

PRESS RELEASE

21 Nov 2021

03 days DHA National Swimming Championship concluded today at K swimming pool DHA Lahore. On Final day of championship, another 10 new National records were broken in different categories of men and women, rounding up the figure to 27 in total. In Team positions Pakistan Army stands on Winner Position in Men category and Wapda stands on winner position in Women on final day of DHA National Swimming Championship.

Earlier in the day, 1 national record was broken in women events by Jehanara Nabi(Wapda) in 400M Freestyle (open category). In second half national records was broken by Dayan Kashif (Punjab) in 50M Butterfly and 50M backstroke under 12 category. Aryan Rehman Khan (Punjab) made record in 50 M free style. Ali Mitha (Sindh) broke old records in 50M backstroke, 50M butterfly and 50M free Style. M. Ahmed Durani (KPK) broke 50M old record in Butterfly. And Daniyal Gulam Nabi (Wapda) made new National record in 50M breast stroke and Sindh team also break old record in 4x100 Medley Relay.

Governor Punjab Chaudhry Muhammad Sarwar was chief guest on the occasion. At the end, Chief guest distributed medals to the prize winners.

On the occasion, Administrator DHA Lahore Brig Waheed Gull Satti presented a memento on behalf of DHA Lahore to Governor Punjab Chaudhry Muhammad Sarwar

To witness the closing ceremony a large number of DHA residents, parents of participants and swimming lover were present.

17TH WOMEN OPEN NATIONAL SWIMMING CHAMPIONSHIP

19-21 NOVEMBER 2021, DHA, LAHORE

RESULTS – Final Day (21 NOV 2021)

Event	Gold	Silver	Bronze
<i>Allocation of Points as per Rules</i>	15	10	6
400 M FREESTYLE	JEHANARA NABI (WAPDA) (4:44.66) *NR	SARA KHAN WAPDA (5:30.24)	BAHISHT SHAN SHAHID ARMY (5:43.19)
400 M INDIVIDUAL MEDLEY	BISMA KHAN (ARMY) (5:53.82)	MISHAEL AYESHA AYUB WAPDA (6:17.99)	IMAN SHEIKH ARMY (6:38.07)
200 M BREASTSTROKE	MISHAEL AYESHA AYUB (WAPDA)	EMAAN ZUBAIR SINDH	MALIK HAREEM SINDH

	(3:10.14)	(3:16.55)	(3:21.23)
200 M BUTTERFLY	SARINA DIWAN (SINDH) (3:11.07)	IMAN SHEIKH ARMY (3:16.98)	ARISHA LARI SINDH (3:19.60)
100 M BACKSTROKE	BISMA KHAN (ARMY) (1:13.81)	FATIMA LOTIA ARMY (1:17.65)	AMINAH ALAVI NAVY (1:18.84)
Points (Only Relay)	30	20	12
4 x 100 M Freestyle Relay	ARMY (4:29.86)	WAPDA (4:34.97)	SINDH (5:10.24)

20TH GIRLS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP
19-21 NOVEMBER 2021, DHA, LAHORE
RESULTS- AGE GROUP – 12 AND UNDER (BORN 2009 & AFTER)

Event	Gold	Silver	Bronze
Allocation of Points as per Rules	15	10	6
400 M INDIVIDUAL MEDLEY	EVENT NOT HELD DUE TO LESS ENTRIES		
200 M BREASTSTROKE	EMAAN ZUBAIR SINDH (3:16.50)	ILHAM AMAAN KHAN ARMY (3:21.32)	SASHA ANNA AZFAR NAVY (3:25.53)
200 M BUTTERFLY	ZAARIA BUTT SINDH (3:03.68)	AMEENA AMEER QADRI WAPDA (3:19.43)	ZAINAB IMTIAZ PUNJAB (4:40.07)
100 M BACKSTROKE	FATIMA LOTIA	SIMRAH SHEHZAD	HAYA TABISH

	ARMY (1:20.04)	NAVY (1:23.57)	BARI NAVY (1:23.80)
Points (Only Relay)	45	30	18
4 x 100 M FREESTYLE RELAY	NAVY (5:08.92)	SINDH (5:23.18)	PUNJAB (6:33.77)

20TH GIRLS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP
19-21 NOVEMBER 2021, DHA, LAHORE
RESULTS

AGE GROUP – 14 AND UNDER (BORN 2007 & 2008)

Event	Gold	Silver	Bronze
DAY-3 (21 NOV 2021)			
100 M BACKSTROKE	ZAYNA AHSAN ARMY (1:21.35)	HAYAH ADNAN ALI SINDH (1:22.13)	MAHEEN MANZOOR WAPDA (1:25.34)
4 x 100 M FREESTYLE RELAY	WAPDA (5:00.65)	SINDH (5:14.63)	NAVY (5:32.19)

20TH GIRLS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP
19-21 NOVEMBER 2021, DHA, LAHORE

RESULTS DAY-3 (21 NOV 2021)-AGE GROUP – 16 AND UNDER (BORN 2005 & 2006)

Event	Gold	Silver	Bronze
Allocation of Points as per Rules	15	10	6
400 M INDIVIDUAL MEDLEY	EVENT NOT HELD DUE TO LESS ENTRIES		

200 M BREASTSTROKE	EMAAN ZUBAIR SINDH (3:16.50)	ILHAM AMAAN KHAN ARMY (3:21.32)	SASHA ANNA AZFAR NAVY (3:25.53)
200 M BUTTERFLY	ZAARIA BUTT SINDH (3:03.68)	AMEENA AMEER QADRI WAPDA (3:19.43)	ZAINAB IMTIAZ PUNJAB (4:40.07)
100 M BACKSTROKE	FATIMA LOTIA ARMY (1:20.04)	SIMRAH SHEHZAD NAVY (1:23.57)	HAYA TABISH BARI NAVY (1:23.80)
Points (Only Relay)	45	30	18
4 x 100 M FREESTYLE RELAY	NAVY (5:08.92)	SINDH (5:23.18)	PUNJAB (6:33.77)

56TH MEN OPEN NATIONAL SWIMMING CHAMPIONSHIP
19-21 NOVEMBER 2021, DHA, LAHORE
RESULTS - DAY 3 (20 NOV 2021)

Event	Gold	Silver	Bronze
Allocation of Points as per Rules	15	10	6
50 M FREESTYLE	SHAHBAZ KHAN ARMY (25.11)	SYED HASEEB TARIQ ARMY (25.13)	HAMZA ANWAR WAPDA (25.39)
Points (Only Relay)	30	20	12
4 x 100 M MEDLEY RELAY	ARMY (4:15.19)	WAPDA (4:29.10)	PUNJAB (4:38.53)

25TH BOYS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP
19-21 NOVEMBER 2021, DHA, LAHORE
RESULTS - AGE GROUP – 12 AND UNDER (BORN 2009 & AFTER)

Event	Gold	Silver	Bronze
<i>Points (Only Relay)</i>	30	20	12
50 M BACKSTROKE	M. DAYYAN KASHIF PUNJAB (34.33)	SULTAN SAYED SAIGOL PUNJAB (36.27)	MIKAIL AZFAR MIR SINDH (37.20)
50 M BUTTERFLY	M. DAYYAN KASHIF PUNJAB (30.38) *NR	RAYAAN REHMAN KHAWAR PUNJAB (32.53)	MIKAIL AZFAR MIR SINDH (35.41)
50 M BREASTSTROKE	M. DAYYAN KASHIF PUNJAB (35.95) *NR	HAMMAD AKHTAR KPK (38.86)	MIKAIL AZFAR MIR SINDH (39.83)
50 M FREESTYLE	ARYAAN REHMAN KAHWAR PUNJAB (28.24) *NR	M. DAYYAN KASHIF PUNJAB (28.51)	HAMMAD AKHTAR KPK (32.34)

20TH GIRLS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP
19-21 NOVEMBER 2021, DHA, LAHORE
RESULTS: Last day AGE GROUP – 14 AND UNDER (BORN 2007 & 2008)

Event	Gold	Silver	Bronze
DAY-3 (21 NOV 2021)			
100 M BACKSTROKE	ZAYNA AHSAN ARMY (1:21.35)	HAYAH ADNAN ALI SINDH (1:22.13)	MAHEEN MANZOOR WAPDA (1:25.34)
4 x 100 M FREESTYLE RELAY	WAPDA (5:00.65)	SINDH (5:14.63)	NAVY (5:32.19)

25TH BOYS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP

19-21 NOVEMBER 2021, DHA, LAHORE

RESULTS- AGE GROUP – 14 AND UNDER (BORN 2007 & 2008)

Event	Gold	Silver	Bronze
DAY-3 (21 NOV 2021)			
50 M BACKSTROKE	ALI MITHA SINDH (29.48) *NR	MOHID SADIQ LONE PUNJAB (32.02)	DANIYAL ALAVI SINDH (33.23)
50 M BUTTERFLY	ALI MITHA SINDH (28.05) *NR	MOHID SADIQ LONE PUNJAB (30.82)	SYED AZLAN SOHAIL SINDH (31.60)
50 M BREASTSTROKE	AMAAN REHMAN KHAWAR PUNJAB (36.88)	MUHAMMAD AFFAN SINDH 36.78	ZAYAN HUSSAIN SINDH (38.85)
50 M FREESTYLE	ALI MITHA SINDH (27.17) *NR	AMMAAN REHMAN KHAWAR PUNJAB (27.83)	SHEIKH ABDUL REHMAN PUNJAB (29.51)
4 x 100 M MEDLEY RELAY	SINDH	PUNJAB	-

	(4:50.87)	(5.00.80)	
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25TH BOYS NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP

19-21 NOVEMBER 2021, DHA, LAHORE

RESULTS DAY-3 (21 NOV 2021)

AGE GROUP – 16 AND UNDER (BORN 2005 & 2006)

Event	Gold	Silver	Bronze
Allocation of Points as per Rules	15	10	6
50 M BACKSTROKE	M. AHMAD DURRANI KPK (29.91) RE	ALI AHMED CH SINDH (31.29)	JAZIM ABBASI SINDH (33.83)
50 M BUTTERFLY	M. AHMAD DURRANI KPK (27.31) *NR	HAMZA ASIF PUNJAB (28.77)	UMN KIRMANI SINDH (29.31)
50 M BREASTSTROKE	DANIYAL GHULAM NABI WAPDA (31.50) *NR	HAMZA ASIF PUNJAB (34.27)	RAYAAN ADNAN ALI SINDH (35.01)
50 M FREESTYLE	HAMZA ASIF PUNJAB (26.20)	DANIYAL GHULAM NABI WAPDA (26.21)	RYAAN ADNAN ALI SINDH (26.25)
Points (Only Relay)	45	30	18
4 x 100 M MEDLEY RELAY	SINDH (4:36.46) *NR	PUNJAB (4.44.88)	-