

57th MEN 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
1500 M Freestyle	M Amman Sidiqui ARMY (17:22.40)	Aamir Ahmed Motiwala WAPDA (18:56.89)	Zeeshan Akbar ARMY (19:02.52)	Subhan Ahmed NAVY (19:08.97)	Ayyan Asif HEC (19:35.12)	Tamoor Shahzad WAPDA (20:12.23)
50 M Butterfly	Syed M Haseeb Tariq ARMY (25.89) NNR	Hamza Asif WAPDA (27.35)	Ali Mitha SINDH (27.40)	Shahbaz Khan ARMY (27.57)	Aamir Ahmed Motiwala WAPDA (28.47)	Feroze Khuwaja HEC (28.63)
200 M Breaststroke	Daniyal Ghulam Nabi WAPDA (2:33.45)	Adnan Ali ARMY (2:40.64)	Nouman Hussain ARMY (2:42.26)	Mikail Azfar Mir SINDH (2:46.89)	M Bilal Maqbool PUNJAB (2:56.93)	Hamza Malik WAPDA (2:59.93)
400 M Individual Medley	M Amaan Sidiqui ARMY (4:49.45) NNR	Syed Azlan Sohail SINDH (5:04.04)	Azhar Abbas ARMY (5:13.05)	Tamoor Shahzad WAPDA (5:37.04)	Ali Sher WAPDA (5:49.35)	M Sharjeel Farhan SINDH (6:17.65)
100 M Freestyle	Syed M Haseeb Tariq ARMY (54.61)	Hamza Anwar WAPDA (55.81)	Shahbaz Khan ARMY (57.84)	Maaz Akhtar HEC (58.75)	Subhan Ahmed NAVY (58.90)	Hamza Asif WAPDA (59.13)
200 M Backstroke	Mohid Sadiq Lone PUNJAB (2:19.44)	Waqas Hussain ARMY (2:22.71)	Abbas Hussain ARMY (2:23.31)	Ali Mitha SINDH (2:29.91)	Mohaman Shiraz WAPDA (2:43.15)	Rayyan Sadiq Lone PUNJAB (2:43.66)
Points (Only Relay)	30	20	12	8	4	2
4 x 100 M Medley Relay	Team ARMY (4:16.88)	Team WAPDA (4:19.73)	Team SINDH (4:41.06)	Team HEC (4:48.83)	Team PUNJAB (4:57.50)	Team NAVY (6:03.56)

* NNR (New National Record)

SUMMARY OF MEDALS AND POINTS DAY - 1

Team	Gold	Silver	Bronze	Points
Army	5	2	5	164
WAPDA	1	4	-	78
Sindh	-	1	2	37
Punjab	1	-	-	22
HEC	-	-	-	15
NAVY	-	-	-	8
Islamabad	-	-	-	0
Baluchistan	-	-	-	0

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RESULTS - DAY 2 (04 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
800 M Freestyle	M Amaan Siddiqui ARMY (08:56.97) NNR	Syed Azlan Sohail SINDH (09:35.01)	Aamir Ahmed Motiwala WAPDA (09:39.51)	Waqar Ahmed ARMY (09:41.79)	Subhan Ahmed NAVY (10:02.72)	Ayyan Asif HEC (10:06.13)
100 M Backstroke	Syed M Haseeb Tariq ARMY (1:02.57)	Ali Mitha SINDH (1:03.54)	Mohid Sadiq Lone PUNJAB (1:04.59)	Yahya Khan WAPDA (1:05.33)	Waqas Hussain ARMY (1:05.46)	Rayan Sadiq Lone PUNJAB (1:09.31)
50 M Breaststroke	Daniyal Ghulam Nabi WAPDA (31.50)	Hamza Anwar WAPDA (32.37)	Adnan Ali ARMY (32.90)	Danish Arshad Army (33.54)	Abdul Rehman HEC (34.60)	Mikail Azfar Mir SINDH (35.51)
200 M Freestyle	M Amaan Siddiqui ARMY (2:01.10)	Zeesan Akbar ARMY (2:07.63)	Syed Azlan Sohail SINDH (2:10.26)	Amaan Rehman Khawar PUNJAB (2:10.89)	Subhan Ahmed NAVY (2:13.01)	Mikail Azfar Mir SINDH (2:13.21)
100 M Butterfly	Azhar Abbas ARMY (1:00.68)	Ansar Mehmood ARMY (1:03.26)	Aamir Ahmed Motiwala WAPDA (1:04.14)	Yahya Khan WAPDA (1:05.50)	Feroze Khuwaja HEC (1:07.05)	M Sharjeel Farhan SINDH (1:09.55)
50 M Freestyle	Hamza Asif WAPDA (24.91)	Shahbaz Khan ARMY (25.22)	Hamza Anwar WAPDA (25.51)	Ali Mitha SINDH (26.08)	Maaz Akhtar HEC (26.62)	Saqib Nouman ARMY (27.45)
Points (Only Relay)	30	20	12	8	4	2
4 x 200 M Freestyle Relay	Team ARMY (8:40.42)	Team WAPDA (8:59.23)	Team PUNJAB (9:03.75)	Team SINDH (9:23.90)	Team HEC (9:31.06)	Team Navy (11:44.77)

SUMMARY OF MEDALS AND POINTS DAY - 2

Team	Gold	Silver	Bronze	Points
Army	5	3	1	147
WAPDA	2	2	3	86
Sindh	-	2	1	41
Punjab	-	-	2	23
HEC	-	-	-	11
NAVY	-	-	-	06
Islamabad	-	-	-	0

OVERALL SUMMARY OF MEDALS AND POINTS

Team	Gold	Silver	Bronze	Points
Army	10	5	6	311
WAPDA	3	6	3	164
Sindh	-	3	3	78
Punjab	1	-	2	45
HEC	-	-	-	26
NAVY	-	-	-	14
Islamabad	-	-	-	0

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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	M Amman Siddiqui ARMY (4:15.78) NNR	Zeeshan Akbar ARMY (4:35.28)	Syed Azlan Sohail SINDH (4:38.59)	Mohid Sadiq Lone PUNJAB (4:38.78)	Subhan Ahmed NAVY (4:45.33)	Tamoor Shahzad WAPDA (4:46.61)
50 M Backstroke	Syed M Haseeb Tariq ARMY (28.38)	Ali Miitha SINDH (28.71)	Yahya Khan WAPDA (29.65)	Rayyan Sadiq Lone PUNJAB (30.35)	Adeel Razaq HEC (31.86)	Mohaman Shiraz WAPDA (32.03)
200 M Butterfly	Azhar Abbas ARMY (2:16.35)	Aamir Ahmed Motiwala WAPDA (2:25.96)	Ansar Mehmood ARMY (2:27.36)	Ghulam Muhammad WAPDA (2:30.46)	Syed Azlan Sohail SINDH (2:30.61)	M Sharjeel Farhan SINDH (2:42.20)
100 M Breaststroke	Daniyal Ghulam Nabi WAPDA (1:10.48)	Adnan Ali ARMY (1:11.90)	Nouman Hussain ARMY (1:12.62)	Hamza Anwar WAPDA (1:15.61)	Mikail Azfar Mir SINDH (1:18.25)	M, Bilal Maqbool PUNJAB (1:21.56)
200 M Individual Medley	Syed M Haseeb Tariq ARMY (2:18.79)	Mohid Sadiq Lone PUNJAB (2:23.06)	Basit Ali ARMY (2:25.40)	Mikail Azfar Mir SINDH (2:30.16)	Daniyal Ghulam Nabi WAPDA (2:31.98)	Ali Sher WAPDA (2:34.60)
Points (Only Relay)	30	20	12	8	4	2
4 x 100 M Freestyle Relay	Team Army (3:46.12)	Team WAPDA (3:51.17)	Team HEC (3:58.82)	Team Punjab (3:58.94)	Team SINDH (4:05.63)	Team Navy (4:51.95)

SUMMARY OF MEDALS AND POINTS DAY - 3

Team	Gold	Silver	Bronze	Points
Army	5	2	3	138
WAPDA	1	2	1	64
Sindh	-	1	1	29
Punjab	-	1	-	27
HEC	-	-	1	14
NAVY	-	-	-	4
Islamabad	-	-	-	0

OVERALL SUMMARY OF MEDALS AND POINTS

Team	Gold	Silver	Bronze	Points
Army	15	7	9	449
WAPDA	4	8	4	228
Sindh	-	4	4	107
Punjab	1	1	2	72
HEC	-	-	1	40
NAVY	-	-	-	18
Islamabad	-	-	-	0

TEAM POSITION

Winner - Team Pakistan Army
Runner Up - Team WAPDA

BEST SWIMMER

- Muhammad Amaan Siddiqui, Army
(5 x Gold Medals with 3 x New National Records)