

NEPAL SWIMMING ASSOCIATION
WOMENS NATIONAL RECORDS-SC
UPDATED JULY 2022

SN	STYLE	MTR	TIME			NAME	MEET	YEAR	PLACE	RMK
1	FREE	50	00	27	37	GAURIKA SINGH	STOCKPORT METRO NOVEMBER OPEN MEET	2019-NOV	GREAT BRITAIN	
2		100	00	58	13	GAURIKA SINGH	13TH SAG GAME	2019	NEP, NEPAL	
3		200	02	05	06	GAURIKA SINGH	13TH SAG GAME	2019	NEP, NEPAL	
4		400	04	25	28	GAURIKA SINGH	13TH SAG GAME	2019	NEP, NEPAL	
5		800	09	39	22	GAURIKA SINGH	8th NATIONAL GAME	2019	NEP, NEPAL	
6		1500								
7	FLY	50	00	29	32	GAURIKA SINGH	STOCKPORT METRO NOVEMBER OPEN MEET	2019-NOV	GREAT BRITAIN	
8		100	01	09	97	GAURIKA SINGH	8th NATIONAL GAME	2019	NEP, NEPAL	
9		200	02	33	16	DUANA LAMA	13TH SAG GAME	2019	NEP, NEPAL	
10	BACK	50	00	29	71	GAURIKA SINGH	13TH SAG GAME	2019	NEP, NEPAL	
11		100	01	03	15	GAURIKA SINGH	13TH SAG GAME	2019	NEP, NEPAL	
12		200	02	17	33	GAURIKA SINGH	STOCKPORT METRO NOVEMBER OPN MEET	2019-NOV	GREAT BRITAIN	
13	BREAST	50	00	35	46	DUANA LAMA	13TH SAG GAME	2019	NEP, NEPAL	
		100	01	16	99	DUANA LAMA	FINA WORLD CUP	2018 NOV	SINGAPOR	
15		200	02	44	68	DUANA LAMA	13TH SAG GAME	2019	NEP, NEPAL	
16	IND.MED	200	02	32	00	GAURIKA SINGH	8th NATIONAL GAME	2019	NEP, NEPAL	
		400								
18	RELAY 4 X 100	400	04	12	97	GAURIKA SINGH, DUANA LAMA, TISA SHAKYA, ANUSHIYA TANDUKAR	13TH SAG GAME	2019	NEP, NEPAL	
19	RELAY 4 X 200	800	09	03	04	GAURIKA SINGH, DUANA LAMA, TISA SHAKYA, ANUSHIYA TANDUKAR	13TH SAG GAME	2019	NEP, NEPAL	
20	MI.REL 4X100	400	04	33	62	GAURIKA SINGH, DUANA LAMA, TISA SHAKYA, ANUSHIYA TANDUKAR	13TH SAG GAME	2019	NEP, NEPAL	

NEPAL SWIMMING ASSOCIATION

MENS NATIONAL RECORDS-SC

UPDATED DEC. 2022

SN	STYLE	MTR	TIME			NAME	MEET	YEAR	PLACE	RMK
1	FREE	50	00	23	90	ALEX G. SHAH	13TH SAG GAME	2019	NEP, NEPAL	
2		100	00	52	30	ALEX G. SHAH	13TH SAG GAME	2019	NEP, NEPAL	
3		200	1	58	30	NASIR YAHYA HUSSAIN	15th FINA WORLD SWIMMING CHAMPIONSHIPS	2021- DEC	ABU DABHI, UAE	
4		400	04	33	05	NASIR YAHYA HUSSAIN	13TH SAG GAME	2019	NEP, NEPAL	
5		800	09	17	00	NATHAN DORJE SHARPA	8th NATIONAL GAME	2019	NEP, NEPAL	
6		1500	17	49	95	NASIR YAHYA HUSSAIN	13TH SAG GAME	2019	NEP, NEPAL	
7	FLY	50	00	26	56	SAYED HAMZA SHAH	13TH SAG GAME	2019	NEP, NEPAL	
8		100	00	59	77	ANUBHAV SUBBA	25TH OPEN NATIONAL SWIMMING COMPETITION	2022	KTM, NEPAL	
9		200	02	18	10	NATHAN DORJE SHARPA	8th NATIONAL GAME	2019	NEP, NEPAL	
10	BACK	50	00	28	03	ALEX G. SHAH	13TH SAG GAME	2019	NEP, NEPAL	
11		100	1	02	10	ALEX G. SHAH	13TH SAG GAME	2019	NEP, NEPAL	
12		200	02	16	50	NATHAN DORJE SHARPA	8th NATIONAL GAME	2019	NEP, NEPAL	
13	BREAST	50	00	31	05	BIKASH KUMAL	25TH OPEN NATIONAL SWIMMING COMPETITION	2022	KTM, NEPAL	
14		100	01	08	15	SHUVAM SHRESTHA	8th NATIONAL GAME	2019	NEP, NEPAL	
15		200	02	31	15	SHUVAM SHRESTHA	13th SAG GAME	2019	NEP, NEPAL	
16	IND.MED	100	01	09	20	SHAILESH S.J.B. RANA	10TH FINA WORLD CUP	2010 DEC	DUBAI	
17		200	02	11	85	NASIR YAHYA HUSSAIN	15th FINA WORLD SWIMMING CHAMPIONSHIPS	2001- DEC	ABU DABHI, UAE	
18		400								
19	RELAY 4 X 100	400	03	46	97	ALEX GADEGAARD SHAH, ANUBHAV SUBBA, SAYED HAMZA SHAH, TENZIN NAMDOL RYAN GURUNG	13TH SAG GAME	2019	NEP, NEPAL	
20	RELAY 4 X 200	800	08	23	17	ALEX GADEGAARD SHAH, ANUBHAV SUBBA, SAYED HAMZA SHAH, NASIR YAHYA HUSSAIN	13TH SAG GAME	2019	NEP, NEPAL	
21	MI.REL 4X100	400	04	07	07	ALEX GADEGAARD SHAH, SHUVAM SHRESTHA, ANUBHAV SUBBA, SAYAD HAMZA SHAH	13TH SAG GAME	2019	NEP, NEPAL	