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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         |