





Technically Supported by:
Nepal Swimming Association



 Indoor Heated Pool, International Sport Complex,
Satdobato, Lalitpur-15, Lalitpur

 Magh 24th & 25th, 2082 B.S
February 7th & 8th, 2026 A.D.



सगरमाथा स्वीम क्लब
SAGARMATHA SWIM CLUB
Satdobato-15, Lalitpur, Nepal

sagarmathaswimclub@gmail.com

Patron

Ratna Lal Maharjan

President

Sushil Singh
9841801122

Vice-President

Roshani Adhikari Pathak

Vice-President

Sangya Shakya

Secretary

Dhana Bikram K.C.
9841180186

Vice-Secretary

Sabina Maharjan

Treasurer

Ramina Napit
9841947994

Vice-Treasurer

Kabindra Karmacharya

Members

Rajesh Maharjan
Nabin Awale
Rajib Awale
Rajesh Maharjan

Advisers

Surendra Raj Singh Shrestha
Uttam Maharjan

Date: 2026-01-06

INVITATION LETTER

To

All Aquatics Family

Warm Greetings!

It is our pleasure to inform you that 1st LALITPUR MAYOR CUP National Swimming Championship, 2082 is going to be held on 24th and 25th Magh, 2082 B.S. at Indoor Heated Pool, International Sports Complex, Satdobato, Lalitpur Metropolitan City-15, Bagmati Province, Nepal.

We hereby invite you and your team for participation in this Sports Event and help us promote and support in the overall development of Athletes and Swimming as an Aquatic Sports.

Hoping for your kind co-operation,

Best Regards,

Mr. Sushil Singh
President
Sagarmatha Swim Club



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Promoted by: Lalitpur Metropolitan City

1. Host, Venue, Competition

HOST: Sagarmatha Swim Club and Lalitpur Metropolitan City

VENUE: Indoor Heated Swimming Pool, International Sports Complex, Satdobato-15, Lalitpur Metropolitan City, Lalitpur District, Bagmati Province

SESSION TIME: Morning: 08:00am Afternoon: 03:00 pm (Warm up: One (1) hour before till 15 mins before the start of Meet)

RULES: World Aquatics and Nepal Swimming Association Rules.

NOTE: National Records (if Set) are recommended by Technical Committee to Nepal Swimming Association for Approval

2. Athlete Registrations & Entry Fee

Entry fee of **Rs.1500/-** must be paid by each swimmer for **up to 4 Individual Events** during initial Registrations.

Additional Rs. 1000/- for each additional Individual Events to be paid.

Registration Link: <https://forms.gle/zxkmYYAJmZDmmQWU8>

Note: Accreditation Card and Merchandise (Hoodie Jacket) shall only be given only after complete payment verification.

3. General Rules

- I. Participants must show their Accreditation Card at the Call Room and Competition will be conduct as Heats and Finals.
- II. A swimmer shall swim in age group as per their Date of Birth (if Applicable) and in all the Open events. The Cut-off Date of Age Category are 1st Game Day.
- III. Swimmers who are not present at call room before their particular events and those who have missed their events shall be fined Rs. 1500 in order to play their next event for that particular day.
- IV. Swimmers may withdraw only on medical grounds recommended by a Certified Medical Profession.
- V. Heats/Preliminaries will be conducted on 8 lanes.



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- VI. A minimum 4 players are required in order to start otherwise the event shall be scratched. (Entry Fee shall be Refunded)
- VII. All swimmers, coaches & parents need to follow Health & Safety Protocols and World Anti-Doping Agency (WADA) Rules for All Participating Athletes.
- VIII. Athletes can only represent one affiliated institution for Team Events which shall be also counted for Score/Medal Tally. Qualified Affiliation are all the Academic Institutions registered with Ministry of Education, Nepal Army Swimming Team, Nepal Police Club Swimming Team, Armed Police Force Swimming Team, and Other Sports and Swimming Clubs, Corporate Teams.

4. Events and Categories

Age Group Category:	Boys and Girls Under 8 years Boys and Girls 9- 10years Boys and Girls 11-12 years Boys and Girls 13-14 years Boys and Girls 15-17 years
Open Category:	Men and Women Open

Events:

Age Group Boys and Girls:

- Freestyle- 50m
- Breaststroke- 50m
- Backstroke- 50m
- Butterfly- 50m

Open Men and Women:

- Freestyle- 50m, 100m, 200m, 400m
- Breaststroke- 50m, 100m, 200m,
- Backstroke- 50m, 100m, 200m,
- Butterfly- 50m, 100m, 200m,
- Individual Medley- 200m

Team Relay:

- Men's 4x50m Freestyle Relay
- Women's 4x50m Freestyle Relay
- Mixed (2 Men 2 Women) 4x50m Medley Relay



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5. Awards, Points and Prizes

- Gold, Silver and Bronze Medals are awarded in all Events for Athletes Securing First, Second and Third.
- Cash Prize of NRs. 5000 each shall be awarded to the Best Player for Each Category (All Age Group + Open) on the Basis of Highest count of Gold Medals.
A Tie-Breaker for Count of Gold Medals shall be decided by Count of Silver Medals;
A Tie-Breaker for Count of Gold and Silver Medals shall be decided Count of Bronze Medals;
If a Tie still persist then it shall be decided by Highest World Aquatics SW Point
- Winner's Team Trophy and Cash Prize of NRs. 25,000, NRs. 15,000 and NRs. 10,000 shall be awarded Teams Securing First, Second and Third Position on the basis of Total Team Points Collected as per World Aquatics SW Competition Rule- **12.1.1.3.1** in which Individual Events using 8 lanes: Places 1 to 16 are awarded 18, 16, 15, 14, 13, 12, 11, 10, 8, 7, 6, 5, 4, 3, 2, 1 points respectively and Relays Events using 8 lanes: Places 1 to 8 are awarded 36, 32, 30, 28, 26, 24, 22, 20 points respectively.

6. Protests

Written Protests with a deposit of NRS 15000/- shall be made within 30 minutes after the event ends. The Technical/Jury Committee will make a final decision as per rules on the protest. The Deposit amount shall be refunded only if the Protest is upheld. Any and all detrimental incidents to the Referee / Meet Director.

7. Key Dates and Timeline

2026-01-08 (2082-09-24):	Notice Publish
2026-01-15 (2082-10-01):	Final Notice & Email Correspondence
2026-01-15 (2082-10-01):	Sports Events Entry Open
2026-01-31 (2082-10-17):	Sports Events Entry Deadline
2026-02-04 (2082-10-21):	Team Managers Meeting & Briefing
2026-02-07 (2082-10-24):	Game Day 1 (Heats: 8am, Finals: 3pm)
2026-02-08 (2082-10-25):	Game Day 2 (Heats: 8am, Finals: 3pm)



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8. The Organizing Committee

Sagarmatha Swim Club

Name	Designation	Email	Phone No.
Ratna Lal Maharjan	Patron	sanjayratna@gmail.com	9841226110
Sushil Singh	President	serensingh3@gmail.com	9841801122
Uttam Maharjan	Advisor	uttmaharjan@gmail.com	9851009844
Ramina Napit	Coordinator	napit.ramina@gmail.com	9841947994

Jury Team

Name	Designation
Shankar Karki	N.S.C. Chief Coach
Nayana Shakya	N.S.C. National Coach
Uttam Maharjan	Representative- L.M.C. -Sports Department

Functional Area

Functional Area	Responsible Person	Email	Phone No.
General	Sushil Singh Nabin Awale, Sangya Shakya, Rofina Shrestha	serensingh3@gmail.com	9841801122
Registrations and Fees	Ramina Napit	napit.ramina@gmail.com	9841947994
Accreditation	Manoj Maharjan Anil Thapa Magar, Pradip Shakya	fxnmanoz@gmail.com	9851189877
Technical	Bishnu Khadka Cheetri, World Aquatics Official	gms.nsa@gmail.com	9813488893
Technical	Anish Maharjan, World Aquatics Official	gms.nsa@gmail.com	9822790832
Administrative	Kabindra Karmacharya Sanam Awale, Rajesh Maharjan, Sabina Tuladhar, Rachana Awale	karmacharya91@gmail.com	9803157820



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Annex -1

Bank Details for Registrations

BANK name: NABIL BANK LTD.
A/C name: SAGARMATHA SWIM CLUB
A/C No: 19701017500607
Bank Branch: Prayagpokhari Branch

Alternative Payment Method- Fonepay QR

We Accept



नेपाल राष्ट्र बैंकबाट अनुमति प्राप्त



SAGARMATHA SWIM CLUB

Terminal: 2222040017983572

Address: Prayagpokhari Branch

1

Open your fonepay Member Mobile Banking app / Digital Wallet / Union pay

2

Scan this code, confirm the payment details and make quick payments.



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Annex-2- Uniform (Hoodie) Size Reference

Size Code	Chest Measurement In Inches
2XL	44"
XL	42"
L	40"
M	38"
S	36"
XS	34"



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Annex 3- Events Schedule

Day 1		Day 2	
Event No	Event Name	Event No	Event Name
1	400m Freestyle Men Open	36	200m Individual Medley Women Open
2	400m Freestyle Women Open	37	200m Individual Medley Men Open
3	50m Butterfly Boys Under 8 Yrs	38	50m Backstroke Girls Under 8 Yrs
4	50m Butterfly Girls Under 8 Yrs	39	50m Backstroke Boys Under 8 Yrs
5	100m Butterfly Men Open	40	100m Breaststroke Women Open
6	100m Butterfly Women Open	41	100m Breaststroke Men Open
7	50m Butterfly Boys 9-10 Yrs	42	50m Backstroke Girls 9-10 Yrs
8	50m Butterfly Girls 9-10 Yrs	43	50m Backstroke Boys 9-10 Yrs
9	50m Breaststroke Men Open	44	50m Breaststroke Women Open
10	50m Breaststroke Women Open	45	50m Breaststroke Men Open
11	50m Butterfly Boys 11-12 Yrs	46	50m Backstroke Girls 11-12 Yrs
12	50m Butterfly Girls 11-12 Yrs	47	50m Backstroke Boys 11-12 Yrs
13	200m Breaststroke Men Open	48	200m Butterfly Women Open
14	200m Breaststroke Women Open	49	200m Butterfly Men Open
15	50m Breaststroke Boys Under 8 Yrs	50	50m Freestyle Girls Under 8 Yrs
16	50m Breaststroke Girls Under 8 Yrs	51	50m Freestyle Boys Under 8 Yrs
17	50m Butterfly Boys 15-17 Yrs	52	50m Backstroke Girls 15-17 Yrs
18	50m Butterfly Girls 15-17 Yrs	53	50m Backstroke Boys 15-17 Yrs
19	50m Butterfly Boys 13-14 Yrs	54	50m Backstroke Girls 13-14 Yrs
20	50m Butterfly Girls 13-14 Yrs	55	50m Backstroke Boys 13-14 Yrs
21	200m Backstroke Men Open	56	200m Freestyle Women Open
22	200m Backstroke Women Open	57	200m Freestyle Men Open
23	50m Breaststroke Boys 9-10 Yrs	58	50m Freestyle Girls 9-10 Yrs
24	50m Breaststroke Girls 9-10 Yrs	59	50m Freestyle Boys 9-10 Yrs
25	50m Freestyle Boys 15-17 Yrs	60	50m Breaststroke Girls 15-17 Yrs
26	50m Freestyle Girls 15-17 Yrs	61	50m Breaststroke Boys 15-17 Yrs
27	50m Breaststroke Boys 11-12 Yrs	62	50m Freestyle Girls 11-12 Yrs
28	50m Breaststroke Girls 11-12 Yrs	63	50m Freestyle Boys 11-12 Yrs
29	100m Freestyle Men Open	64	100m Backstroke Women Open
30	100m Freestyle Women Open	65	100m Backstroke Men Open
31	50m Breaststroke Boys 13-14 Yrs	66	50m Freestyle Girls 13-14 Yrs
32	50m Breaststroke Girls 13-14 Yrs	67	50m Freestyle Boys 13-14 Yrs
33	50m Butterfly Men Open	68	50m Freestyle Women Open
34	50m Butterfly Women Open	69	50m Freestyle Men Open
35	200m Freestyle Relay Men Open	70	200m Freestyle Relay Women Open
		71	200m Medley Relay Mixed Open