



PENANG AMATEUR SWIMMING ASSOCIATION

c/o Kompleks Sukan MBPP, Lebuhr Relau, Relau
11900 Bayan Lepas, PULAU PINANG
Email: honsec.pasa@yahoo.com

3rd PENANG INVITATIONAL SWIMMING CHAMPIONSHIPS 2025 EVENT SCHEDULE

- Group** **Open – Age between (19 years – 100 years)**
- Group Open A 19 to 30 years old
 - Group Open B 31 to 40 years old
 - Group Open C 41 to 55 years old
 - Group Open D 56 to 100 years old
 - 1 – Age between (16 – 18 years)
 - 2 – Age between (14 – 15 years)
 - 3 – Age between (12 – 13 years)
 - 4 – Age between (10 – 11 years)
 - 5 – Age 9 & under

Group	Year of Birth (Born) From	Year of Birth (Born) To
Open A	1995	2006
Open B	1983	1994
Open C	1962	1982
Open D	1923	1967
1 (16 - 18)	2007	2009
2 (14 - 15)	2010	2011
3 (12 - 13)	2012	2013
4 (10 - 11)	2014	2015
5 (9 and under)	2016	later



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Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
1	20-Jun-25	101	Men 11-100 1500 Free	23:00.00	Male	Open	
1	20-Jun-25	102	Women 11-100 800 Free	12:00.00	Female	Open	
1	20-Jun-25	103	Boys 9&U 50 Fly	1:05.91	Male	5	
1	20-Jun-25	104	Girls 9&U 50 Fly	1:12.42	Female	5	
1	20-Jun-25	105	Boys 10-11 50 Fly	1:00.33	Male	4	
1	20-Jun-25	106	Girls 10-11 50 Fly	1:05.11	Female	4	
1	20-Jun-25	107	Boys 12-13 50 Fly	50.64	Male	3	
1	20-Jun-25	108	Girls 12-13 50 Fly	1:03.59	Female	3	
1	20-Jun-25	109	Boys 14-15 50 Fly	46.05	Male	2	
1	20-Jun-25	110	Girls 14-15 50 Fly	48.85	Female	2	
1	20-Jun-25	111	Boys 16-18 50 Fly	40.49	Male	1	
1	20-Jun-25	112	Girls 16-18 50 Fly	47.75	Female	1	
1	20-Jun-25	113	Men 19-30 50 Fly		Male	Open A	
1	20-Jun-25	114	Women 19-30 50 Fly		Female	Open A	
1	20-Jun-25	115	Men 31-40 50 Fly		Male	Open B	
1	20-Jun-25	116	Women 31-40 50 Fly		Female	Open B	
1	20-Jun-25	117	Men 41-55 50 Fly		Male	Open C	
1	20-Jun-25	118	Women 41-55 50 Fly		Female	Open C	
1	20-Jun-25	119	Men 56-100 50 Fly		Male	Open D	
1	20-Jun-25	120	Women 56-100 50 Fly		Female	Open D	
1	20-Jun-25	121	Boys 12-13 400 IM	6:51.13	Male	3	
1	20-Jun-25	122	Girls 12-13 400 IM	7:01.96	Female	3	
1	20-Jun-25	123	Boys 14-15 400 IM	6:27.07	Male	2	
1	20-Jun-25	124	Girls 14-15 400 IM	6:36.39	Female	2	
1	20-Jun-25	125	Boys 16-18 400 IM	6:09.24	Male	1	
1	20-Jun-25	126	Girls 16-18 400 IM	6:29.08	Female	1	
1	20-Jun-25	127	Men 19-30 400 IM		Male	Open A	
1	20-Jun-25	128	Women 19-30 400 IM		Female	Open A	
1	20-Jun-25	129	Boys 9&U 100 Free	2:10.20	Male	5	
1	20-Jun-25	130	Girls 9&U 100 Free	2:16.01	Female	5	
1	20-Jun-25	131	Boys 10-11 100 Free	1:53.16	Male	4	
1	20-Jun-25	132	Girls 10-11 100 Free	2:05.59	Female	4	
1	20-Jun-25	133	Boys 12-13 100 Free	1:31.22	Male	3	
1	20-Jun-25	134	Girls 12-13 100 Free	1:46.61	Female	3	
1	20-Jun-25	135	Boys 14-15 100 Free	1:22.39	Male	2	
1	20-Jun-25	136	Girls 14-15 100 Free	1:40.25	Female	2	
1	20-Jun-25	137	Boys 16-18 100 Free	1:20.00	Male	1	
1	20-Jun-25	138	Girls 16-18 100 Free	1:39.55	Female	1	



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Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
1	20-Jun-25	139	Men 19-30 100 Free		Male	Open A	
1	20-Jun-25	140	Women 19-30 100 Free		Female	Open A	
1	20-Jun-25	141	Men 31-40 100 Free		Male	Open B	
1	20-Jun-25	142	Women 31-40 100 Free		Female	Open B	
1	20-Jun-25	143	Men 41-55 100 Free		Male	Open C	
1	20-Jun-25	144	Women 41-55 100 Free		Female	Open C	
1	20-Jun-25	145	Men 56-100 100 Free		Male	Open D	
1	20-Jun-25	146	Women 56-100 100 Free		Female	Open D	
1	20-Jun-25	147	Boys 12-13 200 Breast	3:41.18	Male	3	
1	20-Jun-25	148	Girls 12-13 200 Breast	3:55.87	Female	3	
1	20-Jun-25	149	Boys 14-15 200 Breast	3:26.07	Male	2	
1	20-Jun-25	150	Girls 14-15 200 Breast	3:45.82	Female	2	
1	20-Jun-25	151	Boys 16-18 200 Breast	3:14.21	Male	1	
1	20-Jun-25	152	Girls 16-18 200 Breast	3:32.80	Female	1	
1	20-Jun-25	153	Men 19-30 200 Breast		Male	Open A	
1	20-Jun-25	154	Women 19-30 200 Breast		Female	Open A	
1	20-Jun-25	155	Men 31-40 200 Breast		Male	Open B	
1	20-Jun-25	156	Women 31-40 200 Breast		Female	Open B	
1	20-Jun-25	157	Men 41-55 200 Breast		Male	Open C	
1	20-Jun-25	158	Women 41-55 200 Breast		Female	Open C	
1	20-Jun-25	159	Men 56-100 200 Breast		Male	Open D	
1	20-Jun-25	160	Women 56-100 200 Breast		Female	Open D	
1	20-Jun-25	161	Boys 9&U 100 Back	2:38.22	Male	5	
1	20-Jun-25	162	Girls 9&U 100 Back	2:42.30	Female	5	
1	20-Jun-25	163	Boys 10-11 100 Back	2:11.58	Male	4	
1	20-Jun-25	164	Girls 10-11 100 Back	2:20.34	Female	4	
1	20-Jun-25	165	Boys 12-13 100 Back	1:51.11	Male	3	
1	20-Jun-25	166	Girls 12-13 100 Back	2:12.80	Female	3	
1	20-Jun-25	167	Boys 14-15 100 Back	1:43.05	Male	2	
1	20-Jun-25	168	Girls 14-15 100 Back	1:50.30	Female	2	
1	20-Jun-25	169	Boys 16-18 100 Back	1:37.60	Male	1	
1	20-Jun-25	170	Girls 16-18 100 Back	1:37.84	Female	1	
1	20-Jun-25	171	Men 19-30 100 Back		Male	Open A	



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Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
1	20-Jun-25	172	Women 19-30 100 Back		Female	Open A	
1	20-Jun-25	173	Men 31-40 100 Back		Male	Open B	
1	20-Jun-25	174	Women 31-40 100 Back		Female	Open B	
1	20-Jun-25	175	Men 41-55 100 Back		Male	Open C	
1	20-Jun-25	176	Women 41-55 100 Back		Female	Open C	
1	20-Jun-25	177	Men 56-100 100 Back		Male	Open D	
1	20-Jun-25	178	Women 56-100 100 Back		Female	Open D	
1	20-Jun-25	179	Mixed 9&U 200 Free Relay		Mixed	5	14 June 2025, 5pm
1	20-Jun-25	180	Mixed 10-11 200 Free Relay		Mixed	4	14 June 2025, 5pm
1	20-Jun-25	181	Mixed 12-13 200 Free Relay		Mixed	3	14 June 2025, 5pm
1	20-Jun-25	182	Mixed 14-15 200 Free Relay		Mixed	2	14 June 2025, 5pm
1	20-Jun-25	183	Mixed 16-18 200 Free Relay		Mixed	1	14 June 2025, 5pm
1	20-Jun-25	184	Mixed 19-30 200 Free Relay		Mixed	Open A	14 June 2025, 5pm
1	20-Jun-25	185	Mixed 31-40 200 Free Relay		Mixed	Open B	14 June 2025, 5pm
1	20-Jun-25	186	Mixed 41-55 200 Free Relay		Mixed	Open C	14 June 2025, 5pm
1	20-Jun-25	187	Mixed 56-100 200 Free Relay		Mixed	Open D	14 June 2025, 5pm
2	21-Jun-25	201	Men 19-30 400 Free		Male	Open A	
2	21-Jun-25	202	Women 19-30 400 Free		Female	Open A	
2	21-Jun-25	203	Boys 16-18 400 Free	5:37.83	Male	1	
2	21-Jun-25	204	Girls 16-18 400 Free	6:00.00	Female	1	
2	21-Jun-25	205	Boys 14-15 400 Free	5:55.33	Male	2	
2	21-Jun-25	206	Girls 14-15 400 Free	6:20.38	Female	2	
2	21-Jun-25	207	Boys 12-13 400 Free	6:21.31	Male	3	
2	21-Jun-25	208	Girls 12-13 400 Free	6:49.34	Female	3	
2	21-Jun-25	209	Men 56-100 50 Back		Male	Open D	
2	21-Jun-25	210	Women 56-100 50 Back		Female	Open D	
2	21-Jun-25	211	Men 41-55 50 Back		Male	Open C	
2	21-Jun-25	212	Women 41-55 50 Back		Female	Open C	
2	21-Jun-25	213	Men 31-40 50 Back		Male	Open B	
2	21-Jun-25	214	Women 31-40 50 Back		Female	Open B	
2	21-Jun-25	215	Men 19-30 50 Back		Male	Open A	



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Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
2	21-Jun-25	216	Women 19-30 50 Back		Female	Open A	
2	21-Jun-25	217	Boys 16-18 50 Back	45.00	Male	1	
2	21-Jun-25	218	Girls 16-18 50 Back	51.27	Female	1	
2	21-Jun-25	219	Boys 14-15 50 Back	50.86	Male	2	
2	21-Jun-25	220	Girls 14-15 50 Back	51.35	Female	2	
2	21-Jun-25	221	Boys 12-13 50 Back	56.04	Male	3	
2	21-Jun-25	222	Girls 12-13 50 Back	1:01.54	Female	3	
2	21-Jun-25	223	Boys 10-11 50 Back	1:05.82	Male	4	
2	21-Jun-25	224	Girls 10-11 50 Back	1:08.31	Female	4	
2	21-Jun-25	225	Boys 9&U 50 Back	1:16.29	Male	5	
2	21-Jun-25	226	Girls 9&U 50 Back	1:22.45	Female	5	
2	21-Jun-25	227	Men 56-100 50 Breast		Male	Open D	
2	21-Jun-25	228	Women 56-100 50 Breast		Female	Open D	
2	21-Jun-25	229	Men 41-55 50 Breast		Male	Open C	
2	21-Jun-25	230	Women 41-55 50 Breast		Female	Open C	
2	21-Jun-25	231	Men 31-40 50 Breast		Male	Open B	
2	21-Jun-25	232	Women 31-40 50 Breast		Female	Open B	
2	21-Jun-25	233	Men 19-30 50 Breast		Male	Open A	
2	21-Jun-25	234	Women 19-30 50 Breast		Female	Open A	
2	21-Jun-25	235	Boys 16-18 50 Breast	50.02	Male	1	
2	21-Jun-25	236	Girls 16-18 50 Breast	56.94	Female	1	
2	21-Jun-25	237	Boys 14-15 50 Breast	53.88	Male	2	
2	21-Jun-25	238	Girls 14-15 50 Breast	58.64	Female	2	
2	21-Jun-25	239	Boys 12-13 50 Breast	1:00.19	Male	3	
2	21-Jun-25	240	Girls 12-13 50 Breast	1:03.18	Female	3	
2	21-Jun-25	241	Boys 10-11 50 Breast	1:08.81	Male	4	
2	21-Jun-25	242	Girls 10-11 50 Breast	1:12.87	Female	4	
2	21-Jun-25	243	Boys 9&U 50 Breast	1:22.10	Male	5	
2	21-Jun-25	244	Girls 9&U 50 Breast	1:29.92	Female	5	
2	21-Jun-25	245	Men 56-100 200 Free		Male	Open D	
2	21-Jun-25	246	Women 56-100 200 Free		Female	Open D	
2	21-Jun-25	247	Men 41-55 200 Free		Male	Open C	
2	21-Jun-25	248	Women 41-55 200 Free		Female	Open C	
2	21-Jun-25	249	Men 31-40 200 Free		Male	Open B	
2	21-Jun-25	250	Women 31-40 200 Free		Female	Open B	



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Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
2	21-Jun-25	251	Men 19-30 200 Free		Male	Open A	
2	21-Jun-25	252	Women 19-30 200 Free		Female	Open A	
2	21-Jun-25	253	Boys 16-18 200 Free	2:37.36	Male	1	
2	21-Jun-25	254	Girls 16-18 200 Free	2:53.76	Female	1	
2	21-Jun-25	255	Boys 14-15 200 Free	2:48.29	Male	2	
2	21-Jun-25	256	Girls 14-15 200 Free	3:04.81	Female	2	
2	21-Jun-25	257	Boys 12-13 200 Free	3:09.03	Male	3	
2	21-Jun-25	258	Girls 12-13 200 Free	3:20.67	Female	3	
2	21-Jun-25	259	Boys 10-11 200 Free	3:25.59	Male	4	
2	21-Jun-25	260	Girls 10-11 200 Free	3:36.00	Female	4	
2	21-Jun-25	261	Boys 9&U 200 Free	3:51.46	Male	5	
2	21-Jun-25	262	Girls 9&U 200 Free	4:11.08	Female	5	
2	21-Jun-25	263	Men 56-100 100 Fly		Male	Open D	
2	21-Jun-25	264	Women 56-100 100 Fly		Female	Open D	
2	21-Jun-25	265	Men 41-55 100 Fly		Male	Open C	
2	21-Jun-25	266	Women 41-55 100 Fly		Female	Open C	
2	21-Jun-25	267	Men 31-40 100 Fly		Male	Open B	
2	21-Jun-25	268	Women 31-40 100 Fly		Female	Open B	
2	21-Jun-25	269	Men 19-30 100 Fly		Male	Open A	
2	21-Jun-25	270	Women 19-30 100 Fly		Female	Open A	
2	21-Jun-25	271	Boys 16-18 100 Fly	1:40.00	Male	1	
2	21-Jun-25	272	Girls 16-18 100 Fly	1:45.00	Female	1	
2	21-Jun-25	273	Boys 14-15 100 Fly	1:42.42	Male	2	
2	21-Jun-25	274	Girls 14-15 100 Fly	1:49.00	Female	2	
2	21-Jun-25	275	Boys 12-13 100 Fly	1:51.82	Male	3	
2	21-Jun-25	276	Girls 12-13 100 Fly	2:01.85	Female	3	
2	21-Jun-25	277	Boys 10-11 100 Fly	2:11.69	Male	4	
2	21-Jun-25	278	Girls 10-11 100 Fly	2:18.00	Female	4	
2	21-Jun-25	279	Boys 9&U 100 Fly	2:25.62	Male	5	
2	21-Jun-25	280	Girls 9&U 100 Fly	2:38.00	Female	5	
2	21-Jun-25	281	Men 56-100 200 Free Relay		Male	Open D	20 June 2025, 5pm
2	21-Jun-25	282	Women 56-100 200 Free Relay		Female	Open D	20 June 2025, 5pm
2	21-Jun-25	283	Men 41-55 200 Free Relay		Male	Open C	20 June 2025, 5pm
2	21-Jun-25	284	Women 41-55 200 Free Relay		Female	Open C	20 June 2025, 5pm
2	21-Jun-25	285	Men 31-40 200 Free Relay		Male	Open B	20 June 2025, 5pm



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2	21-Jun-25	286	Women 31-40 200 Free Relay		Female	Open B	20 June 2025, 5pm
2	21-Jun-25	287	Men 19-30 200 Free Relay		Male	Open A	20 June 2025, 5pm
2	21-Jun-25	288	Women 19-30 200 Free Relay		Female	Open A	20 June 2025, 5pm
2	21-Jun-25	289	Boys 16-18 200 Free Relay		Male	1	20 June 2025, 5pm
2	21-Jun-25	290	Girls 16-18 200 Free Relay		Female	1	20 June 2025, 5pm
2	21-Jun-25	291	Boys 14-15 200 Free Relay		Male	2	20 June 2025, 5pm
2	21-Jun-25	292	Girls 14-15 200 Free Relay		Female	2	20 June 2025, 5pm
2	21-Jun-25	293	Boys 12-13 200 Free Relay		Male	3	20 June 2025, 5pm
2	21-Jun-25	294	Girls 12-13 200 Free Relay		Female	3	20 June 2025, 5pm
2	21-Jun-25	295	Boys 10-11 200 Free Relay		Male	4	20 June 2025, 5pm
2	21-Jun-25	296	Girls 10-11 200 Free Relay		Female	4	20 June 2025, 5pm
2	21-Jun-25	297	Boys 9&U 200 Free Relay		Male	5	20 June 2025, 5pm
2	21-Jun-25	298	Girls 9&U 200 Free Relay		Female	5	20 June 2025, 5pm
3	23-Jun-25	301	Mixed 56-100 200 Medley Relay		Mixed	Open D	21 June 2025, 5pm
3	23-Jun-25	302	Mixed 41-55 200 Medley Relay		Mixed	Open C	21 June 2025, 5pm
3	23-Jun-25	303	Mixed 31-40 200 Medley Relay		Mixed	Open B	21 June 2025, 5pm
3	23-Jun-25	304	Mixed 19-30 200 Medley Relay		Mixed	Open A	21 June 2025, 5pm
3	23-Jun-25	305	Mixed 16-18 200 Medley Relay		Mixed	1	21 June 2025, 5pm
3	23-Jun-25	306	Mixed 14-15 200 Medley Relay		Mixed	2	21 June 2025, 5pm
3	23-Jun-25	307	Mixed 12-13 200 Medley Relay		Mixed	3	21 June 2025, 5pm
3	23-Jun-25	308	Mixed 10-11 200 Medley Relay		Mixed	4	21 June 2025, 5pm
3	23-Jun-25	309	Mixed 9&U 200 Medley Relay		Mixed	5	21 June 2025, 5pm
3	23-Jun-25	310	Men 56-100 200 IM		Male	Open D	
3	23-Jun-25	311	Women 56-100 200 IM		Female	Open D	
3	23-Jun-25	312	Men 41-55 200 IM		Male	Open C	
3	23-Jun-25	313	Women 41-55 200 IM		Female	Open C	
3	23-Jun-25	314	Men 31-40 200 IM		Male	Open B	
3	23-Jun-25	315	Women 31-40 200 IM		Female	Open B	
3	23-Jun-25	316	Men 19-30 200 IM		Male	Open A	
3	23-Jun-25	317	Women 19-30 200 IM		Female	Open A	
3	23-Jun-25	318	Boys 16-18 200 IM	2:55.29	Male	1	
3	23-Jun-25	319	Girls 16-18 200 IM	3:13.39	Female	1	
3	23-Jun-25	320	Boys 14-15 200 IM	3:05.96	Male	2	
3	23-Jun-25	321	Girls 14-15 200 IM	3:20.20	Female	2	
3	23-Jun-25	322	Boys 12-13 200 IM	3:24.93	Male	3	



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Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
3	23-Jun-25	323	Girls 12-13 200 IM	3:40.66	Female	3	
3	23-Jun-25	324	Boys 10-11 200 IM	3:41.63	Male	4	
3	23-Jun-25	325	Girls 10-11 200 IM	3:58.05	Female	4	
3	23-Jun-25	326	Boys 9&U 200 IM	4:18.41	Male	5	
3	23-Jun-25	327	Girls 9&U 200 IM	4:33.27	Female	5	
3	23-Jun-25	328	Men 19-30 200 Fly		Male	Open A	
3	23-Jun-25	329	Women 19-30 200 Fly		Female	Open A	
3	23-Jun-25	330	Boys 16-18 200 Fly	2:56.57	Male	1	
3	23-Jun-25	331	Girls 16-18 200 Fly	3:06.95	Female	1	
3	23-Jun-25	332	Boys 14-15 200 Fly	3:02.01	Male	2	
3	23-Jun-25	333	Girls 14-15 200 Fly	3:18.36	Female	2	
3	23-Jun-25	334	Boys 12-13 200 Fly	3:22.07	Male	3	
3	23-Jun-25	335	Girls 12-13 200 Fly	3:33.29	Female	3	
3	23-Jun-25	336	Men 56-100 100 Breast		Male	Open D	
3	23-Jun-25	337	Women 56-100 100 Breast		Female	Open D	
3	23-Jun-25	338	Men 41-55 100 Breast		Male	Open C	
3	23-Jun-25	339	Women 41-55 100 Breast		Female	Open C	
3	23-Jun-25	340	Men 31-40 100 Breast		Male	Open B	
3	23-Jun-25	341	Women 31-40 100 Breast		Female	Open B	
3	23-Jun-25	342	Men 19-30 100 Breast		Male	Open A	
3	23-Jun-25	343	Women 19-30 100 Breast		Female	Open A	
3	23-Jun-25	344	Boys 16-18 100 Breast	1:47.17	Male	1	
3	23-Jun-25	345	Girls 16-18 100 Breast	1:59.85	Female	1	
3	23-Jun-25	346	Boys 14-15 100 Breast	1:52.00	Male	2	
3	23-Jun-25	347	Girls 14-15 100 Breast	2:00.97	Female	2	
3	23-Jun-25	348	Boys 12-13 100 Breast	2:07.69	Male	3	
3	23-Jun-25	349	Girls 12-13 100 Breast	2:26.60	Female	3	
3	23-Jun-25	350	Boys 10-11 100 Breast	2:27.00	Male	4	
3	23-Jun-25	351	Girls 10-11 100 Breast	2:32.00	Female	4	
3	23-Jun-25	352	Boys 9&U 100 Breast	2:32.49	Male	5	
3	23-Jun-25	353	Girls 9&U 100 Breast	2:43.87	Female	5	
3	23-Jun-25	354	Men 19-30 200 Back		Male	Open A	
3	23-Jun-25	355	Women 19-30 200 Back		Female	Open A	
3	23-Jun-25	356	Boys 16-18 200 Back	2:54.59	Male	1	
3	23-Jun-25	357	Girls 16-18 200 Back	3:10.32	Female	1	
3	23-Jun-25	358	Boys 14-15 200 Back	3:03.47	Male	2	
3	23-Jun-25	359	Girls 14-15 200 Back	3:15.60	Female	2	



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Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
3	23-Jun-25	360	Boys 12-13 200 Back	3:16.38	Male	3	
3	23-Jun-25	361	Girls 12-13 200 Back	3:37.13	Female	3	
3	23-Jun-25	362	Men 56-100 50 Free		Male	Open D	
3	23-Jun-25	363	Women 56-100 50 Free		Female	Open D	
3	23-Jun-25	364	Men 41-55 50 Free		Male	Open C	
3	23-Jun-25	365	Women 41-55 50 Free		Female	Open C	
3	23-Jun-25	366	Men 31-40 50 Free		Male	Open B	
3	23-Jun-25	367	Women 31-40 50 Free		Female	Open B	
3	23-Jun-25	368	Men 19-30 50 Free		Male	Open A	
3	23-Jun-25	369	Women 19-30 50 Free		Female	Open A	
3	23-Jun-25	370	Boys 16-18 50 Free	42.00	Male	1	
3	23-Jun-25	371	Girls 16-18 50 Free	45.16	Female	1	
3	23-Jun-25	372	Boys 14-15 50 Free	46.87	Male	2	
3	23-Jun-25	373	Girls 14-15 50 Free	50.05	Female	2	
3	23-Jun-25	374	Boys 12-13 50 Free	50.99	Male	3	
3	23-Jun-25	375	Girls 12-13 50 Free	55.00	Female	3	
3	23-Jun-25	376	Boys 10-11 50 Free	54.96	Male	4	
3	23-Jun-25	377	Girls 10-11 50 Free	1:00.01	Female	4	
3	23-Jun-25	378	Boys 9&U 50 Free	1:09.98	Male	5	
3	23-Jun-25	379	Girls 9&U 50 Free	1:17.62	Female	5	
3	23-Jun-25	380	Men 56-100 200 Medley Relay		Male	Open D	21 June 2025, 9am
3	23-Jun-25	381	Women 56-100 200 Medley Relay		Female	Open D	21 June 2025, 9am
3	23-Jun-25	382	Men 41-55 200 Medley Relay		Male	Open C	21 June 2025, 9am
3	23-Jun-25	383	Women 41-55 200 Medley Relay		Female	Open C	21 June 2025, 9am
3	23-Jun-25	384	Men 31-40 200 Medley Relay		Male	Open B	21 June 2025, 9am
3	23-Jun-25	385	Women 31-40 200 Medley Relay		Female	Open B	21 June 2025, 9am
3	23-Jun-25	386	Men 19-30 200 Medley Relay		Male	Open A	21 June 2025, 9am
3	23-Jun-25	387	Women 19-30 200 Medley Relay		Female	Open A	21 June 2025, 9am
3	23-Jun-25	388	Boys 16-18 200 Medley Relay		Male	1	21 June 2025, 9am
3	23-Jun-25	389	Girls 16-18 200 Medley Relay		Female	1	21 June 2025, 9am
3	23-Jun-25	390	Boys 14-15 200 Medley Relay		Male	2	21 June 2025, 9am
3	23-Jun-25	391	Girls 14-15 200 Medley Relay		Female	2	21 June 2025, 9am
3	23-Jun-25	392	Boys 12-13 200 Medley Relay		Male	3	21 June 2025, 9am
3	23-Jun-25	393	Girls 12-13 200 Medley Relay		Female	3	21 June 2025, 9am
3	23-Jun-25	394	Boys 10-11 200 Medley Relay		Male	4	21 June 2025, 9am



PENANG AMATEUR SWIMMING ASSOCIATION

c/o Kompleks Sukan MBPP, Lebuhr Relau, Relau
11900 Bayan Lepas, PULAU PINANG
Email: honsec.pasa@yahoo.com

Day	Date	Event Number	Event	QT	Gender	Group	Relay Submission Cut Off
3	23-Jun-25	395	Girls 10-11 200 Medley Relay		Female	4	21 June 2025, 9am
3	23-Jun-25	396	Boys 9&U 200 Medley Relay		Male	5	21 June 2025, 9am
3	23-Jun-25	397	Girls 9&U 200 Medley Relay		Female	5	21 June 2025, 9am