



74th Senior National Aquatic Championships 2021
BANGALORE, 26 - 29/10/2021

Event 31 Women, 400m Medley Open
29/10/2021 Results Prelim
NMR 4:59.17 Richa Mishra TRIVANDRUM 20/09/2018

Rank	YB	Time
1. Richa Mishra	83 POLICE	5:18.85
2. Kanya Nayyar	04 M.P.	5:22.42
3. Shakthi Balakrishnan	05 TNSA	5:27.48
4. Firdoush Kayamkhani	01 RAJA.	5:29.82
5. KALYANI SAXENA	GUJ	5:30.46
6. A Jedidah	05 KAR	5:32.82
7. Rutuja Talegaonkar	00 MAHA	5:36.53
8. Navya Singal	02 U.P.	5:45.67
9. Hashika Ramachandra	08 KAR	5:45.93
10. . Shreya Mary Kamal	06 KERALA	5:50.68
11. Mouboni Patra	06 BENGAL	5:54.28
12. V Praseedha	TNSA	6:19.59
13. ESHA MAJHI	BENGAL	6:26.41
14. Kritika Singh	05 BIHAR	6:47.15
15. . Midhula K Jithesh	KERALA	7:02.78

Event 32 Men, 400m Medley Open
29/10/2021 Results Prelim
NMR 4:30.13 REHAN PONCHA KAR THIRUVANTHPURAM 10/10/2009

Rank	YB	Time
1. Shoan Ganguly	05 KAR	4:48.94
2. Robin Singh T Emil	96 RSPB	4:51.62
3. Siva S	KAR	4:54.51
4. Sai Nihar Bikkina	05 TELA.	4:55.82
5. Anurag Rakesh Singh	02 U.P.	4:56.76
6. Shivaksh Sahu	99 S S C B	4:59.28
7. Yug Chelani	06 RAJA.	4:59.87
8. Aadri Sharma	S S C B	5:01.42
9. Sanskar Tokas	02 DELHI	5:02.37
10. Vinayak Vijay	03 TNSA	5:02.38
11. Tanish Kudale	05 MAHA	5:03.17
12. Viraj Dhokale	96 MAHA	5:08.44
13. Rudraksh Sahu	02 CHHATTI.	5:13.81
14. Monojit Hazra	97 POLICE	5:19.84
15. . Raunit Sukhil	KERALA	5:19.87
16. Anmol Jindal	00 PUNJAB	5:21.70
17. Avinash S	TNSA	5:23.77
18. NISCHAY MALIK	DELHI	5:34.24
19. Yogeshwar Prasad	97 U.P.	5:37.97
20. . Aromal. A	KERALA	6:03.34



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Event 33
29/10/2021

Women, 200m Freestyle

Open
Results Prelim

NMR 2:05.80 Shivani Kataria BHOPAL 03/09/2019

Rank		YB		Time
1.	Shivangi Sarma	02	ASSAM	2:13.46
2.	Aanya Wala	05	MAHA	2:14.71
3.	Shivani Kataria	97	HAR	2:14.96
4.	Prachi Tokas	02	DELHI	2:15.91
5.	Vritti Agarwal	06	TELA.	2:15.99
6.	Hashika Ramachandra	08	KAR	2:16.16
7.	Ashmitha Chandra	05	KAR	2:17.20
8.	Shakthi Balakrishnan	05	TNSA	2:17.53
9.	Mahi Swetraj	03	BIHAR	2:19.05
10.	Swarna K.Harith	04	TNSA	2:19.26
11.	Bhumi Gupta	05	CHHATTI.	2:19.37
12.	Asmita Karmakar	05	BENGAL	2:22.49
13.	Shristi Upadhaya	02	BENGAL	2:24.04
14.	. Nirmala R		KERALA	2:30.00
15.	SURBHI SHARMA		DELHI	2:30.20
16.	Tejal Verma	02	U.P.	2:31.54
17.	Sonia Patel	03	ODISHA	2:34.40
18.	. Iris Manoj		KERALA	2:35.88
19.	Kriti Arora	05	PUNJAB	2:43.34
20.	Siddhi Jain .	03	A.P.	2:55.62

Event 34
29/10/2021

Men, 200m Freestyle

Open
Results Prelim

NMR 1:50.35 Sajjan Prakash TRIVANDRUM 19/09/2018

Rank		YB		Time
1.	Kushagra Rawat	00	DELHI	1:54.14
2.	Srihari Nataraj		KAR	1:54.35
3.	Tanish George Mathew		KAR	1:55.45
4.	Vishal Grewal	01	DELHI	1:56.57
5.	Aaron Fernandes	00	MAHA	1:59.18
6.	Krishna Gadakh	03	M.P.	1:59.24
7.	Ruthiik Sri Nagi Reddy Satti	03	TELA.	1:59.51
8.	Zidane Iqbal Sayed	03	GOA	1:59.64
9.	Anurag Rakesh Singh	02	U.P.	2:01.06
10.	Kuntal Giri	95	S S C B	2:01.78
11.	Sathya Sai Krishnan M	03	TNSA	2:04.26
12.	Kunal Basak	98	BENGAL	2:04.29
13.	Rajat	03	HAR	2:04.33
14.	Army Pal	02	BENGAL	2:04.78
15.	Abhilash Ch	02	TELA.	2:04.89
16.	Shubhrant Patra	02	ODISHA	2:05.16
17.	Anmol Swetraj	99	BIHAR	2:05.43
18.	Pavan M S Gupta	97	RSPB	2:07.09
19.	Sanu Debnath	94	RSPB	2:10.18
20.	Anmol Jindal	00	PUNJAB	2:12.24



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Event 34, Men, 200m Freestyle, Prelim, Open

Rank		YB		Time
21.	. Raunit Sukhil		KERALA	2:12.46
22.	Yug Chelani	06	RAJA.	2:14.13
23.	. Amal. A		KERALA	2:15.38
24.	Siddhartha Basak	03	NSA	2:16.68
25.	Uday Sharma	00	PUNJAB	2:18.48
26.	Bikash Haripal	02	ODISHA	2:18.96

Event 35
29/10/2021

Women, 200m Backstroke

Open
Results Prelim

NMR 2:19.30 MAANA PATEL GUJ RAJKOT 30/10/2015

Rank		YB		Time
1.	Ridhima Veerendra Kumar	07	KAR	2:25.97
2.	Soubriti Mondal	01	BENGAL	2:27.58
3.	MAANA PATEL		GUJ	2:29.70
4.	Palak Joshi	06	MAHA	2:30.07
5.	Sri Nithya Sagi	09	TELA.	2:30.89
6.	Shrungi Rajesh Bandekar	03	GOA	2:31.50
7.	Shalini R Dixit	07	KAR	2:31.79
8.	Palak Dhani	05	MAHA	2:33.71
9.	Sanjana Prabhugaonkar	06	GOA	2:34.52
10.	. Sanaa Mathew	05	KERALA	2:35.43
11.	. Shreya Mary Kamal	06	KERALA	2:36.93
12.	Yashwini suhag	03	DELHI	2:37.48
13.	Pratyasa Ray	02	ODISHA	2:42.11
14.	ESHA CHATOPADHYAY		BENGAL	2:48.78
15.	Lakshitha C		TNSA	2:51.97
16.	Neelanjana Seal	01	BIHAR	2:52.69
17.	Muskan Rathee		HAR	3:18.82

Event 36
29/10/2021

Men, 200m Backstroke

Open
Results Prelim

NMR 2:02.29 Shrihari Nataraj BHOPAL 01/09/2019

Rank		YB		Time
1.	Siddhant Sejwal	97	DELHI	2:10.05
2.	Anurag Dagar	01	DELHI	2:12.24
3.	Nithik H		TNSA	2:12.58
4.	Utkarsh Santosh Patil	05	KAR	2:13.10
5.	Srihari Nataraj		KAR	2:13.28
6.	DEVANSH PARMAR		GUJ	2:14.98
7.	K Abbasuddin	97	RSPB	2:15.12
8.	Aaryan Bhosale	03	MAHA	2:16.60
9.	Prasad Kandul	01	MAHA	2:17.99
10.	Sai Nihar Bikkina	05	TELA.	2:18.00
11.	Ankit Singh Rathore		S S C B	2:18.87
12.	Sayan Palui	02	BENGAL	2:21.31



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Event 36, Men, 200m Backstroke, Prelim, Open

Rank		YB		Time
13.	Darel Steve C		TNSA	2:24.13
14.	Sreeresh Rn		S S C B	2:24.25
15.	UTSAV DUTTA		BENGAL	2:24.51
16.	Bhollander		HAR	2:25.34
17.	Dhruv Singh Attri	03	CHANDI.	2:26.16
18.	Ajay Singh	01	RAJA.	2:26.24
19.	Dhanush P J		KERALA	2:28.64
20.	. Adithyan S		KERALA	2:39.75
21.	Abhishek Kumar Rana	99	PUNJAB	2:40.93

Event 37
29/10/2021

Women, 100m Breaststroke

Open
Results Prelim

NMR 1:14.87 Saloni Dalal TRIVANDRUM 22/09/2018

Rank		YB		Time
1.	Lineysha A K	07	KAR	1:17.78
2.	Saanvi S Rao	05	KAR	1:18.73
3.	Chahat Arora	97	PUNJAB	1:18.85
4.	Jyoti Patil	98	MAHA	1:19.17
5.	Harishitha Jayaram	01	RSPB	1:19.41
6.	KALYANI SAXENA		GUJ	1:20.17
7.	Yashika Rawat	02	HAR	1:20.35
8.	VENIKA PARIKH		GUJ	1:20.67
9.	Swastika Patra	06	BENGAL	1:22.85
10.	Rithvika M	07	TELA.	1:26.88
11.	Saptha Varshini S A		TNSA	1:28.75
12.	Riya Verma	00	U.P.	1:30.50
13.	Abisha Angelin J		TNSA	1:32.24
14.	Kirti Tak		RAJA.	1:32.92
15.	. Keerthi J S		KERALA	1:33.37
16.	. Raiha. S	00	KERALA	1:37.22
17.	Aastha Sharma	04	PUNJAB	1:39.24

Event 38
29/10/2021

Men, 100m Breaststroke

Open
Results Prelim

NMR 1:01.97 SANDEEP SEJWAL RLY RANCHI 16/11/2011

Rank		YB		Time
1.	Lohith M	01	RSPB	1:05.29
2.	Danush S	00	TNSA	1:05.44
3.	Arun S	94	S S C B	1:06.21
4.	YUVRAJ PATEL		GUJ	1:07.64
5.	Aditya Dubey	01	DELHI	1:07.66
6.	Vidith S Shankar	06	KAR	1:07.71
7.	Sreedip Mondal	02	BENGAL	1:07.89
8.	Benedicton Rohit B	03	TNSA	1:07.93
9.	Ansh Arora	98	U.P.	1:08.36



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Event 38, Men, 100m Breaststroke, Prelim, Open

Rank	YB	Time
10. . Adarsh .M	KERALA	1:08.41
11. Anoop Augustine	RSPB	1:08.56
12. Kalp S Bohra	04 KAR	1:08.63
13. Yash Gulhane	03 MAHA	1:08.70
14. Abhinandan Dalvi	00 MAHA	1:09.36
15. Kritayush Singh	03 BENGAL	1:09.62
16. DISHANT MEHTA	GUJ	1:09.70
17. Sagar Patil	02 GOA	1:10.93
18. KARTIK SHARMA	DELHI	1:13.93
19. . Arjun Sambu A	KERALA	1:16.66
20. Digvijay Singh	04 HAR	1:17.26
21. Nilesh Ghavri	00 M.P.	1:18.30
22. Upendra Pujari	05 ODISHA	1:19.05
23. Unmesh Gupta	04 CHHATTI.	1:22.53
24. Ritesh Kumar	95 BIHAR	1:36.09

Event 39
29/10/2021

Women, 100m Butterfly

Open
Results Prelim

NMR 1:03.24 ARHATHA MEGHAVI KAR THIRUVANTHPURAM 09/10/2009

Rank	YB	Time
1. Apeksha Fernandes	05 MAHA	1:04.75
2. Divya Satija	96 HAR	1:05.21
3. Uttara Gogoi	04 ASSAM	1:05.63
4. Nina Venkatesh	05 KAR	1:06.12
5. Nandini Pethkar	02 MAHA	1:07.04
6. Nilabjaa Ghosh	05 BENGAL	1:07.47
7. Disha Bhandari	04 U.P.	1:07.58
8. Astha Choudhury	04 ASSAM	1:07.87
9. Kanya Nayyar	04 M.P.	1:08.16
10. Srishti Nag	96 CHHATTI.	1:09.56
11. Rishika U Mangle	07 KAR	1:09.91
12. Shristi Upadhaya	02 BENGAL	1:10.43
13. Firdoush Kayamkhani	01 RAJA.	1:10.88
14. . Mariya J Padayatty	KERALA	1:14.59
15. Jasnoor Kaur	06 PUNJAB	1:18.77
16. . Varsha .S	KERALA	1:21.71
17. Gnaneswari Ch	02 A.P.	1:48.30



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Event 40 Men, 100m Butterfly Open
29/10/2021 Results Prelim
NMR 53.46 Sajan Prakash TRIVANDRUM 21/09/2018

Rank	YB	Time
1. Sajan Prakash	93 POLICE	54.43
2. Adhithya D	02 TNSA	55.66
3. Mihir Ambre	00 MAHA	55.88
4. Sanu Debnath	94 RSPB	56.69
5. Bikram Changmai	04 ASSAM	56.83
6. Harsh Saroha	04 HAR	57.26
7. Pratham Sharma	05 DELHI	57.27
8. Sambhav R	04 KAR	57.33
9. Sameer Sejwal	00 DELHI	57.59
10. Arjun M	01 S S C B	57.70
11. ARYAN PANCHAL	GUJ	57.73
12. Shivaksh Sahu	99 S S C B	58.10
13. Tanish George Mathew	KAR	58.68
14. Swapnil Chakraborty	01 BENGAL	58.79
15. Avneesh Kumar Singh	RSPB	58.84
16. Rudraksh Sahu	02 CHHATTI.	59.38
17. Shubhrant Patra	02 ODISHA	59.40
18. Paramraj Singh	03 PUNJAB	59.88
19. . Binas P R	KERALA	1:00.09
20. Santanu Halder	99 NSA	1:02.37
21. . Vishnu G	KERALA	1:02.71
22. K.N.S Charan Kumar Reddy	02 A.P.	1:03.36
23. ATANU NASKAR	BENGAL	1:03.51
24. Yug Chelani	06 RAJA.	1:03.74
25. Sachin Thokran	HAR	1:04.20
26. Rahul Ray	99 BIHAR	1:06.99
27. Bikash Haripal	02 ODISHA	1:07.86
28. Atul Sahani	02 U.P.	1:08.21
29. S Punshiba Meitei	MANI.	1:08.42

Event 41 Women, 4 x 100m Freestyle Open
29/10/2021 Results
NMR 4:02.90 MAHARASHTRA BHOPAL 01/09/2019
NMR 4:03.05 MAHARASHTRA MAH KOLKATA 15/11/2014

Rank Time



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Event 41, Women, 4 x 100m Freestyle

1. KAR 1		KAR		4:05.05
Dhinidhi Desinghu	10	Latiesha Mandanna	05	
Ridhima Veerendra Kumar	07	Nina Venkatesh	05	
2. MAHA		MAHA		4:06.59
Palak Joshi	06	Sadhvi Dhuri	00	
Nandini Pethkar	02	Aanya Wala	05	
3. TNSA 3		TNSA		4:15.31
Maanya Muktha Maanesh	04	Varsha V	03	
R Siva Teja	07	Swarna K.Harith	04	
4. DELHI 1		DELHI		4:19.28
Muskan Kaur	04	Ananya Rawat	08	
Riniki Bordoloi	03	Prachi Tokas	02	
5. BENGAL 2		BENGAL		4:21.37
Asmita Karmakar	05	Mouboni Patra	06	
Shristi Upadhaya	02	Nilabjaa Ghosh	05	
6. TELA. 1		TELA.		4:49.14
Sanjana K	05	Sri Nithya Sagi	09	
Rithvika M	07	Vritti Agarwal	06	

Event 42
29/10/2021

Men, 4 x 100m Freestyle

Open
Results

NMR	3:29.32	R.S.P.B.	RLY	KOLKATA	15/11/2014
Rank					Time
1. KAR 1		KAR		3:30.10	
Sambhavv R	04	Tanish George Mathew			
Siva S		Srihari Nataraj			
2. S S C B 1		S S C B		3:30.22	
Mishra Rudransh Manoj	02	Anand As	97		
Gaurav Yadav KA	97	Vinay Saharan	94		
3. TNSA 1		TNSA		3:33.00	
Vikkas P	03	Sathya Sai Krishnan M	03		
Benedicton Rohit B	03	Adhithya D	02		
4. DELHI 1		DELHI		3:34.40	
Anurag Dagar	01	Vishal Grewal	01		
Siddhant Sejwal	97	Kushagra Rawat	00		
5. MAHA		MAHA		3:35.45	
Aaron Fernandes	00	Gourav Chavan	02		
Suchit Patil	02	Heer Shah	01		
6. RSPB 1		RSPB		3:41.94	
Anoop Augustine		Sanu Debnath	94		
Saurabh Ramdas Sangvekar		Pavan M S Gupta	97		
7. TELA. 1		TELA.		3:47.30	
Suhas Preetham M	08	Sai Nihar Bikkina	05		
Abhilash Ch	02	Ruthiik Sri Nagi Reddy Satti	03		
8. BENGAL 2		BENGAL		3:53.00	
Army Pal	02	Sayan Palui	02		
Swapnil Chakraborty	01	Kunal Basak	98		



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Event 42, Men, 4 x 100m Freestyle, Open

Rank			Time
9.	GUJ 1 YUVRAJ PATEL HEMRAJ PATEL	GUJ DEVANSH PARMAR ANSHUL KOTHARI	3:55.50
10.	PUNJAB 1 Nitish Kumar Anmol Jindal	PUNJAB Uday Sharma Ujjwal Sharma	4:18.69
	00		00 97