200M BACKSTROKE WOMEN OPEN	200	Backstroke
Two	40	50M FREESTYLE BOYS 11-12 YRS	50	Freestyle
Two	41	50M FREESTYLE GIRLS 11-12 YRS	50	Freestyle
Two	42	50M BACKSTROKE MEN OPEN	50	Backstroke
Two	43	50M BACKSTROKE WOMEN OPEN	50	Backstroke
Two	44	50M BREASTSTROKE BOYS 13-14 YRS	50	Breaststroke
Two	45	50M BREASTSTROKE GIRLS 13-14 YRS	50	Breaststroke



Nepal Swimming Association



Two	46	50M FREESTYLE BOYS 15-17 YRS	50	Freestyle
Two	47	50M FREESTYLE GIRLS 15-17 YRS	50	Freestyle
Two	48	100M BREASTSTROKE MEN OPEN	100	Breaststroke
Two	49	100M BREASTSTROKE WOMEN OPEN	100	Breaststroke
Two	50	50M FREESTYLE BOYS 9-10 YRS	50	Freestyle
Two	51	50M FREESTYLE GIRLS 9-10 YRS	50	Freestyle
Two	52	50M BUTTERFLY BOYS 11-12 YRS	50	Butterfly
Two	53	50M BUTTERFLY GIRLS 11-12 YRS	50	Butterfly
Two	54	100M FREESTYLE MEN OPEN	100	Freestyle
Two	55	100M FREESTYLE WOMEN OPEN	100	Freestyle
Two	56	50M BACKSTROKE BOYS 13-14 YRS	50	Backstroke
Two	57	50M BACKSTROKE GIRLS 13-14 YRS	50	Backstroke
Two	58	50M BREASTSTROKE MEN OPEN	50	Breaststroke
Two	59	50M BREASTSTROKE WOMEN OPEN	50	Breaststroke
Two	60	50M BUTTERFLY BOYS 15-17 YRS	50	Butterfly
Two	61	50M BUTTERFLY GIRLS 15-17 YRS	50	Butterfly
Two	62	50M FREESTYLE MEN OPEN	50	Freestyle
Two	63	50M FREESTYLE WOMEN OPEN	50	Freestyle
Two	64	4x50 Freestyle Relay Boys- AGE Category Only	200	Free Relay
Two	65	4x50 Freestyle Relay Girls- AGE Category Only	200	Free Relay