



SWIMMING GUIDELINES

(Applicable for Championships conducted in 2026)

Updated On: 8th July 2026

For queries related to the championship guidelines
please reach out to your city managers





SWIMMING

Age Group	Event No. (Boys)	Event Categories (Boys)	Event No. (Girls)	Event Categories (Girls)	Cut Off Dates
U-8	1	50m Freestyle	34	50m Freestyle	Born between 1st January 2019 and 31st December 2020
	2	50m Backstroke	35	50m Backstroke	
	3	50m Butterfly stroke	36	50m Butterfly stroke	
	4	50m Breast stroke	37	50m Breast stroke	
	5	200m Individual Medley	38	200m Individual Medley	
U-10	6	50m Freestyle	39	50m Freestyle	Born between 1st January 2017 and 31st December 2018
	7	50m Backstroke	40	50m Backstroke	
	8	50m Butterfly stroke	41	50m Butterfly stroke	
	9	50m Breast stroke	42	50m Breast stroke	
	10	200m Individual Medley	43	200m Individual Medley	
U-12	11	50m Freestyle	44	50m Freestyle	Born between 1st January 2015 and 31st December 2016
	12	50m Backstroke	45	50m Backstroke	
	13	50m Butterfly stroke	46	50m Butterfly stroke	
	14	50m Breast stroke	47	50m Breast stroke	
	15	200m Individual Medley	48	200m Individual Medley	
U-14	16	50m Freestyle	49	50m Freestyle	Born between 1st January 2013 and 31st December 2014
	17	100m Freestyle	50	100m Freestyle	
	18	100m Backstroke	51	100m Backstroke	
	19	100m Butterfly stroke	52	100m Butterfly stroke	
	20	100m Breast stroke	53	100m Breast stroke	
	21	200m Individual Medley	54	200m Individual Medley	



SWIMMING

Age Group	Event No. (Boys)	Event Categories (Boys)	Event No. (Girls)	Event Categories (Girls)	Cut Off Dates
U-16	22	50m Freestyle	55	50m Freestyle	Born between 1st January 2011 and 31st December 2012
	23	100m Freestyle	56	100m Freestyle	
	24	100m Backstroke	57	100m Backstroke	
	25	100m Butterfly stroke	58	100m Butterfly stroke	
	26	100m Breast stroke	59	100m Breast stroke	
	27	200m Individual Medley	60	200m Individual Medley	
U-18	28	50m Freestyle	61	50m Freestyle	Born between 1st January 2009 and 31st December 2010
	29	100m Freestyle	62	100m Freestyle	
	30	100m Backstroke	63	100m Backstroke	
	31	100m Butterfly stroke	64	100m Butterfly stroke	
	32	100m Breast stroke	65	100m Breast stroke	
	33	200m Individual Medley	66	200m Individual Medley	



SWIMMING

SWIMMING RELAY

Age Group	Event No. (Boys)	Event Categories (Boys)	Event No. (Girls)	Event Categories (Girls)	Cut Off Dates
U-10	1	4x50m Freestyle Relay	11	4x50m Freestyle Relay	Born between 1st January 2017 and 31st December 2018
	2	4x50m Medley Relay	12	4x50m Medley Relay	
U-12	3	4x50m Freestyle Relay	13	4x50m Freestyle Relay	Born between 1st January 2015 and 31st December 2016
	4	4x50m Medley Relay	14	4x50m Medley Relay	
U-14	5	4x50m Freestyle Relay	15	4x50m Freestyle Relay	Born between 1st January 2013 and 31st December 2014
	6	4x50m Medley Relay	16	4x50m Medley Relay	
U-16	7	4x50m Freestyle Relay	17	4x50m Freestyle Relay	Born between 1st January 2011 and 31st December 2012
	8	4x50m Medley Relay	18	4x50m Medley Relay	
U-18	9	4x50m Freestyle Relay	19	4x50m Freestyle Relay	Born between 1st January 2009 and 31st December 2010
	10	4x50m Medley Relay	20	4x50m Medley Relay	

As per the guidelines, a player can participate in **ALL** events as long as he/she meets the cut off dates mentioned. teams must consist of players from the same school only

SPORT RULES & REGULATIONS

- Participants must wear their own appropriate swimwear.
- Every swimmer must carry his/her swimming goggles and cap at all times during the event.

TOURNAMENT FORMAT

- Time trials will be conducted across all event categories.