



**POINSUR
GYMKHANA**
Where always Winners are Born

SWIMMING

Age Group (Boys & Girls)	:	Under – 6 (Born on or After 1.7.2016 TO 30.06.2017)	<ul style="list-style-type: none"> 18 Meter Free Style 18 Meter Brest Stroke
	:	Under – 8 (Born in between 1.7.2014 to 30.6.2016)	<ul style="list-style-type: none"> 36 Meter Free Style 36 Meter Brest Stroke
	:	Under – 10 (Born in between 1.7.2012 to 30.6.2014)	<ul style="list-style-type: none"> 36 Meter Free Style 36 Meter Brest Stroke
	:	Under – 12 (Born in between 1.7.2010 to 30.6.2012)	<ul style="list-style-type: none"> 72 Meter Free Style 72 Meter Brest Stroke
Event Day, Date, Timing	:	Saturday, 19 th November 2022 from 11.00 am to 3.00 pm	
Venue	:	Kamla Vihar Sports Club, Painsur Gymkhana Marg, Painsur, Kandivali (W), Mumbai – 400 067.	
Last date & time for Submission of Entry Form	:	15 th November 2022 till 6.00 pm	
Entry Fees	:	Rs. 150/- Per Participant / Per Event Rs. 200/- Per Relay Team / Per Event	
Prizes	:	<ul style="list-style-type: none"> Gold, Silver & Bronze Medals will be awarded with Honour Certificate in each age group of Boys & Girls. Participation Certificate will be awarded to all the Participants. 	
Prize Distribution	:	Saturday 19 th November 2022 at 4.00 pm onwards	

RULES & REGULATIONS AND LIST OF EVENTS

1. Competitors can take part in their OWN AGE GROUP ONLY.
2. Each event will be held subject to minimum 5 participants / team.
3. The trials for record purposes may be conducted at the discretion of the Referees.
4. All competitors must submit proof of GMAAA registration. GAMMA verified age proof is accepted for junior swimmers.
5. The result will be based on the best timing among the time trials of the event.
6. National & State Swimmer Ranking from 1st to 3rd not to participate in their respective age group but they can participate in higher age group only.



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LIST OF EVENTS AGE AS ON 1-6-2022

UNDER 6 YEARS BORN INBETWEEN 1.7.16 TO 30.06.17

BOYS		GIRLS	
Event No.	EVENT	Event No.	EVENT
1	18 MTS. FREE STYLE	3	18 MTS. FREE STYLE
2	18 MTS. BREAST STROKE	4	18 MTS. BREAST STROKE

UNDER 8 YEARS BORN INBETWEEN 1.7.14 TO 30.6.16

BOYS		GIRLS	
Event No.	EVENT	Event No.	EVENT
5	36 MTS. FREE STYLE	8	36 MTS. FREE STYLE
6	36 MTS. BREAST STROKE	9	36 MTS. BREAST STROKE
7	4X36 MTS. FREE STYLE RELAY (AGE GROUP - U/6 & U/8)	10	4X36 MTS. FREE STYLE RELAY (AGE GROUP - U/6 & U/8)

UNDER 10 YEARS BORN INBETWEEN 1.7.12 TO 30.6.14

BOYS		GIRLS	
Event No.	EVENT	Event No.	EVENT
11	36 MTS. FREE STYLE	13	36 MTS. FREE STYLE
12	36 MTS. BREAST STROKE	14	36 MTS. BREAST STROKE

UNDER 12 YEARS BORN INBETWEEN 1.7.10 TO 30.6.12

BOYS		GIRLS	
Event No.	EVENT	Event No.	EVENT
15	72 MTS. FREE STYLE	18	72 MTS. FREE STYLE
16	72 MTS. BREAST STROKE	19	72 MTS. BREAST STROKE
17	4X36 MTS. FREE STYLE RELAY (AGE GROUP - U/10 & U/12)	20	4X36 MTS. FREE STYLE RELAY (AGE GROUP - U/10 & U/12)



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ENTRY FORM

SWIMMING

(RELAYS ONLY)

Name of the School / Institution : _____

Location _____ Land Line No. _____ Email Id _____

Name of the Coach / Sports Incharge : _____

Cell No. _____ Email Id : _____

Age Group : ☐ 6 to 8 years

☐ 10 to 12 years

(Please tick whichever is applicable)

Sr. No.	Name of the Participant	Gender M/F	Date of Birth	Entry Fees

We/I hereby certify that all the participants who have entered as per details above are bonafide members of our institution and are amateurs. They are in perfect health, free from diseases and physically fit to compete in the event indicated against their name. They are competing entirely at their own risk and responsibility and POINSUR GYMKHANA is not in anyway, responsible for any injury or mishap that may befall them or for any loss of or damage to their property and personal possessions. The games shall be played as per the Rules Prescribed by the governing body of the respective games and abide by the decisions of the referee's/officials and follow the instructions that may be given during the competition. We/I hereby certify that the date of birth as mentioned against the name of each participant has been verified by us/me and found to be correct. The rules attached to the event list have been read by us/me as well as by the participants and we promise to abide by them.

Date :

Signature of
Principal / Sports Teacher / Parents
with Rubber Stamp

**NOTE: Please download this PDF, take a print of this entry form,
fill & submit it at Painsur Gymkhana's office and get yourself registered.**



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ENTRY FORM

SWIMMING

(INDIVIDUAL EVENTS ONLY)

Name of the School / Institution : _____

Location _____ Land Line No. _____ Email Id _____

Name of the Coach / Sports Incharge : _____

Cell No. _____ Email Id : _____ Age Group _____

Sr. No.	Full Name of Competitor	Male / Female	Date of Birth	Age Group	Event Nos.			Total No. of events	Entry Fees (Rs.)
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

SCHOOL / CLUB STAMP _____ Signature of Sports in Charge / Headmaster. _____

We/I hereby certify that all the participants who have entered as per details above are bonafide members of our institution and are amateurs. They are in perfect health, free from diseases and physically fit to compete in the event indicated against their name. They are competing entirely at their own risk and responsibility and POINSUR GYMKHANA is not in anyway, responsible for any injury or mishap that may befall them or for any loss of or damage to their property and personal possessions. The games shall be played as per the Rules Prescribed by the governing body of the respective games and abide by the decisions of the referee's/officials and follow the instructions that may be given during the competition. We/I hereby certify that the date of birth as mentioned against the name of each participant has been verified by us/me and found to be correct. The rules attached to the event list have been read by us/me as well as by the participants and we promise to abide by them.

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