

18TH WOMEN OPEN NATIONAL SWIMMING CHAMPIONSHIP**03-05 MARCH 2023, DHA, LAHORE****RESULTS - DAY 1 (03 MARCH 2023)**

Event	Gold	Silver	Bronze	4 th Position	5 th Position	6 th Position
Allocation of Points as per Rules	15	10	6	4	2	1
50 M Butterfly	Bisma Khan ARMY (29.57)	Ameena Ameer Qadri ARMY (33.24)	Sarina Diwan SINDH (34.03)	Daniya Bhatia NAVY (35.03)	Zahra Kazi Punjab (36.33)	Sarah Umair Tabani NAVY (36.36)
200 M Breaststroke	Mishael Aisha Hyat WAPDA (3:03.95)	Hareem Malik SINDH (3:11.91)	Mayah Saida Lone WAPDA (3:22.40)	Fatima Salman ARMY (3:23.54)	Maham Ali IFASA (3:24.78)	Daniya Bhatia NAVY (3:25.94)
400 M Individual Medley	Bisma Khan ARMY (5:44.88)	Miraal Haque SINDH (5:48.70)	Hareem Malik SINDH (6:19.55)	Iman Shaikh ARMY (6:48.00)	Ayesha Waqas PUNJAB (7:07.28)	Syeda Muzeyyan HEC (7:37.72)
100 M Freestyle	Jehanara Nabi WAPDA (1:02.53)	Sara Khan WAPDA (1:08.12)	Ameena Ameer Qadri ARMY (1:08.76)	Aizah Durrani ARMY (1:11.55)	Sarah Umair Tabani NAVY (1:11.95)	Shanzay Tabish Bari NAVY (1:13.62)
200 M Backstroke	Fatima Lotia ARMY (2:40.30)	Miraal Haque SINDH (2:41.06)	Mehar Maqbool SINDH (2:48.26)	Iman Shaikh ARMY (2:51.73)	Haya Tabish Bari NAVY (2:53.78)	Ayesha Waqas (PUNJAB) (3:07.65)
Points (Only Relay)	30	20	12	8	4	2
4 x 100 M Medley Relay	Team WAPDA (5:06.15)	Team ARMY (5:06.91)	Team SINDH (5:16.17)	Team NAVY (5:33.51)	Team PUNJAB (6:14.26)	Team HEC (7:51.17)

SUMMARY OF MEDALS AND POINTS DAY - 1

Team	Gold	Silver	Bronze	Points
Army	3	2	1	97
WAPDA	3	1	1	76
Sindh	-	3	4	60
Navy	-	-	-	19
Punjab	-	-	-	9
HEC	-	-	-	3
Islamabad	-	-	-	2

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RESULTS - DAY 2 (04 MARCH 2023)

Event	Gold	Silver	Bronze	4th Position	5th Position	6th Position
Allocation of Points as per Rules	15	10	6	4	2	1
800 M Freestyle	Jehanara Nabi WAPDA (9:35.68)	Meher Maqbool SINDH (10:58.88)	Mayah Saida Lone WAPDA (11:31.80)	Fatima Salman ARMY (11:35.06)	Mina Riaz SINDH (13:20.08)	Shahbano Mueen PUNJAB (13:45.86)
100 M Backstroke	Miraal Haque SINDH (1:12.79)	Fatima Lotia ARMY (1:13.93)	Iman Shaikh ARMY (1:17.45)	Haya Tabish Bari NAVY (1:18.65)	Meher Maqbool SINDH (1:19.98)	Maham Ali IFAWSA (1:25.04)
50 M Breaststroke	Mishaal Aisha Hyat WAPDA (37.51)	Hareem Malik SINDH (38.24)	Fatima Salman ARMY (42.06)	Bahishat Shan Shahid ARMY (42.27)	Mayah Saida Lone WAPDA (42.36)	Shanzay Tabish Bari NAVY (42.83)
200 M Freestyle	Jehanara Nabi WAPDA (2:15.93)	Sara Khan WAPDA (2:32.31)	Meher Maqbool SINDH (2:35.27)	Iman Shaikh ARMY (2:35.97)	Aizah Durrani ARMY (2:37.01)	Shazana Shahid PUNJAB (2:47.36)
100 M Butterfly	Mishaal Aisha Hyat Ayub WAPDA (1:09.17)	Miraal Haque SINDH (1:12.66)	Ameena Ameer Qadri ARMY (1:15.98)	Sarina Diwan SINDH (1:17.98)	Daniya Bhatia NAVY (1:19.46)	Sarah Umair Tabani NAVY (1:28.73)
50 M Freestyle	Bisma Khan ARMY (28.14)	Ayesha Zeeshan WAPDA (30.35)	Ameena Ameer Qadri ARMY (30.36)	Sara Khan WAPDA (31.25)	Sarah Umair Tabani NAVY (31.83)	Zehra Kazi PUNJAB (32.52)
Points (Only Relay)	30	20	12	8	4	2
4 x 200 M Freestyle Relay	Team WAPDA (9:48.33)	Team ARMY (11:02.80)	Team SINDH (11:34.66)	Team NAVY (11:39.27)	Team PUNJAB (12:04.25)	-

SUMMARY OF MEDALS AND POINTS DAY - 2

Team	Gold	Silver	Bronze	Points
WAPDA	5	2	1	122
Army	1	2	4	83
Sindh	1	3	2	71
Navy	-	-	-	18
Punjab	-	-	-	7
Islamabad	-	-	-	1
HEC	-	-	-	0

OVERALL SUMMARY OF MEDALS AND POINTS

Team	Gold	Silver	Bronze	Points
WAPDA	8	3	2	198
Army	4	4	5	180
Sindh	1	6	6	131
Navy	-	-	-	37
Punjab	-	-	-	16
HEC	-	-	-	3
Islamabad	-	-	-	3

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RESULTS - DAY 3 (05 MARCH 2023)

Event	Gold	Silver	Bronze	4 th Position	5 th Position	6 th Position
Allocation of Points as per Rules	15	10	6	4	2	1
400 M Freestyle	Jehanara NAbi WAPDA (4:46.20)	Meher Maqbool SINDH (5:19.05)	Sara Khan WAPDA (5:27.44)	Aizah Durrani ARMY (5:35.81)	Fatima Lotia ARMY (5:39.63)	Daniya Bhatia NAVY (6:18.54)
50 M Backstroke	Bisma Khan ARMY (32.09)	Fatima Lotia ARMY (34.06)	Haya Tabish Bari NAVY (36.58)	Sarah Umair Tabani (36.88)	Sara Khan WAPDA (37.82)	Rania Adnan PUNJAB (42.08)
200 M Butterfly	Miraal Haque SINDH (2:38.64) NNR	Ameena Ameer Qadri ARMY (3:03.37)	Sarina Diwan SINDH (3:09.75)	Daniya Bhatia NAVY (3:11.25)	Iman Shaikh ARMY (3:18.07)	Sara Shahzad WAPDA (3:59.02)
100 M Breaststroke	Mishael Aisha Hyat Ayub WAPDA (1:22.12)	Hareem Malik SINDH (1:25.09)	Mayah Saida Lone WAPDA (1:32.30)	Shanzay Tabish Bari NAVY (1:36.21)	Fatima Salman ARMY (1:36.74)	Maham Ali IFASA (1:37.51)
200 M Individual Medley	Jehanara Nabi WAPDA (2:32.32) NNR	Bisma Khan ARMY (2:40.06)	Hareem Malik SINDH (2:53.63)	Aizah Durrani ARMY (2:56.08)	Mayah Saida Lone WAPDA (2:57.57)	Maham Ali IFASA (3:03.73)
Points (Only Relay)	30	20	12	8	4	2
4 x 100 M Freestyle Relay	Team WAPDA (4:26.03)	Team ARMY (4:39.16)	Team SINDH (4:52.42)	Team NAVY (5:04.16)	Team PUNJAB (5:10.83)	-

SUMMARY OF MEDALS AND POINTS DAY - 3

Team	Gold	Silver	Bronze	Points
WAPDA	4	-	2	102
Army	1	4	-	79
Sindh	1	2	3	69
Navy	-	-	1	27
Punjab	-	-	-	5
Islamabad	-	-	-	2
HEC	-	-	-	0

OVERALL SUMMARY OF MEDALS AND POINTS

Team	Gold	Silver	Bronze	Points
WAPDA	12	3	4	300
Army	5	8	5	259
Sindh	2	8	9	200
Navy	-	-	1	64
Punjab	-	-	-	21
HEC	-	-	-	5
Islamabad	-	-	-	3

TEAM POSITION

- Winner - Team WAPDA
- Runner Up - Team Pakistan Army
- BEST SWIMMER** - Jehanara Nabi, WAPDA

(5 x Gold Medals and 1 x New National Record)