



# KERALA AQUATIC ASSOCIATION

(STATE UNIT OF SWIMMING FEDERATION OF INDIA, MEMBER KERALA STATE SPORTS COUNCIL & AFFILIATED TO KERALA OLYMPIC ASSOCIATION)

**72<sup>nd</sup> KERALA STATE AQUATIC CHAMPIONSHIP-2025 FOR MEN AND WOMEN  
PALA, KOTTAYAM FROM 30<sup>TH</sup> & 31<sup>ST</sup> MAY 2025.**

To

**All Office bearers & affiliated Units  
of Kerala Aquatic Association**

Dear Sir,

Sub: 72<sup>nd</sup> Kerala State Aquatic Championship for Men & Women-2025

I am pleased to inform you that the 72<sup>nd</sup> Kerala State Aquatic Championship for Men & Women will be held at St. Thomas College Swimming pool, Pala, Kottayam organized by Kottayam District Aquatic Association under the authority of Kerala Aquatic Association on 30<sup>th</sup> & 31<sup>st</sup> May 2025.

The Competitions will be held in the following events in Swimming and water polo for Men and Women in accordance with FINA and SFI Rules.

## **SWIMMING:**

Freestyle	50 Mts., 100 Mts., 200 Mts., 400 Mts., 800 Mts., 1500 Mts.
Backstroke	50 Mts., 100 Mts., 200 Mts.
Breast Stroke	50 Mts., 100 Mts., 200 Mts.
Butterfly Stroke	50 Mts., 100 Mts., 200 Mts.
Individual Medley	200 Mts., 400 Mts.
Freestyle Relay	4x100 Mts., 4x200 Mts.
Medley Relay	4x100 Mts. Medley
Mixed Relay	4x100 Mts. Freestyle Relay, 4x100 Mts. Medley Relay

**WATER POLO:** The Water polo event will be held in both Men and Women Sections. The names of maximum 13 Water polo players must be submitted with the Entry Form and online before the closing date. Names will not be accepted after the closing date.

**PARTICIPATING WATER POLO TEAMS MUST BRING 2 SETS OF WATER POLO CAPS (WHITE AND BLUE WITH NUMBERS AS PER FINA RULES) FOR THEIR TEAM. NO CAPS WILL BE PROVIDED BY ORGANIZERS**

**LAST DATE:** For submission of entries in all respect is **22<sup>nd</sup> May 2025.**

## **Eligibility to compete in the State Championships**

- 1 It is mandatory for all participating swimmers and waterpolo players to have valid SFI UID of 2025-2026.**
2. Only Swimmers/ Waterpolo Players representing the affiliated units of the Kerala Aquatic Association are eligible to participate in the State Championship.
3. Only those competitors who have registered their names through their respective units are eligible to participate in this championship.
4. Swimmers representing any affiliated unit, who have failed to pay any amount due to the State Association shall not be allowed to take part in the competition if the amount due is not paid before the closing date of the entries.

5. As per the directives of KSSC photograph of Swimmers /Water polo is mandatory in the Certificate. Therefore, a clear photograph of the competitor (Passport size) must submit with online entry without fail. No merit/participate certificate will be issued without affixing photographs.
6. Participation through District shall be considered either by place of domicile, place of studying/staying/employed in that particular District for a minimum period of six months, but this will not be binding to swimmers attached with sports hostels managed by Kerala State Sports Council/SAI. Swimmers / Waterpolo players attached with sports hostels/divisions managed by KSSC/SAI can represent their District of domicile irrespective of whether they have participated in the District Championship or not or the District in which the hostel is attached. It is the prerogative of the swimmer/player to decide the District of participation.
7. As instructed by the Kerala State Sports Council the District team must be selected from the District Championship only after giving wide publicity among the affiliated clubs and after informing the District Sports Council and KAA. Swimmers not registered with any Club/institutions may be permitted to participate in the District Championship as unattached swimmers without depriving their chance to participate in the Championship.
8. Competitors protesting without any reason, against the decision of the officials on duty either in writing, verbally, or using indecent languages will be banned for further participation in the Championships.
9. Proof of Nativity certificate must be submitted on request of the organized, is required. All swimmers/water polo players participating in the State Championship must carry with them their original identity to show proof of nativity (Aadhar card, passport, voter id card, etc.) during the competition. The original Identity card issued by SFI is also mandatory.

#### **General Rules of the Championships:**

1. Competitors /team officials shall not be eligible for TA/DA.
2. Honorary General Secretary of the Association reserves the right to refuse the entry of any team/individual without assigning any reason thereof and such refusal must be reported in the next Central Council of KAA.
3. Swimmers and waterpolo players are directed not to share their towels, swimming costumer/apparels, goggles, and water bottles among fellow competitors.
4. Toilets/ washrooms and shower areas must be maintained in proper hygiene condition.
5. The number of entries from each affiliated District Unit shall be three. No reserves shall be allowed. The number of entries from all affiliated units shall not exceed one in team events.
6. One Swimmer is eligible to participate in 5 individual events & Relay events
7. Number of entries from each affiliated District Unit shall be three. No reserves shall be allowed. The number of entries from all affiliated units shall not exceed one in team events-
8. No event will be held unless at least three entries are received. In the case of withdrawals, later on, the event will be held irrespective of the number of competitors.
9. The organizers have the right to change the venue, Time, Order Of events, etc. as per the situation of the championship.

**SCORING:** - Points will be awarded for the Swimming events in the following manner

I- place	-	7 points	IV place	-	3 points
II- place	-	5 points	V place	-	2 points
III- place	-	4 points	VI place	-	1 point

Note: a). For team events, double points will be awarded Viz. 14.10.8.6.4 & 2

b). Placing of the Water polo shall not be taken into account for deciding the Team Championship.

**The rates for entry and registration fee:**

Individual events:	-	Rs. 50/-
Relay events:	-	Rs. 400/-
Water polo:	-	Rs. 500/-(for team)
Annual Affiliation Fee	-	Rs. 1000/-(district association)

**TROPHIES:** Team Championship & Individual Championships will be presented to the District unit & Swimmers who score the highest points. The Individual championship will be presented to the top scorer of points in each category. If there is a tie in point position of individual championship, the following criteria will follow up for selecting the individual champion. I- Number of new meet records, II- Fastest swimmer, III- Medal winner in 400 M. Individual medley, IV- 200M. Individual medley V- Medal winner in 50 M Butterfly, VI- 50M. Backstroke, VII-50M. Breaststroke, and then follow up to long events as per the frequency.

**Costumes:** No competitor is allowed to enter the pool by wearing white costumes.

Men : Swimming Costumes and trunks with drawers or slips

Women: Swimming costumes with one piece/ with cap.

Note: *Swimming costumes/ trunks shall be non-transparent. The competitors shall cover themselves with a bathing gown or a large towel while moving outside the competitor's enclosures.*

Enclosed please find the entry forms, registration form, and Order of events.

All the affiliated units are directed to inform their number of participants, arrival time, etc to the undersigned, on or before 15<sup>th</sup> May 2025.

**The entries should be submitted online before the closing date. The link to the online entry shall be provided to respective Honorary Secretaries of the District Aquatic Association immediately.** The hard copy of entries as per the prescribed format enclosed herewith shall reach the Honorary General Secretary Kerala Aquatic Association by post on or before 22<sup>nd</sup> May 2025. Online entries reaching after the last date will not be entertained. A confirmation copy can be sent through mail to: **Email: [keralaaquatics@gmail.com](mailto:keralaaquatics@gmail.com)**

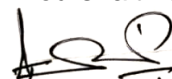
Entries should be sent to: **T.S.Muraleedharan**  
**Hony:General Secretary,KAA**  
**Karthika, CRA 337 (Ground Floor),**  
**Choozhampala, Mukkolakkal (P.O),**  
**Thiruvananthapuram 695043**  
**Mobile 9447219983**  
**KAA Office 8547470433**

Email [keralaaquatics@gmail.com](mailto:keralaaquatics@gmail.com)

Kindly acknowledge receipt of this circular

Thanking you,

Yours faithfully,



**T.S.Muraleedharan**  
Hony. General Secretary, KAA

25.04.2025



## KERALA AQUATIC ASSOCIATION

(STATE UNIT OF SWIMMING FEDERATION OF INDIA, MEMBER KERALA STATE SPORTS COUNCIL & AFFILIATED TO KERALA OLYMPIC ASSOCIATION)

72<sup>nd</sup> Kerala State Aquatic Championship for Men & Women, St. Thomas College Swimming Pool, Pala, Kottayam on 30<sup>th</sup>- 31<sup>st</sup> May 2025.

### **ORDER OF EVENTS 30.05.2025**

<b><u>SN</u></b>	<b><u>Event</u></b>	<b><u>ID</u></b>	<b><u>Category</u></b>	<b><u>Het/Tri</u></b>
1 .	1500 M. Freestyle	1	MEN	Time trial
2 .	800 M. Freestyle	2	WOMEN	Time trial
3 .	100 M. Breast Stroke	3	MEN	Time trial
4 .	100 M. Breast Stroke	4	WOMEN	Time trial
5 .	200 M. Back Stroke	5	MEN	Time trial
6 .	200 M. Back Stroke	6	WOMEN	Time trial
7 .	100 M. Butterfly Stroke	7	MEN	Time trial
8 .	100 M. Butterfly Stroke	8	WOMEN	Time trial
9 .	400 M. Individual Medley	9	MEN	Time trial
10 .	400 M. Individual Medley	10	WOMEN	Time trial
11 .	200 M. Freestyle	11	MEN	Time trial
12 .	200 M. Freestyle	12	WOMEN	Time trial
13 .	50 M. Back Stroke	13	MEN	Heats
14 .	50 M. Back Stroke	14	WOMEN	Heats
15 .	50 M. Freestyle	15	MEN	Heats
16 .	50 M. Freestyle	16	WOMEN	Heats
17 .	4x200 M. Freestyle Relay	17	MEN	Time trial
18 .	4x200 M. Freestyle Relay	18	WOMEN	Time trial
19 .	4x100 M. Medley Relay	19	MEN	Time trial
20 .	4x100 M. Medley Relay	20	WOMEN	Time trial
21 .	4x100 M. Mixed Freestyle Relay	21	Mixed	Time trial

### **ORDER OF EVENTS 31.05.2025**

1 .	800 M. Freestyle	22	MEN	Time trial
2 .	1500 M. Freestyle	23	WOMEN	Time trial
3 .	50 M. Butterfly Stroke	24	MEN	Heats
4 .	50 M. Butterfly Stroke	25	WOMEN	Heats
5 .	50 M. Breast Stroke	26	MEN	Heats
6 .	50 M. Breast Stroke	27	WOMEN	Heats
7 .	400 M. Freestyle	28	MEN	Time trial
8 .	400 M. Freestyle	29	WOMEN	Time trial
9 .	200 M. Breast Stroke	30	MEN	Time trial
10 .	200 M. Breast Stroke	31	WOMEN	Time trial
11 .	200 M. Butterfly Stroke	32	MEN	Time trial
12 .	200 M. Butterfly Stroke	33	WOMEN	Time trial
13 .	100 M. Back Stroke	34	MEN	Time trial
14 .	100 M. Back Stroke	35	WOMEN	Time trial
15 .	100 M. Freestyle	36	MEN	Time trial
16 .	100 M. Freestyle	37	WOMEN	Time trial
17 .	200 M. Individual Medley	38	MEN	Time trial
18 .	200 M. Individual Medley	39	WOMEN	Time trial
19 .	4x100 M. Freestyle Relay	40	MEN	Time trial
20 .	4x100 M. Freestyle Relay	41	WOMEN	Time trial
21 .	4x100 M. Mixed Medley Relay	42	Mixed	Time trial

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# KERALA AQUATIC ASSOCIATION

STATE UNIT OF SWIMMING FEDERATION OF INDIA

&

AFFILIATED TO KERALA STATE SPORTS COUNCIL



St. Thomas College Swimming Pool

Pala, Kottayam

On 30.05.2025 & 31.05.2025

Organised by Kottayam District Aquatic Association



## KERALA AQUATIC ASSOCIATION

(STATE UNIT OF SWIMMING FEDERATION OF INDIA & MEMBER OF KERALA STATE SPORTS COUNCIL)

72<sup>ND</sup> Kerala State Aquatic Championship for Men & Women will be held at St. Thoas College Swimming Pool, Pala on 30.05.2025 & 31.05.2025

### ORDER OF EVENTS on 30.05.2025

<u>SN</u>	<u>Event</u>	<u>ID</u>	<u>Category</u>	<u>Het/Tri</u>
1 .	1500 M. Freestyle	1	MEN	Time trial
2 .	800 M. Freestyle	2	WOMEN	Time trial
3 .	100 M. Breast Stroke	3	MEN	Time trial
4 .	100 M. Breast Stroke	4	WOMEN	Time trial
5 .	200 M. Back Stroke	5	MEN	Time trial
6 .	200 M. Back Stroke	6	WOMEN	Time trial
7 .	100 M. Butterfly Stroke	7	MEN	Time trial
8 .	100 M. Butterfly Stroke	8	WOMEN	Time trial
9 .	400 M. Individual Medley	9	MEN	Time trial
10 .	400 M. Individual Medley	10	WOMEN	Time trial
11 .	200 M. Freestyle	11	MEN	Time trial
12 .	200 M. Freestyle	12	WOMEN	Time trial
13 .	50 M. Back Stroke	13	MEN	Heats
14 .	50 M. Back Stroke	14	WOMEN	Heats
15 .	50 M. Freestyle	15	MEN	Heats
16 .	50 M. Freestyle	16	WOMEN	Heats
17 .	4x200 M. Freestyle Relay	17	MEN	Time trial
18 .	4x200 M. Freestyle Relay	18	WOMEN	Time trial
19 .	4x100 M. Medley Relay	19	MEN	Time trial
20 .	4x100 M. Medley Relay	20	WOMEN	Time trial
21 .	4x100 M. Mixed Freestyle Relay	21	Mixed	Time trial

### ORDER OF EVENTS on 31.05.2025

1 .	800 M. Freestyle	22	MEN	Time trial
2 .	1500 M. Freestyle	23	WOMEN	Time trial
3 .	50 M. Butterfly Stroke	24	MEN	Heats
4 .	50 M. Butterfly Stroke	25	WOMEN	Heats
5 .	50 M. Breast Stroke	26	MEN	Heats
6 .	50 M. Breast Stroke	27	WOMEN	Heats
7 .	400 M. Freestyle	28	MEN	Time trial
8 .	400 M. Freestyle	29	WOMEN	Time trial
9 .	200 M. Breast Stroke	30	MEN	Time trial
10 .	200 M. Breast Stroke	31	WOMEN	Time trial
11 .	200 M. Butterfly Stroke	32	MEN	Time trial
12 .	200 M. Butterfly Stroke	33	WOMEN	Time trial
13 .	100 M. Back Stroke	34	MEN	Time trial
14 .	100 M. Back Stroke	35	WOMEN	Time trial
15 .	100 M. Freestyle	36	MEN	Time trial
16 .	100 M. Freestyle	37	WOMEN	Time trial
17 .	200 M. Individual Medley	38	MEN	Time trial
18 .	200 M. Individual Medley	39	WOMEN	Time trial
19 .	4x100 M. Freestyle Relay	40	MEN	Time trial
20 .	4x100 M. Freestyle Relay	41	WOMEN	Time trial
21 .	4x100 M. Mixed Medley Relay	42	Mixed	Time trial





## KERALA AQUATIC ASSOCIATION

72<sup>nd</sup> Kerala State Aquatic Championship for Men & Women

At St. Thomas College Swimming Pool, Pala,  
Kottayam

### PROGRAMME On.30-05-2025.

**1.ID 1 1500 M. Freestyle** MEN  
Red 16:37:13 Anand. A. S Ernakulam 2014  
Qualifying Time for Nationals: 17:26:03 NR: 15:29:76

#### Time trial - I

- |   |                       |                    |
|---|-----------------------|--------------------|
| 1 | KARTHIK P NAMPOOTHIRI | Kottayam           |
| 2 | ENRIC P MANOJ         | Ernakulam          |
| 3 | SABARINATH P S        | Thiruvananthapuram |
| 4 | R RUHUNU KRISHNA      | Thiruvananthapuram |
| 5 | SHRAVAN S             | Thiruvananthapuram |
| 6 | GOPESH H              | Ernakulam          |
| 7 | ANIJITH BIJU          | Ernakulam          |
| 8 | ANUJITH S NAIR        | Kottayam           |

**2.ID 2 800 M. Freestyle** WOMEN  
Red 10:17:31 V. Remya Trichur 1999  
Qualifying Time for Nationals: 10:17:66 NR: 09:06:31

#### Time trial - I

- |   |                       |                    |
|---|-----------------------|--------------------|
| 1 | REEMA ABE             | Kottayam           |
| 2 | JYOTSNA JERALD        | Ernakulam          |
| 3 | ARDRA S               | Thiruvananthapuram |
| 4 | CAREN BENNY           | Ernakulam          |
| 5 | ABHINANDA V           | Thiruvananthapuram |
| 6 | HANNAH ELIZABETH SIYO | Ernakulam          |
| 7 | REVATHY R             | Thiruvananthapuram |
| 8 | ANGELINA DENNY        | Kottayam           |

**3.ID 3 100 M. Breast Stroke** MEN  
Red 01:05:34 SUNEESH. S Thiruvananthapuram 2018  
Qualifying Time for Nationals: 01:07:68 NR: 01:01:97

#### Time trial - I

- |   |                    |                |
|---|--------------------|----------------|
| 1 | PAVIN. P           | Malappuram     |
| 2 | RYAN GEORGE RAJESH | Pathanamthitta |
| 3 | DEVAPRAYAGA M      | Kozhikode      |
| 4 | KIRAN.M.P          | Thrissur       |
| 5 | SREESANKAR N       | Kannur         |
| 6 | SREERAM V          | Kozhikode      |
| 7 | JOJIMON P.S        | Kottayam       |
| 8 | NATHEHAR HANAN     | Malappuram     |

#### Time trial - II

- |   |                |                    |
|---|----------------|--------------------|
| 1 | ANIKET THATTIL | Thrissur           |
| 2 | RAHUL R        | Thiruvananthapuram |
| 3 | GIRIDHAR S     | Ernakulam          |
| 4 | GOKUL V GOPAN  | Thiruvananthapuram |
| 5 | PRANAV TS      | Ernakulam          |
| 6 | ARJUN S SATHYA | Thiruvananthapuram |
| 7 | ABHIJITH P P   | Ernakulam          |
| 8 | ADITH MANOJ    | Kottayam           |

#### Time trial - III

- |   |             |            |
|---|-------------|------------|
| 3 | NANDHU JOBY | Idukki     |
| 4 | SREEHARI. S | Kottayam   |
| 5 | DILSHID. K  | Malappuram |

**4.ID 4 100 M. Breast Stroke** WOMEN  
Red 01:21:33 ALAKANANDA RAJU Ernakulam 2024  
Qualifying Time for Nationals: 01:20:70 NR: 01:12:67

#### Time trial - I

- |   |                    |            |
|---|--------------------|------------|
| 1 | CHINMAYI SHIBIL    | Thrissur   |
| 2 | AKSHARA SAJI       | Kottayam   |
| 3 | PARVATHY NITHESH   | Thrissur   |
| 4 | ANANYA R           | Kottayam   |
| 5 | ATHIRA R           | Palakkad   |
| 6 | NIVEDITHA S KANNAN | Malappuram |

#### Time trial - II

- |   |                    |                    |
|---|--------------------|--------------------|
| 1 | KATHREENA JOMY     | Kottayam           |
| 2 | BHADRA SUDEVAN S   | Thiruvananthapuram |
| 3 | NEHA NIRMAL        | Ernakulam          |
| 4 | RHITHU. J.S        | Thiruvananthapuram |
| 5 | ALEENA JERALD      | Ernakulam          |
| 6 | BHAGYA KRISHNA R B | Thiruvananthapuram |
| 7 | AMELIA MARIAM ABIN | Ernakulam          |

**5.ID 5 200 M. Back Stroke** MEN  
Red 02:14:16 ABHINAV S Ernakulam 2023  
Qualifying Time for Nationals: 02:16:61 NR: 02:02:29

#### Time trial - I

- |   |                          |            |
|---|--------------------------|------------|
| 2 | AI HADI                  | Malappuram |
| 3 | Thomas Edappillil Mathew | Idukki     |
| 4 | MILAN SAJEESH            | Thrissur   |
| 5 | SANDEEP SAJEEV           | Kottayam   |
| 6 | VISHNU KRISHNA R         | Palakkad   |
| 7 | ROVAN ABE                | Kottayam   |

#### Time trial - II

- |   |                       |                    |
|---|-----------------------|--------------------|
| 1 | KARTHIK P NAMPOOTHIRI | Kottayam           |
| 2 | KAUSHIK LAL S R       | Thiruvananthapuram |
| 3 | CHRISTY SOJAN         | Ernakulam          |
| 4 | ATHUL K P             | Thiruvananthapuram |
| 5 | SAMARTH P JOSHI       | Ernakulam          |
| 6 | KARTHIK RAM B S       | Thiruvananthapuram |
| 7 | ATHUL RAJ             | Ernakulam          |
| 8 | GOUTHAM KRISHNA.M     | Thrissur           |

**6.ID 6 200 M. Back Stroke** WOMEN  
Red 02:35:87 SANAA MATHEW Ernakulam 2019  
Qualifying Time for Nationals: 02:36:40 NR: 02:18:90

#### Time trial - I

- |   |                |                    |
|---|----------------|--------------------|
| 3 | SHIKHA S R     | Thiruvananthapuram |
| 4 | SADHIKA S      | Palakkad           |
| 5 | ANGELINA DENNY | Kottayam           |

#### Time trial - II

- |   |                   |                    |
|---|-------------------|--------------------|
| 1 | RIYA ABE          | Kottayam           |
| 2 | NEEHARA R PRIYESH | Ernakulam          |
| 3 | DEVIKA K          | Kozhikode          |
| 4 | AVANTHIKA PRADEEP | Ernakulam          |
| 5 | DHAKSHINA BIJO P  | Thiruvananthapuram |
| 6 | NICOLE POLY       | Ernakulam          |
| 7 | MAYOOKHA SUJITH   | Thiruvananthapuram |

**7.ID 7 100 M. Butterfly Stroke MEN**  
 Red 00:57:44 VISHNU G Ernakulam 2024  
Qualifying Time for Nationals: 00:57:91 NR: 00:53:24

**Time trial - I**

1	BHAGATH SUNIL	Kottayam
2	VINAYAK S KIUMAR	Alappuzha
3	ABNER JOE MATHEW	Pathanamthitta
4	ANUJITH S NAIR	Kottayam
5	NANDHAV K	Kozhikode
6	KAUSTHUBNATH. J	Palakkad

**Time trial - II**

1	JOY JOSE THOPPAN	Kottayam
2	DEEPAK S D	Thiruvananthapuram
3	GEEVARGHESE JAISE	Ernakulam
4	ADARSH L	Thiruvananthapuram
5	ESHAN NABIL	Ernakulam
6	SIVANAND B S	Thiruvananthapuram
7	ABHINAAV VIJIKUMAR	Ernakulam
8	MAHESWAR.K.M	Thrissur

**8.ID 8 100 M. Butterfly Stroke WOMEN**  
 Red 01:08:05 LIYANA FATHIMA Ernakulam 2018  
Qualifying Time for Nationals: 01:08:28 NR: 01:02:51

**Time trial - I**

0	SRANIKA S	Palakkad
1	SOORYA S	Kottayam
2	TASHA T THOMAS	Ernakulam
3	EBBA ADILA S	Thiruvananthapuram
4	ESHANI P JOSHI	Ernakulam
5	VIDHYA LEKSHMI R	Thiruvananthapuram
6	GAYATHRI DEV	Ernakulam
7	ANGELIN A JUSTIN	Thiruvananthapuram
8	AKSHARA SAJI	Kottayam

**9.ID 9 400 M. Individual Medley MEN**  
 Red 04:45:70 GOKUL V GOPAN Thiruvananthapuram 2024  
Qualifying Time for Nationals: 04:58:07 NR: 04:25:62

**Time trial - I**

2	DHIPIN V	Palakkad
3	ERISHI CHANDRAN	Malappuram
4	ABHINAND S	Kottayam
5	MILAN SAJEESH	Thrissur
6	KARTHIK P NAMPOOTHIRI	Kottayam

**Time trial - II**

1	ASWIN KRISHNA	Kottayam
2	ANIJITH BIJU	Ernakulam
3	KARTHIK S PRADOSH	Thiruvananthapuram
4	GOKUL V GOPAN	Thiruvananthapuram
5	CYRIAC JOHN	Ernakulam
6	ABHISHEK S	Thiruvananthapuram
7	ATHUL RAJ	Ernakulam
8	ANAG K	Palakkad

**10.ID 10 400 M. Individual Medley WOMEN**  
 Red 05:30:56 SHREYA MARY Ernakulam 2014  
Qualifying Time for Nationals: 05:33:69 NR: 04:49:15

**Time trial - I**

1	KAVYA M	Palakkad
2	ANGELIN A JUSTIN	Thiruvananthapuram
3	TASHA T THOMAS	Ernakulam
4	ARDRA S	Thiruvananthapuram
5	ALEENA JERALD	Ernakulam
6	ANJALI S SATHYA	Thiruvananthapuram
7	VYSHAGHI KS	Ernakulam

**11.ID 11 200 M. Freestyle MEN**  
 Red 01:56:70 ABHINAV S Thiruvananthapuram 2024  
Qualifying Time for Nationals: 02:01:32 NR: 01:49:78

**Time trial - I**

1	Thomas Edappillil Mathew	Idukki
2	ARJUN AJI	Alappuzha
3	JOY JOSE THOPPAN	Kottayam
4	ENRIC P MANOJ	Ernakulam
5	R RUHUNU KRISHNA	Thiruvananthapuram
6	GOUTHAM KRISHNA.M	Thrissur
7	SREENAND SHAJI	Kannur

**Time trial - II**

1	KAUSTHUBNATH. J	Palakkad
2	ADHARSH.M	Thrissur
3	SREEHARI B	Thiruvananthapuram
4	ABHINAV S	Thiruvananthapuram
5	JOSEPH V JOSE	Ernakulam
6	ATHUL RAJ	Ernakulam
7	SOORAJ. S	Alappuzha

**Time trial - III**

3	ERISHI CHANDRAN	Malappuram
4	JAGNATHAN S NAIR	Kottayam
5	NANDHAV K	Kozhikode

**12.ID 12 200 M. Freestyle WOMEN**  
 Red 02:16:97 SANDHYA. S Thiruvananthapuram 2014  
Qualifying Time for Nationals: 02:17:43 NR: 02:04:24

**Time trial - I**

2	JIYOL ROSE	Kannur
3	APARNA. S	Malappuram
4	REEMA ABE	Kottayam
5	NANDANA RAJESH	Malappuram
6	NIVYA M	Palakkad

**Time trial - II**

1	DIANA UNNI	Kottayam
2	ABHINANDA V	Thiruvananthapuram
3	HANNAH ELIZABETH SIYO	Ernakulam
4	VRINDA R.S	Thiruvananthapuram
5	CAREN BENNY	Ernakulam
6	SONA SUNIL	Thiruvananthapuram
7	MEHRIN ASIF	Ernakulam



**13.ID 13 50 M. Back Stroke** MEN  
 Red 00:28:35 DHANUSH P J Ernakulam 2024  
Qualifying Time for Nationals: 00:27:83 NR: 00:25:58

**Heats - I**

3 ROVAN ABE Kottayam  
 4 SAMARTH P JOSHI Ernakulam  
 5 ASWIN.B Thrissur  
 6 EVINBIJU T P Kozhikode

**Heats - II**

2 ANANTHANUNNI K Wayanad  
 3 LEEN HELY Kollam  
 4 ATHUL K P Thiruvananthapuram  
 5 JAGNATHAN S NAIR Kottayam  
 6 MUHAMMED MUAVAD HYDER M T Wayanad  
 7 AI HADI Malappuram

**Heats - III**

1 K P ROHAN MAHESH Kannur  
 2 SANDEEP SAJEEV Kottayam  
 3 DHANUSH P J Ernakulam  
 4 ANAND A KUMAR Thiruvananthapuram  
 5 CLIFFORD JOSEPH Ernakulam  
 6 KAUSHIK LAL S R Thiruvananthapuram  
 7 VISHNU.S.KUMAR Thrissur

**14.ID 14 50 M. Back Stroke** WOMEN  
 Red 00:32:27 SANAA MATHEW Ernakulam 2019  
Qualifying Time for Nationals: 00:32:32 NR: 00:29:63

**Heats - I**

1 DEVIKA PRASEED Kollam  
 2 APARNA. A.K Malappuram  
 3 RIYA ABE Kottayam  
 4 SHIKHA S R Thiruvananthapuram  
 5 PARVATHY NITHESH Thrissur  
 6 SADHIKA S Palakkad  
 7 SOORYA S Kottayam

**Heats - II**

1 DIANA UNNI Kottayam  
 2 ESHANI P JOSHI Ernakulam  
 3 AVANTHIKA PRADEEP Ernakulam  
 4 DEVIKA K Kozhikode  
 5 DHAKSHINA BIJO P Thiruvananthapuram  
 6 NICOLE POLY Ernakulam  
 7 MAYOOKHA SUJITH Thiruvananthapuram  
 8 APARNA. S Malappuram

**15.ID 15 50 M. Freestyle** MEN  
 Red 00:23:67 ABHIJITH GEGARIN Ernakulam 2019  
Qualifying Time for Nationals: 00:24:28 NR: 00:22:44

**Heats - I**

0 KRISHNAPRASAD V Malappuram  
 1 VIDHU KRISHNAN V Pathanamthitta  
 2 ABHISHEK A Kollam  
 3 ADITH B Palakkad  
 4 ADHARSH.M Thrissur  
 5 ARAVIND R Wayanad  
 6 ARJUN AJI Alappuzha  
 7 EVINBIJU T P Kozhikode  
 8 RON JAMES PRANIL Kottayam

**Heats - II**

1 ELDHO ALWIN JOSHI Wayanad  
 2 RAJESH. K.E Malappuram  
 3 AKASH G M Thiruvananthapuram  
 4 ABHIJITH G Ernakulam  
 5 JAGNATHAN S NAIR Kottayam  
 6 ANIKET THATTIL Thrissur  
 7 ABNER JOE MATHEW Pathanamthitta  
 8 John V Jacob Idukki

**Heats - III**

1 SREENAND SHAJI Kannur  
 2 EDWIN BIJU Kottayam  
 3 SREEHARI B Thiruvananthapuram  
 4 MOHAMMAD ABDUL BASITH Ernakulam  
 5 ANOOP T R Thiruvananthapuram  
 6 JOSEPH V JOSE Ernakulam  
 7 SREERAM V Kozhikode  
 8 ANANTHANUNNI K Wayanad

**16.ID 16 50 M. Freestyle** WOMEN  
 Red 00:28:09 LIYANA FATHIMA Ernakulam 2018  
Qualifying Time for Nationals: 00:28:07 NR: 00:26:47

**Heats - I**

2 DEVIKA PRASEED Kollam  
 3 LEA MARIA JUSTIN Kottayam  
 4 CAREN BENNY Ernakulam  
 5 RHITHU. J.S Thiruvananthapuram  
 6 CHINMAYI SHIBIL Thrissur  
 7 JYOTHIKA R NAIR Malappuram

**Heats - II**

1 RIYA ABE Kottayam  
 2 PARVATHY NITHESH Thrissur  
 3 NICOLE POLY Ernakulam  
 4 BHADRA SUDEVAN S Thiruvananthapuram  
 5 ESHANI P JOSHI Ernakulam  
 6 VRINDA R.S Thiruvananthapuram  
 7 JIYOL ROSE Kannur  
 8 SANDRAJA M Palakkad

**17.ID 17 4x200 M. Freestyle Relay** MEN  
 Red 08:35:26 Thiruvananthapuram 2022  
Qualifying Time for Nationals: 09:50:00 NR: 07:37:65

**Time trial - I**

2 Palakkad  
 3 Kottayam  
 4 Thiruvananthapuram  
 5 Ernakulam  
 6 Thrissur  
 7 Malappuram

**18.ID 18 4x200 M. Freestyle Relay** WOMEN  
Red 09:52:60 Thiruvananthapuram 2006  
Qualifying Time for Nationals: 09:54:32 NR: 08:53:83

**Time trial - I**

- |   |                    |
|---|--------------------|
| 2 | Malappuram         |
| 3 | Kottayam           |
| 4 | Thiruvananthapuram |
| 5 | Ernakulam          |
| 6 | Palakkad           |

**19.ID 19 4x100 M. Medley Relay** MEN  
Red 04:07:12 Ernakulam 2024  
Qualifying Time for Nationals: 04:07:68 NR: 03:47:22

**Time trial - I**

- |   |                    |
|---|--------------------|
| 2 | Malappuram         |
| 3 | Kottayam           |
| 4 | Ernakulam          |
| 5 | Thiruvananthapuram |
| 6 | Thrissur           |
| 7 | Palakkad           |

**20.ID 20 4x100 M. Medley Relay** WOMEN  
Red 04:59:54 Ernakulam 2023  
Qualifying Time for Nationals: 04:57:98 NR: 04:23:65

**Time trial - I**

- |   |                    |
|---|--------------------|
| 2 | Malappuram         |
| 3 | Kottayam           |
| 4 | Ernakulam          |
| 5 | Thiruvananthapuram |
| 6 | Palakkad           |

**21.ID 21 4x100 M. Mixed Freestyle** Mixed  
Red 04:05:48 Thiruvananthapuram 2024  
Qualifying Time for Nationals: 04:23:33 NR: 03:42:92

**Time trial - I**

- |   |                    |
|---|--------------------|
| 2 | Malappuram         |
| 3 | Thrissur           |
| 4 | Thiruvananthapuram |
| 5 | Ernakulam          |
| 6 | Kottayam           |
| 7 | Palakkad           |

**WATER POLO – MEN SECTION**

Palakkad  
Thrissur  
Malappuram  
Alappuzha  
Wayanad  
Kottayam  
Ernakulam  
Thiruvananthapuram

**WATER POLO – WOMEN SECTION**

Thiruvananthapuram  
Malappuram  
Palakkad



**KERALA AQUATIC ASSOCIATION**  
**72<sup>nd</sup> Kerala State Aquatic Championship for Men & Women**  
**At St.Thomas College Swimming Pool, Pala,**  
**Kottayam**  
**PROGRAMME On.31-05-2025.**

**1.ID 22 800 M. Freestyle** MEN  
 Red 08:34:51 ABHINAV S Thiruvananthapuram 2024  
Qualifying Time for Nationals: 09:01:69 NR: 08:01:81

**Time trial - I**

- |   |                |          |
|---|----------------|----------|
| 3 | ABHINAND S     | Kottayam |
| 4 | MAHESWAR.K.M   | Thrissur |
| 5 | ANUJITH S NAIR | Kottayam |

**Time trial - II**

- |   |                  |                    |
|---|------------------|--------------------|
| 1 | RON JAMES PRANIL | Kottayam           |
| 2 | GOPESH H         | Ernakulam          |
| 3 | GOURISH H        | Ernakulam          |
| 4 | ABHINAV S        | Thiruvananthapuram |
| 5 | R RUHUNU KRISHNA | Thiruvananthapuram |
| 6 | ESHAN NABIL      | Ernakulam          |
| 7 | SHRAVAN S        | Thiruvananthapuram |

**2.ID 23 1500 M. Freestyle** WOMEN  
 Red 19:35:30 V. Remya Trichur 2004  
Qualifying Time for Nationals: 19:50:21 NR: 17:39:16

**Time trial - I**

- |   |                       |                    |
|---|-----------------------|--------------------|
| 1 | AKSHAYA S             | Palakkad           |
| 2 | HANNAH ELIZABETH SIYO | Ernakulam          |
| 3 | THAGSEENA F           | Thiruvananthapuram |
| 4 | ARDRA S               | Thiruvananthapuram |
| 5 | GAYATHRI DEV          | Ernakulam          |
| 6 | VYSHAGHI KS           | Ernakulam          |
| 7 | ADHITHEYA A J         | Thiruvananthapuram |
| 8 | ANGELINA DENNY        | Kottayam           |

**3.ID 24 50 M. Butterfly Stroke** MEN  
 Red 00:25:56 VISHNU G Ernakulam 2024  
Qualifying Time for Nationals: 00:25:87 NR: 00:24:19

**Heats - I**

- |   |                        |           |
|---|------------------------|-----------|
| 2 | ADITH MANOJ            | Kottayam  |
| 3 | John V Jacob           | Idukki    |
| 4 | ADITHYA JAYARAJ        | Thrissur  |
| 5 | ALAN K VIJO KANICHERRY | Alappuzha |
| 6 | SREERAM V              | Kozhikode |
| 7 | ANAL K SUNIL           | Kottayam  |

**Heats - II**

- |   |                    |                    |
|---|--------------------|--------------------|
| 1 | Aayush PS          | Idukki             |
| 2 | NANDHAV K          | Kozhikode          |
| 3 | AKHIL.S.N          | Thrissur           |
| 4 | SIVANAND B S       | Thiruvananthapuram |
| 5 | ABHINAAV VIJIKUMAR | Ernakulam          |
| 6 | SOORAJ. S          | Alappuzha          |
| 7 | ABNER JOE MATHEW   | Pathanamthitta     |

**Heats - III**

- |   |                       |                    |
|---|-----------------------|--------------------|
| 1 | VINAYAK S KIUMAR      | Alappuzha          |
| 2 | ANUJITH S NAIR        | Kottayam           |
| 3 | JOSEPH V JOSE         | Ernakulam          |
| 4 | MOHAMMAD ABDUL BASITH | Ernakulam          |
| 5 | ANOOP T R             | Thiruvananthapuram |
| 6 | KAUSTHUBNATH. J       | Palakkad           |
| 7 | ADARSH L              | Thiruvananthapuram |
| 8 | ELDHO ALWIN JOSHI     | Wayanad            |

**4.ID 25 50 M. Butterfly Stroke** WOMEN  
 Red 00:29:73 ESHANI P JOSHI Ernakulam 2024  
Qualifying Time for Nationals: 00:29:84 NR: 00:27:74

**Heats - I**

- |   |                |                    |
|---|----------------|--------------------|
| 2 | ANASWARA. S    | Malappuram         |
| 3 | SANDRAJA M     | Palakkad           |
| 4 | TASHA T THOMAS | Ernakulam          |
| 5 | VAIGA. A.V     | Thiruvananthapuram |
| 6 | AKSHARA SAJI   | Kottayam           |

**Heats - II**

- |   |                  |                    |
|---|------------------|--------------------|
| 2 | SOORYA S         | Kottayam           |
| 3 | EBBA ADILA S     | Thiruvananthapuram |
| 4 | ESHANI P JOSHI   | Ernakulam          |
| 5 | VIDHYA LEKSHMI R | Thiruvananthapuram |
| 6 | GAYATHRI DEV     | Ernakulam          |
| 7 | JYOTHIKA R NAIR  | Malappuram         |

**5.ID 26 50 M. Breast Stroke** MEN  
 Red 00:29:44 SUNEESH. S Thiruvananthapuram 2019  
Qualifying Time for Nationals: 00:30:36 NR: 00:27:89

**Heats - I**

- |   |                     |           |
|---|---------------------|-----------|
| 2 | ANAL K SUNIL        | Kottayam  |
| 3 | ANIKET THATTIL      | Thrissur  |
| 4 | ABHIJITH P P        | Ernakulam |
| 5 | NANDHU JOBY         | Idukki    |
| 6 | BHARATH KRISHNA A J | Wayanad   |
| 7 | SREE THEJUS .M.S    | Thrissur  |

**Heats - II**

- |   |                    |                    |
|---|--------------------|--------------------|
| 1 | MIDHUN BENNY       | Idukki             |
| 2 | ADITH MANOJ        | Kottayam           |
| 3 | JOJIMON. P.S       | Kottayam           |
| 4 | PRANAV TS          | Ernakulam          |
| 5 | RAHUL R            | Thiruvananthapuram |
| 6 | NATHEHAR HANAN     | Malappuram         |
| 7 | SREESANKAR N       | Kannur             |
| 8 | RYAN GEORGE RAJESH | Pathanamthitta     |

**Heats - III**

- |   |                |                    |
|---|----------------|--------------------|
| 1 | ARAVIND R      | Wayanad            |
| 2 | DILSHID. K     | Malappuram         |
| 3 | ARJUN S SATHYA | Thiruvananthapuram |
| 4 | GOKUL V GOPAN  | Thiruvananthapuram |
| 5 | GIRIDHAR S     | Ernakulam          |
| 6 | PAVIN. P       | Malappuram         |
| 7 | DEVAPRAYAGA M  | Kozhikode          |

**6.ID 27 50 M. Breast Stroke** WOMEN  
 Red 00:36:95 ALAKANANDA RAJU Ernakulam 2024  
Qualifying Time for Nationals: 00:37:48 NR: 00:32:94

**Heats - I**

2	ANANYA R	Kottayam
3	PARVATHY NITHESH	Thrissur
4	AMELIA MARIAM ABIN	Ernakulam
5	BHAGYA KRISHNA R B	Thiruvananthapuram
6	NIVEDITHA S KANNAN	Malappuram
7	CHINMAYI SHIBIL	Thrissur

**Heats - II**

1	GOWRI KRISHNA M	Palakkad
2	ABJINI K REJISH	Ernakulam
3	RHITHU. J.S	Thiruvananthapuram
4	BHADRA SUDEVAN S	Thiruvananthapuram
5	NEHA NIRMAL	Ernakulam
6	ANNA J THOPPIL	Kottayam
7	KATHREENA JOMY	Kottayam

**7.ID 28 400 M. Freestyle** MEN  
 Red 04:09:93 ABHINAV S Ernakulam 2024  
Qualifying Time for Nationals: 04:22:50 NR: 03:52:55

**Time trial - I**

2	ASHWIN TONY	Kottayam
3	MAHESWAR.K.M	Thrissur
4	EMMANUEL TILSON JOHN	Ernakulam
5	SREENAND SHAJI	Kannur
6	ABHINAND S	Kottayam

**Time trial - II**

1	GOUTHAM KRISHNA.M	Thrissur
2	GOPESH H	Ernakulam
3	SHRAVAN S	Thiruvananthapuram
4	ABHINAV S	Thiruvananthapuram
5	R RUHUNU KRISHNA	Thiruvananthapuram
6	ESHAN NABIL	Ernakulam
7	RON JAMES PRANIL	Kottayam

**8.ID 29 400 M. Freestyle** WOMEN  
 Red 04:51:24 SANDHYA. S Thiruvananthapuram 2014  
Qualifying Time for Nationals: 04:53:66 NR: 04:25:76

**Time trial - I**

3	JIYOL ROSE	Kannur
4	ANJELINA DENNY	Kottayam
5	NANDANA RAJESH	Malappuram

**Time trial - II**

1	REEMA ABE	Kottayam
2	ABHIRAMI P J	Ernakulam
3	SONA SUNIL	Thiruvananthapuram
4	VRINDA R.S	Thiruvananthapuram
5	GAYATHRI DEV	Ernakulam
6	ANAKHA M R	Thiruvananthapuram
7	HANNAH ELIZABETH SIYO	Ernakulam

**9.ID 30 200 M. Breast Stroke** MEN  
 Red 02:24:58 KEVIN JINU Kottayam 2024  
Qualifying Time for Nationals: 02:37:63 NR: 02:15:22

**Time trial - I**

2	SREEHARI. S	Kottayam
3	SURYA.K.M	Thrissur
4	ADITH MANOJ	Kottayam
5	KARTHIK S PRADOSH	Thiruvananthapuram
6	SREESANKAR N	Kannur

**Time trial - II**

1	DEVAPRAYAGA M	Kozhikode
2	ANIKET THATTIL	Thrissur
3	ARJUN S SATHYA	Thiruvananthapuram
4	GOKUL V GOPAN	Thiruvananthapuram
5	ABHIJITH P P	Ernakulam
6	ADITHYAN P	Kottayam
7	PRANAV TS	Ernakulam

**10.ID 31 200 M. Breast Stroke** WOMEN  
 Red 02:53:01 ALAKANANDA RAJU Ernakulam 2024  
Qualifying Time for Nationals: 02:56:34 NR: 02:37:35

**Time trial - I**

3	NIVEDITHA S KANNAN	Malappuram
4	AKSHARA SAJI	Kottayam
5	ATHIRA R	Palakkad

**Time trial - II**

1	CHINMAYI SHIBIL	Thrissur
2	ADEENDRA S	Thiruvananthapuram
3	ABJINI K REJISH	Ernakulam
4	BHAGYA KRISHNA R B	Thiruvananthapuram
5	ALEENA JERALD	Ernakulam
6	MADHURIMA SM	Thiruvananthapuram
7	AMELIA MARIAM ABIN	Ernakulam
8	ANANYA R	Kottayam

**11.ID 32 200 M. Butterfly Stroke** MEN  
 Red 02:08:16 SIVANAND B S Thiruvananthapuram 2024  
Qualifying Time for Nationals: 02:12:89 NR: 01:57:73

**Time trial - I**

2	ASWIN KRISHNA	Kottayam
3	DHIPIN V	Palakkad
4	SHIBU S	Palakkad
5	NANDHAV K	Kozhikode

**Time trial - II**

1	ASHWIN TONY	Kottayam
2	AGNESH KRISHNA A S	Thiruvananthapuram
3	ESHAN NABIL	Ernakulam
4	SIVANAND B S	Thiruvananthapuram
5	GEEVARGHESE JAISE	Ernakulam
6	AAROSH S	Thiruvananthapuram
7	ABHINAAV VIJIKUMAR	Ernakulam
8	KAUSTHUBNATH. J	Palakkad

**12.ID 33 200 M. Butterfly Stroke** WOMEN  
 Red 02:35:80 Swathy Sunder. M Thiruvananthapuram 2015  
Qualifying Time for Nationals: 02:35:05 NR: 02:19:59

**Time trial - I**

1	SRANIKA S	Palakkad
2	ANJALI S SATHYA	Thiruvananthapuram
3	GAYATHRI DEV	Ernakulam
4	VIDHYA LEKSHMI R	Thiruvananthapuram
5	ANGELIN A JUSTIN	Thiruvananthapuram
6	AVANTHIKA PRADEEP	Ernakulam
7	TASHA T THOMAS	Ernakulam
8	AKSHARA SAJI	Kottayam

**13.ID 34 100 M. Back Stroke** MEN  
 Red 01:01:03 DHANUSH P J Ernakulam 2022  
Qualifying Time for Nationals: 01:07:33 NR: 00:55:10

**Time trial - I**

2	JAGNATHAN S NAIR	Kottayam
3	KAUSHIK LAL S R	Thiruvananthapuram
4	CHRISTY SOJAN	Ernakulam
5	JOY JOSE THOPPAN	Kottayam
6	GOUTHAM KRISHNA.M	Thrissur
7	VISHNU KRISHNA R	Palakkad

**Time trial - II**

1	K P ROHAN MAHESH	Kannur
2	SANDEEP SAJEEV	Kottayam
3	ATHUL K P	Thiruvananthapuram
4	DHANUSH P J	Ernakulam
5	ANAND A KUMAR	Thiruvananthapuram
6	SAMARTH P JOSHI	Ernakulam
7	AI HADI	Malappuram

**14.ID 35 100 M. Back Stroke** WOMEN  
 Red 01:10:43 SANAA MATHEW Ernakulam 2019  
Qualifying Time for Nationals: 01:11:64 NR: 01:03:48

**Time trial - I**

2	ANGELINA DENNY	Kottayam
3	APARNA. A.K	Malappuram
4	ABHIRAMI P J	Ernakulam
5	KAVYA M	Palakkad
6	REENA ABE	Kottayam

**Time trial - II**

2	BHAGYA KRISHNA R B	Thiruvananthapuram
3	DEVIKA K	Kozhikode
4	AVANTHIKA PRADEEP	Ernakulam
5	DHAKSHINA BIJO P	Thiruvananthapuram
6	RIYA ABE	Kottayam
7	NICOLE POLY	Ernakulam
8	MAYOOKHA SUJITH	Thiruvananthapuram

**15.ID 36 100 M. Freestyle** MEN  
 Red 00:53:73 ABHIJITH GEGARIN, Ernakulam 2019  
Qualifying Time for Nationals: 00:53:20 NR: 00:49:94

**Time trial - I**

1	John V Jacob	Idukki
2	ARJUN AJI	Alappuzha
3	SREENAND SHAJI	Kannur
4	GOUTHAM KRISHNA.M	Thrissur
5	KAUSTHUBNATH. J	Palakkad
6	ABNER JOE MATHEW	Pathanamthitta
7	RON JAMES PRANIL	Kottayam

**Time trial - II**

1	Aayush PS	Idukki
2	ERISHI CHANDRAN	Malappuram
3	JOY JOSE THOPPAN	Kottayam
4	ABHIJITH G	Ernakulam
5	ADARSH L	Thiruvananthapuram
6	JAGNATHAN S NAIR	Kottayam
7	VIDHU KRISHNAN V	Pathanamthitta

**Time trial - III**

1	Thomas Edappillil Mathew	Idukki
2	SREERAM V	Kozhikode
3	ANOOP T R	Thiruvananthapuram
4	MOHAMMAD ABDUL BASITH	Ernakulam
5	SREEHARI B	Thiruvananthapuram
6	JOSEPH V JOSE	Ernakulam
7	ADHARSH.M	Thrissur
8	SHIBU S	Palakkad

**16.ID 37 100 M. Freestyle** WOMEN  
 Red 01:01:00 LIYANA FATHIMA Ernakulam 2018  
Qualifying Time for Nationals: 01:01:48 NR: 00:57:73

**Time trial - I**

2	ANASWARA. S	Malappuram
3	ANOOJA P	Palakkad
4	LEA MARIA JUSTIN	Kottayam
5	CHINMAYI SHIBIL	Thrissur
6	JYOTHIKA R NAIR	Malappuram

**Time trial - II**

2	NANDANA RAJESH	Malappuram
3	PARVATHY NITHESH	Thrissur
4	DEVIKA K	Kozhikode
5	HANNAH ELIZABETH SIYO	Ernakulam
6	NIVYA M	Palakkad
7	JIYOL ROSE	Kannur

**Time trial - III**

1	REEMA ABE	Kottayam
2	NICOLE POLY	Ernakulam
3	BHADRA SUDEVAN S	Thiruvananthapuram
4	VRINDA R.S	Thiruvananthapuram
5	ESHANI P JOSHI	Ernakulam
6	RHITHU. J.S	Thiruvananthapuram
7	RIYA ABE	Kottayam
8	AKSHAYA S	Palakkad

**17.ID 38 200 M. Individual Medley** MEN  
Red 02:13:63 JAGAN NATHAN. P J, Ernakulam 2014  
Qualifying Time for Nationals: 02:15:48 NR: 02:05:64

**Time trial - I**

2	VINAYAK S KIUMAR	Alappuzha
3	ADITH MANOJ	Kottayam
4	PRANAV TS	Ernakulam
5	MILAN SAJEESH	Thrissur
6	RON JAMES PRANIL	Kottayam

**Time trial - II**

1	ADITHYA JAYARAJ	Thrissur
2	ABHISHEK S	Thiruvananthapuram
3	CHRISTY SOJAN	Ernakulam
4	GOKUL V GOPAN	Thiruvananthapuram
5	JOY JOSE THOPPAN	Kottayam
6	KARTHIK S PRADOSH	Thiruvananthapuram
7	ANIJITH BIJU	Ernakulam

**18.ID 39 200 M. Individual Medley** WOMEN  
Red 02:40:52 SHREYA MARY Ernakulam 2019  
Qualifying Time for Nationals: 02:38:67 NR: 02:21:15

**Time trial - I**

3	GOWRI KRISHNA M	Palakkad
4	ABJINI K REJISH	Ernakulam
5	ANANYA R	Kottayam

**Time trial - II**

1	KAVYA M	Palakkad
2	ANAKHA M R	Thiruvananthapuram
3	DEVIKA K	Kozhikode
4	VIDHYA LEKSHMI R	Thiruvananthapuram
5	ALEENA JERALD	Ernakulam
6	ANJALI S SATHYA	Thiruvananthapuram
7	VYSHAGHI KS	Ernakulam

**19.ID 40 4x100 M. Freestyle Relay** MEN  
Red 03:48:10 Thiruvananthapuram 2024  
Qualifying Time for Nationals: 03:59:09 NR: 03:28:16

**Time trial - I**

2	Palakkad
3	Kottayam
4	Thiruvananthapuram
5	Ernakulam
6	Thrissur
7	Malappuram

**20.ID 41 4x100 M. Freestyle Relay** WOMEN  
Red 04:27:66 Thiruvananthapuram 2023  
Qualifying Time for Nationals: 04:37:96 NR: 04:02:24

**Time trial - I**

2	Palakkad
3	Kottayam
4	Thiruvananthapuram
5	Ernakulam
6	Thrissur
7	Malappuram

**21.ID 42 4x100 M. Mixed Medley** Mixed  
Red 04:29:08 Ernakulam 2024  
Qualifying Time for Nationals: 05:06:92 NR: 04:06:84

**Time trial - I**

2	Palakkad
3	Kottayam
4	Ernakulam
5	Thiruvananthapuram
6	Thrissur
7	Malappuram