



TUSHAL

4th School Level



**Swimming Championship
2025**

2nd Aug, 2025 (17th Shrawan, 2082)

INFORMATION, RULES AND REGULATIONS

1. THE COMPETITION:

- HOST: TUSHAL MULTI VENUE
- TIME: Morning: 08:00am | Afternoon: 02:00 pm
- Warm up: One (1) hour before till 15 mins before the start of Meet
- VENUE: Tushal Multi Venue, Tusal, Tarkeshwor-08
- RULES: Nepal Swimming Association Rules.

NOTE: Only School Level Age Group Athletes can participate.

2. PARTICIPATION/REGISTRATION ENTRY FEE

- ONLY NON-MEDALIST from Swimming Competition held in Nepal (Recognized by Nepal Swimming Association) or last 12 months.

Entry fee of Rs.1000/- must be paid by each athlete.

3. Registrations, Nominations and Sports Entries

- Online Registration is now open.
Registrations Medium: by Email: info@tulshalmultivenue.com or
Direct registration

4. GENERAL RULES:

- Age Group participants must show their Accreditation Card at the Call Room and competition will be conduct as **Heats and Finals**.
- A swimmer shall swim in age group as per their Date of Birth.
- Swimmers who are not present at call room before their particular events and those who have missed their events shall be fined Rs. 500 in order to play their next event.
- Swimmers may withdraw only on medical grounds recommended by a Medical Profession.

- Swimmers must fill up Seeding Time. (Officially Recorded)
- Heats/Preliminaries will be conducted on 6 lanes.
- A minimum of 3 players are required in order to start list otherwise the event shall be scratched.
- All swimmer, coach & parents need to follow Health & Safety Protocols.

5. PRIZES, POINTS

Team Trophy for the top-scoring team based on the following points:

- Individual Points: 1st – 5 points, 2nd – 3 Points and 3rd – 2 Points
- Relays Points: 1st – 10 Points, 2nd – 6 Points and 3rd – 4 Points

Prize

- 1st Position- 1-year Free Swimming Subscription Package
- 2nd Position- 6 Months Free Swimming Subscription Package
- 3rd Position – 3 Months Free Swimming Subscription Package

IF THERE IS A TIE, A DECISION SHALL BE MADE BY THE JURY.

6. EVENTS

8 Years and Under Category (Boys and Girls born on 2017 & after) – 4 Events.

Freestyle: 25m

Breaststroke: 25m

9 to 10 Years Category (Boys and Girls born on 2015 and 2016) – 6 Events

Freestyle: 25m

Breaststroke: 25m

Backstroke: 25m

11 to 12 Years Category (Boys and Girls born on 2013 and 2014) – 8 Events

Freestyle: 50m

Breaststroke: 50m

Backstroke: 50m

Butterfly: 50m

13 to 15 Years Category (Boys and Girls on 2010, 2011 and 2012) – 10 Events

Freestyle: 50m
Breaststroke: 50m
Backstroke: 50m
Butterfly: 50m
Individual Medley: 100m (25m split)

Mixed Freestyle Relay (2 Boys + 2 Girls) – 1 Event

Freestyle: 4 x 25m

TOTAL EVENTS: 29 EVENTS

SEE ANNEXURE-1 FOR ORDER OF EVENTS.

7. CALENDAR & TIMELINE

- 2025-07-20 (2082-04-04): Facebook Pre-Notice Publish
- 2025-07-21 (2082-04-05): Sports Events Entry Open
- 2025-07-30 (2082-04-14): Sports Events Entry Deadline
- 2025-08-02 (2082-04-17): Game Day (Heats: 8 Am, Finals: 2 Pm)

8. PROTEST

Written Protests with a deposit of NRS 2000/- shall be made within 30 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.

CONTACT & ENQUIRIES

For Office and General Management:

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