



# 21<sup>st</sup> LA INTER-SCHOOL SWIMMING CHAMPIONSHIP 2025

28 – 29 Bhadra, 2082 (13 - 14 September, 2025)



## INFORMATION, RULES AND REGULATIONS

### 1. THE CHAMPIONSHIP:

- Championship Name : **21<sup>st</sup> LA INTER-SCHOOL SWIMMING CHAMPIONSHIP**
- Date : 28 - 29 Bhadra, 2082 (13 - 14 September, 2025)
- Organized by : Little Angels' School
- Time : HEATS: 8:00 am      FINALS: 3:00 pm

WARM-UP: one hour (1hr.) before till 15 minutes before start of Meet

### 2. VENUE : Little Angels' School, Swimming Complex, Hattiban, Lalitpur

### 3. SWIM MEET CALENDAR:

DATE	TIME	EVENT
17 August 1 Bhadra, Sunday	10:00 AM	Form Distribution
5 September 20 Bhadra, Friday		Final Entry
8 September 23 Bhadra, Monday		Verify DOB, ID, Compile, Competitors' List Preparation
9 September 24 Bhadra, Tuesday		Final List Print, e-mail
10 September 25 Bhadra, Wednesday	4:00 PM	Name / event correction final (Manager and coaches meeting)
13 September 28 Bhadra, Saturday	8.00AM	HEATS / FINALS
14 September 29 Bhadra, Sunday	8.00 AM	HEATS / FINALS

### 4. ENTRY:

- Entry fee NRs 1500/- must be paid by each swimmer when submitting the entry from Google Forms via <https://forms.gle/mMerrVhh4o1hJe1B8>
- Entries will not be recorded if submitted without a filled-out Swimmer Registration Form
- Swimmers who submit a birth date different from that registered will be **SUSPENDED**.
- No amendments will be accepted after the last date of final entry. Errors shall only be corrected on 10 Sept (25 Bhadra, Tuesday) during meeting at 4:00pm.
- We accept along with copy of Birth Certificate / passport (issued by Government)
- Swimmers can swim in only one age group. They may swim in a higher age group, but not lower one.
- School Team (Except Host School) may not enter more than
  - i. 2 Swimmers per Event.
  - ii. 20 Swimmers per School Team. However, School Team having more than 20 Swimmers can Enter with Team "B" where no points shall be awarded to the Finalists and Medalist and such Team "B" shall will not be allowed to Enter for Relay Events.
  - iii. Maximum of 2 events per swimmer for Under-8 and Under-10; maximum of 3 events per swimmer, i.e. 2 events +1 IM for Under-12, Under 14 and Under-17.

### 5. AGE GROUPS: (Game Day 1 – 13<sup>th</sup> Sep, 2025 Considered as Cut-off Date for the given Year)

UNDER 8 Yrs.	Born after 2016-09-14
UNDER 10 Yrs.	Born after 2014-09-14
UNDER 12 Yrs.	Born after 2012-09-14
UNDER 14 Yrs.	Born after 2010-09-14
UNDER 17 Yrs.	Born after 2007-09-14

## 6. LIST OF EVENTS:

S.N.	8 yrs. & Under Boys/Girls	9 -10 yrs. Boys/Girls	11 - 12 yrs. Boys/Girls	13 - 14 yrs. Boys/Girls	15 - 17 yrs. Boys/Girls	RELAY
1	25M FREE	25M FREE	50M FREE	50M FREE	50M FREE	4X50M FREE (BOYS) 4X50M FREE (GIRLS)
2	25M BREAST	25M BREAST	50M BREAST	50M BREAST	50M BREAST	
3	25M BACK	25M BACK	50M BACK	50M BACK	50M BACK	4X50M MEDLEY (GIRLS) 4X50M MEDLEY (BOYS)
4		25M FLY	50M FLY	50M FLY	50M FLY	
5			100M IM	200M IM	200M IM	4X50M MIX FREE (2 GIRLS / 2 BOYS)
6						
7						4X50M MIX MEDLEY (2 GIRLS / 2 BOYS)
8						
9						4X25M MIX FREE (10 & under including U-8) (2 GIRLS / 2 BOYS)

## 7. ORDER OF EVENTS:

### ORDER OF EVENTS

**DAY ONE: 28 BHADRA (13 SEP 2025)**

**DAY TWO : 29 BHADRA (14 SEP 2025)**

E.N.	YEARS	DIST.	STROKES	SEX		E.N.	YEARS	DIST.	STROKES	SEX
1	15-17 yrs.	200M	IM	GIRLS		26	15-17 yrs.	200M	IM	BOYS
2	13-14 yrs.	200M	IM	BOYS		27	13-14 yrs.	200M	IM	GIRLS
3	11-12 yrs.	100M	IM	GIRLS		28	11-12 yrs.	100M	IM	BOYS
4	8 yrs. & Under	25M	BREAST	BOYS		29	8 yrs. & Under	25M	BACK	GIRLS
5	8 yrs. & Under	25M	BREAST	GIRLS		30	8 yrs. & Under	25M	BACK	BOYS
6	9 -10 yrs.	25M	BREAST	BOYS		31	9 -10 yrs.	25M	BACK	GIRLS
7	9 -10 yrs.	25M	BREAST	GIRLS		32	9 -10 yrs.	25M	BACK	BOYS
8	11-12 yrs.	50M	BREAST	BOYS		33	11-12 yrs.	50M	BACK	GIRLS
9	11-12 yrs.	50M	BREAST	GIRLS		34	11-12 yrs.	50M	BACK	BOYS
10	13-14 yrs.	50M	BREAST	BOYS		35	13-14 yrs.	50M	BACK	GIRLS
11	13-14 yrs.	50M	BREAST	GIRLS		36	13-14 yrs.	50M	BACK	BOYS
12	15-17 yrs.	50M	BREAST	BOYS		37	15-17 yrs.	50M	BACK	GIRLS
13	15-17 yrs.	50M	BREAST	GIRLS		38	15-17 yrs.	50M	BACK	BOYS
14	9 -10 yrs.	25M	FLY	BOYS		39	8 yrs. & Under	25M	FREE	GIRLS
15	9 -10 yrs.	25M	FLY	GIRLS		40	8 yrs. & Under	25M	FREE	BOYS
16	11-12 yrs.	50M	FLY	BOYS		41	9 -10 yrs.	25M	FREE	GIRLS
17	11-12 yrs.	50M	FLY	GIRLS		42	9 -10 yrs.	25M	FREE	BOYS
18	13-14 yrs.	50M	FLY	BOYS		43	11-12 yrs.	50M	FREE	GIRLS
19	13-14 yrs.	50M	FLY	GIRLS		44	11-12 yrs.	50M	FREE	BOYS
20	15-17 yrs.	50M	FLY	BOYS		45	13-14 yrs.	50M	FREE	GIRLS
21	15-17 yrs.	50M	FLY	GIRLS		46	13-14 yrs.	50M	FREE	BOYS
22	Open	4X50M	MEDLEY RLY	BOYS		47	15-17 yrs.	50M	FREE	GIRLS
23	Open	4X50M	MEDLEY RLY	GIRLS		48	15-17 yrs.	50M	FREE	BOYS
24	Open (2 GIRLS / 2 BOYS)	4X50M	FREE RLY	MIX		49	Open	4X50M	FREE RLY	GIRLS
25	10& under including U-8 (2 GIRLS + 2 BOYS)	4x25M	FREE RLY	MIX		50	Open	4X50M	FREE RLY	BOYS
						51	Open (2 GIRLS / 2 BOYS)	4X50M	MEDLEY RLY	MIX

## 8. PRIZES, POINTS

- Prizes will be presented for Finals held, on the same day.
- Gold, Silver and Bronze medals, along with Certificates, will be awarded to the swimmers achieving First, Second and Third position in each race.
- The team with the highest points in the Age Group Category will be awarded the LA Championship Trophy. Points will be awarded according to the table below.

Position	Individual Event	Relay
First	7	14
Second	6	12
Third	5	10
Fourth	4	8
Fifth	3	6
Sixth	2	4

## 9. GENERAL RULES

- Rules are formulated to provide equal opportunity to each swimmer, to perform their best and to eliminate any unfair advantage to an individual as far as possible.
- All the participants must have school ID card/ DOB/PP
- Events with less than 6 swimmers entered will be a direct final and less than 4 entries will be scratched.
- Direct Finals Shall be conducted in the Evening sessions.
- Swimmers whose events fall consecutively will be given a Two (2) minute rest period, if reported to the referee.
- World Aquatics SW Rules <https://shorturl.at/XQnPO> & N.S.A. Sports By-Laws and rules shall be applied wherever not mentioned.
- A swimmer can swim in only one age group according to DOB or higher category.
- The Referee / Meet Director / Jury panel will resolve any confusion or queries as arises.

## 10. PROTEST

- Team manager/coach may submit a protest form to the Referee within 15 minutes of the events end, with NRs 15000/-.
- The Jury Panel will then rule on the protest. This decision will be final.
- The deposit will only be returned if the Protest is upheld.

**11. CONTACT PERSON:** Mr. Baikuntha Pardhan (9851326669) – Meet Director  
Ms. Sirapa Shrestha (9803404526) – Swimming Coach

## 12. JURY TEAM

- A. Mr. Rajesh Shrestha
- B. Mr. Mukunda Raj Sharma
- C. Mr. Baikuntha Pradhan

**CONCLUSION:** Little Angels' School is dedicated to the promotion of swimming as sports. We are here to facilitate your participation in every way possible. Please direct any and all confusion to the Referee, who will explain (if any confusion).

FonePay QR



Please, mention the Name of the School in remark. Also kindly attach the payment voucher while Submitting Entries.