

National Records

Seniors

- [Men](#)
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Senior Men

Stroke	Event	Record Holder	Time	Team	Location
Freestyle	50 m	Veerdhawal Khade	0:22.71	Maharashtra	01-Nov-09
Freestyle	100 m	Veerdhawal Khade	0:50.53	Maharashtra	01-Nov-12
Freestyle	200 m	Aaron Dsouza	1:51.38	R.S.P.B.	01-Nov-11
Freestyle	400 m	Saurabh Sangvekar	3:56.17	Maharashtra	12-Nov-14
Freestyle	800 m	Saurabh Sangvekar	8:12.57	Maharashtra	01-Nov-11
Freestyle	1500 m	Sajjan Prakash	15:45.83	R.S.P.B.	13-Nov-14

Stroke	Event	Record Holder	Time	Team	Location
Backstroke	50 m	Madhu P.S.	0:26.73	S.S.C.B.	Senior Nationals 2017
Backstroke	100 m	Madhu P.S.	0:57.85	S.S.C.B.	12-Nov-14
Backstroke	200 m	Arvind Mani	2:05.46	Karnataka	2016
Breast Stroke	50 m	Sandeep Sejwal	0:28.29	R.S.P.B.	01-Nov-13
Breast Stroke	100 m	Sandeep Sejwal	1:01.97	R.S.P.B.	01-Nov-11
Breast Stroke	200 m	Sandeep Sejwal	2:15.22	R.S.P.B.	01-Nov-13
Butterfly	50 m	Veerdhawal Khade	0:24.36	Maharashtra	01-Nov-09
Butterfly	100 m	Sajan Prakash	0:54.43	R.S.P.B.	2016
Butterfly	200 m	Sajan Prakash	01:59.35	R.S.P.B.	2016
Medley	200 m	Rehan Poncha	2:05.89	Karnataka	01-Nov-09
Medley	400 m	Rehan Poncha	4:30.13	Karnataka	02-Nov-09
Freestyle Relay	4 x 100m	R.S.P.B.	3:29.32		15-Nov-14
Freestyle Relay	4 x 200m	R.S.P.B.	7:45.24		2016
Medley Relay	4 x 100m	R.S.P.B.	3:48.95		2016

Senior Women

Stroke	Event	Record Holder	Time	Team	Location
Freestyle	50 m	Shikha Tandon	0:26.61	Karnataka	01-Nov-03
Freestyle	100 m	Aditi Dhumatkar	0:58.81	Maharashtra	16-Nov-14
Freestyle	200 m	Shivani Kataria	2:06.97	Haryana	25-Sep-16
Freestyle	400 m	Richa Mishra	4:25.76	Police	12-Nov-14
Freestyle	800 m	Richa Mishra	9:06.31	Police	01-Nov-11
Freestyle	1500 m	Malavika V	17:39.16	Karnataka	13-Nov-14
Backstroke	50 m	Maana Patel	0:29.89	Gujarat	2016 - Heats
Backstroke	100 m	Maana Patel	1:04.40	Gujarat	29-Oct-15
Backstroke	200 m	Maana Patel	2:19.30	Gujarat	30-Oct-15
Breast Stroke	50 m	Priyanka Priyadarshini	0:34.29	Delhi	01-Nov-12
Breast Stroke	100 m	Jayaveena A.V.	1:16.25	Tamil Nadu	01-Nov-15
Breast Stroke	200 m	Saloni Dalal	2:44.37	Karnataka	27-Sep-16
Butterfly	50 m	Shubha C	0:29.01	Karnataka	01-Nov-09
Butterfly	100 m	Arhatha Meghavi	1:03.24	Karnataka	01-Nov-09
Butterfly	200 m	Arhatha Meghavi	2:19.59	Karnataka	01-Nov-09
Medley	200 m	Richa Mishra	2:23.62	Police	01-Nov-10

Stroke	Event	Record Holder	Time	Team	Location
Medley	400 m	Richa Mishra	5:02.96	Police	01-Nov-09
Freestyle Relay	4 x 100m	Maharashtra	4:03.05		15-Nov-14
Freestyle Relay	4 x 200m	Maharashtra	8:53.83		02-Nov-12
Medley Relay	4 x 100m	Maharashtra	4:34.50		01-Nov-13
Freestyle Mixed Relay	4x100m	Maharashtra	4:03.05		2014
Medley Mixed Relay	4x50m	Gujarat	01.53.42		2016

Juniors

- [Boys Group I](#)
- [Girls Group I](#)
- [Boys Group II](#)
- [Girls Group II](#)

Boys Group I

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	Veerdhawal Khade	0:23.21	Maharashtra	01-Jan-08
Freestyle	100 m	Veerdhawal Khade	0:51.33	Maharashtra	01-Jan-08
Freestyle	200 m	Veerdhawal Khade	1:54.90	Maharashtra	01-Jan-08
Freestyle	400 m	A.P. Gagan	4:06.20	Karnataka	01-Jan-09
Freestyle	800 m	Saurabh Sangvekar	8:24.97	Karnataka	01-Jan-11
Freestyle	1500 m	Advait Page	16.06.43	Madhya Pradesh	2017
Backstroke	50 m	Srihari Nataraj	0:26.90	Karnataka	03-Jul-17
Backstroke	100 m	Srihari Nataraj	0:57.33	Karnataka	04-Jul-17
Backstroke	200 m	Srihari Nataraj	2:04.11	Karnataka	04-Jul-17
Breast Stroke	50 m	Ansh Arora	0:29.99	Uttar Pradesh	14-Jul-15
Breast Stroke	100 m	Likhith S.P.	1:05.75	Karnataka	13-Jul-15
Breast Stroke	200 m	Dhanush S	2:22.44	Tamil Nadu	3-Jul-2017

Stroke	Event	Record Holder	Time	Team	Date
Butterfly	50 m	Veerdhawal Khade	0:24.78	Maharashtra	01-Jan-08
Butterfly	100 m	Mihir Ambre	00.55.65	Maharashtra	2017
Butterfly	200 m	Supriyo Mondal	2:03.63	West Bengal	01-Jan-14
Medley	200 m	Neil Roy	02.10.74	Maharashtra	2016
Medley	400 m	Advait Page	4:41.37	Madhya Pradesh	05-Jul-2017
Freestyle Relay	4 x 100m	Maharashtra	3:37.88		03-Jul-17
Freestyle Relay	4 x 200m	Karnataka	07.57.07		04-Jul-2017
Medley Relay	4 x 100m	Karnataka	4:01.31		04-Jul-2017

Girls Group I

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	Shivani Katariya	0:27.11	Haryana	01-Jan-14
Freestyle	100 m	Shivani Katariya	0:58.71	Haryana	01-Jan-14

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	200 m	Shivani Katariya	2:06.71	Haryana	01-Jan-14
Freestyle	400 m	Aakansha Vora	4:25.79	Maharashtra	01-Jan-14
Freestyle	800 m	Aakansha Vora	9:14.04	Maharashtra	01-Jan-14
Freestyle	1500 m	Aakansha Vora	17:37.13	Maharashtra	01-Jan-14
Backstroke	50 m	Manaa Patel	0:30.03	Gujarat	13-Jul-15
Backstroke	100 m	Manaa Patel	1:05.00	Gujarat	15-Jul-15
Backstroke	200 m	Manaa Patel	2:21.14	Gujarat	16-Jul-15
Breast Stroke	50 m	Priyanka Priyadarshini	0:34.68	Delhi	01-Jan-12
Breast Stroke	100 m	Priyanka Priyadarshini	1:16.31	Delhi	01-Jan-12
Breast Stroke	200 m	Saloni Dalal	2:43.01	Karnataka	03-Jul-17
Butterfly	50 m	Jyotsna Pansare	0:29.39	Maharashtra	01-Jan-11
Butterfly	100 m	Damini Gowda	1:04.66	Karnataka	2016
Butterfly	200 m	Damini Gowda	2:21.53	Karnataka	14-Jul-15
Medley	200 m	Jayveena A V	2:27.34	Tamil Nadu	01-Jan-14
Medley	400 m	Sayini Ghosh	5:14.04	Bengal	2016
Freestyle Relay	4 x 100m	Karnataka	4:05.89		01-Jan-14
Freestyle Relay	4 x 200m	Karnataka	8:34.86		01-Jan-14
Medley Relay	4 x 100m	Maharashtra	4:39.18		16-Jul-15

Boys Group II

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	Vikkas P	0:24.76	Tamil Nadu	2017
Freestyle	100 m	Vikkas P	0:55.38	Tamil Nadu	2017
Freestyle	200 m	Sanjay C J	1:58.21	Karnataka	2016
Freestyle	400 m	Sanjay C J	4:15.58	Karnataka	2016
Freestyle	800 m	Sanjay C J	8:45.56	Karnataka	2016
Freestyle	1500 m	Aryan Nehra	16:49.50	Gujarat	04-Jul-17
Backstroke	50 m	Xavier Dsouza	0:28.89	Goa	13-Jul-15
Backstroke	100 m	Vedant Bapna	1:02.41	Maharashtra	2017
Backstroke	200 m	Aaryan Bhosale	2:11.97	Maharashtra	05-Jul-17
Breast Stroke	50 m	S P Likith	0:31.41	Karnataka	01-Jan-12
Breast Stroke	100 m	Danush S	1:07.94	Tamil Nadu	01-Jan-14

Stroke	Event	Record Holder	Time	Team	Date
Breast Stroke	200 m	Swadesh Mondal	2:28.87	Bengal	03-Jun-2017
Butterfly	50 m	Tanish Mathew	0:26.68	Karnataka	2017
Butterfly	100 m	Tanish Mathew	0:58.37	Karnataka	2017
Butterfly	200 m	Param Padam Birthare	2:11.27	Madhya Pradesh	2017
Medley	200 m	Swadesh Mondal	2:15.28	Bengal	04-Jul-17
Medley	400 m	Swadesh Mondal	4:49.33	Bengal	05-Jul-17
Freestyle Relay	4 x 100m	Karnataka	3:51.79		2016
Freestyle Relay	4 x 200m	Karnataka	8:26.90		2016
Medley Relay	4 x 100m	Karnataka	4:14.69		2017

Girls Group II

Stroke	Event	Record Holder	Time	Team	Date
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Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	Maana Patel	0:27.56	Gujarat	01-Jan-14
Freestyle	100 m	Maana Patel	0:59.12	Gujarat	01-Jan-14
Freestyle	200 m	Rayna Saldanha	2:11.94	Maharashtra	13-Jul-15
Freestyle	400 m	V Malavika	4:36.05	Karnataka	01-Jan-12
Freestyle	800 m	Rayna Saldanha	9:29.42	Maharashtra	19-Jul-15
Freestyle	1500 m	Aakansha Vora	18:03.83	Maharashtra	01-Jan-14
Backstroke	50 m	Manaa Patel	0:30.37	Gujarat	01-Jan-14
Backstroke	100 m	Manaa Patel	1:05.30	Gujarat	01-Jan-14
Backstroke	200 m	Manaa Patel	2:22.13	Gujarat	01-Jan-14
Breast Stroke	50 m	Aliyah Singh	0:35.28	Uttar Pradesh	2016
Breast Stroke	100 m	Aliyah Singh	1:17.76	Uttar Pradesh	2016
Breast Stroke	200 m	Kenisha Gupta	2:51.94	Maharashtra	03-Jun-17
Butterfly	50 m	Lekha Kamath	0:29.83	Maharashtra	01-Jan-05
Butterfly	100 m	Mayuri Lingaraj	1:05.98	Karnataka	2016
Butterfly	200 m	Arhatha Maghavi	2:24.22	Karnataka	01-Jan-08
Medley	200 m	Aakansha Vora	2:29.44	Tamil Nadu	01-Jan-12
Medley	400 m	Kanchi Desai	5:18.89	Maharashtra	01-Jan-10
Freestyle Relay	4 x 100m	Maharashtra	4:14.48		01-Jan-12

Stroke	Event	Record Holder	Time	Team	Date
Freestyle Relay	4 x 200m	Maharashtra	9:07.69		01-Jan-12
Medley Relay	4 x 100m	Karnataka	4:45.53		2017

Sub Juniors

- [Boys Group III](#)
- [Girls Group III](#)
- [Boys Group IV](#)
- [Girls Group IV](#)

Boys Group III

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	HIREN SHAGOLSEM	0:26.47	Manipur	2016

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	100 m	Sanjay C J	0:57.67	Karnataka	19-Jul-15
Freestyle	200 m	Sanjay C J	2:05.11	Karnataka	14-Jul-15
Backstroke	50 m	Sahil Lashkar	0:30.96	Bengal	29-Jun-17
Backstroke	100 m	Sahil Lashkar	1:05.93	Bengal	30-Jun-17
Breast Stroke	50 m	Swadesh Mondal	0:34.87	Bengal	2016
Breast Stroke	100 m	Swadesh Mondal	1:16.24	Bengal	2016
Butterfly	50 m	Shoan Ganguly	0:28.61	Goa	30-Jul-17
Butterfly	100 m	Shoan Ganguly	1:02.75	Goa	28-Jun-17
Individual Medley	200 m	Shoan Ganguly	2:23.20	Goa	29-Jul-17
Freestyle Relay	4 x 50m	Assam	1:51.13		2016
Medley Relay	4 x 50m	Assam	2:05.96		2016

Girls Group III

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	Vedika Amin / Sanjiti Saha	0:28.90	Maharashtra	29-Jun-17
Freestyle	100 m	Vedika Amin	1:02.77	Maharashtra	28-Jun-17
Freestyle	200 m	Monique Gandhi	2:17.52	Maharashtra	14-Jul-15
Backstroke	50 m	Manaa Patel	0:32.65	Gujarat	13-Jul-15
Backstroke	100 m	Vaania Kapoor	1:09.76	Karnataka	15-Jul-15
Breast Stroke	50 m	Vedika Amin	0:36.23	Maharashtra	2017 (Heats)
Breast Stroke	100 m	Vedika Amin	1:18.63	Maharashtra	29-Jun-17 (Heats)
Butterfly	50 m	Sanjiti Saha	0:30.17	Maharashtra	30-Jun-17
Butterfly	100 m	Sanjiti Saha	1:07.77	Maharashtra	28-Jun-17
Medley	200 m	Vaania Kapoor	2:37.99	Delhi	17-Jul-15
Freestyle Relay	4 x 50m	Maharashtra	1:59.40		28-Jun-17
Medley Relay	4 x 50m	Maharashtra	2:11.24		29-Jun-17

Boys Group IV

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	Abhigyaan Dutta	0:29.41	Assam	2014
Freestyle	100 m	Armaan Sikka	1:05.47	Maharashtra	2014
Backstroke	50 m	Utkarsh Gor	0:34.30	Maharashtra	2017
Breast Stroke	50 m	Mahananda Thokum	0:37.80	Manipur	2016 (Heat)
Butterfly	50 m	Anvesh Prasade	0:32.11	Maharashtra	2015
Individual Medley	200 m	Utkarsh Gor	2:42.91	Maharashtra	2017
Freestyle Relay	4 x 50m	Maharashtra	2:04.92		
Medley Relay	4 x 50m	Assam	2:20.94		

Girls Group IV

Stroke	Event	Record Holder	Time	Team	Date
Freestyle	50 m	Jahnabi Kashyap	0:30.88	Assam	28 Jun 2017
Freestyle	100 m	Jahnabi Kashyap	01:07.27	Assam	29 Jun 2017
Backstroke	50 m	Ridhima Virendra Kumar	0:35.51	Karnataka	2017
Breast Stroke	50 m	Divya M.S.	0:39.90	Andhra Pradesh	2000
Butterfly	50 m	Damini Gowda	0:33.34	Karnataka	2009
Individual Medley	200 m	Jahnabi Kashyap	02:46.95	Assam	2017
Freestyle Relay	4 x 50m	Maharashtra	02:11.30		2015
Medley Relay	4 x 50m	Karnataka	02:30.24		29 Jun 2017

Best Indian Performance

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- [Women](#)

INDIAN BEST PERFORMANCE MEN

Stroke	Event	Record Holder	Time	Team	Date and Event
Freestyle	50 m	Veerdhawal Khade	0:22.55	Maharashtra	01-Nov-09
Freestyle	100 m	Veerdhawal Khade	0:49.47	Maharashtra	CYG 2008
Freestyle	200 m	Veerdhawal Khade	1:49.86	Maharashtra	CYG 2008
Freestyle	400 m	Saurabh Sangvekar	3:56.17	Maharashtra	Senior Nationals 2014
Freestyle	800 m	Saurabh Sangvekar	8:12.57	Maharashtra	Senior Nationals 2011
Freestyle	1500 m	Sajjan Prakash	15:45.83	R.S.P.B.	Senior Nationals 2014
Backstroke	50 m	Madhu P.S.	0:26.73	S.S.C.B.	Senior Nationals 2016

Stroke	Event	Record Holder	Time	Team	Date and Event
Backstroke	100 m	Srihari Nataraj	0:56.90	Karnataka	Khelo India School Games 2018
Backstroke	200 m	Srihari Nataraj	2:03.89	Karnataka	Senior Nationals 2017
Breast Stroke	50 m	Sandeep Sejwal	0:27.84	Delhi	2009
Breast Stroke	100 m	Sandeep Sejwal	1:00.97	Delhi	2009
Breast Stroke	200 m	Sandeep Sejwal	2:12.02	Delhi	6th AASF
Butterfly	50 m	Veerdhawal Khade	0:24.17	Maharashtra	6th AASF
Butterfly	100 m	Veerdhawal Khade	0:52.77	Maharashtra	6th AASF
Butterfly	200 m	Sajan Prakash	1:59.27	R.S.P.B.	Hongkong
Medley	200 m	Rehan Poncha	2:05.89	Karnataka	01-Nov-09
Medley	400 m	Rehan Poncha	04:29.89		6th AASF
Freestyle Relay	4 x 100m	India	3:26.50		7th AASF 2011
Freestyle Relay	4 x 200m	India	7:36.31		7th AASF 2011
Medley Relay	4 x 100m	India	3:37.41		7th AASF 2011

INDIAN BEST PERFORMANCE Women

Stroke	Event	Record Holder	Time	Team	Location
Freestyle	50 m	Shikha Tandon	0:26.37	Karnataka	2008 Singapore
Freestyle	100 m	Shikha Tandon	0:57.00	Karnataka	2008 Singapore
Freestyle	200 m	Shivani Katariya	2:04.34	Haryana	8TH AASF 2015
Freestyle	400 m	Richa Mishra	4:25.76	Police	2011 Senior Nationals
Freestyle	800 m	Richa Mishra	9:06.31	Police	2011 Senior Nationals
Freestyle	1500 m	Richa Mishra	17:33.35	Police	2009 6th AASF
Backstroke	50 m	Maana Patel	0:29.89	Gujarat	2016 Senior Nationals
Backstroke	100 m	Maana Patel	1:04.40	Gujarat	2016 Senior Nationals

Stroke	Event	Record Holder	Time	Team	Location
Backstroke	200 m	Maana Patel	2:19.30	Gujarat	2015 Senior Nationals
Breast Stroke	50 m	Priyanka Priyadarshini	0:34.29	Delhi	2012 Senior Nationals
Breast Stroke	100 m	Chahat Arora	1:15.19	Punjab	2017 Senior Nationals
Breast Stroke	200 m	Saloni Dalal	2:43.01	Karnataka	2017 Junior Nationals
Butterfly	50 m	Divya Satija	0:28.64	Karnataka	2017 Junior Nationals
Butterfly	100 m	Arhatha Meghavi	1:03.24	Karnataka	2009 Senior Nationals
Butterfly	200 m	Richa Mishra	2:18.66	Karnataka	Asian Age Group 2007
Medley	200 m	Richa Mishra	2:23.62	Police	2010 Senior Nationals
Medley	400 m	Richa Mishra	5:01.08	Police	Asian Age Group 2007
Freestyle Relay	4 x 100m	India	4:01.18		7th Asian Age Group 2011

Stroke	Event	Record Holder	Time	Team	Location
Freestyle Relay	4 x 200m	India	8:53.83	Maharashtra	2012 Senior Nationals
Medley Relay	4 x 100m	India	4:30.91		SAAF Games 2016

Diving Records

Diving Records