

ACHIEVEMENTS OF PUNJAB POLICE AQUATIC TEAM

1994

XLIII ALL INDIA POLICE AQUATIC MEET-JAIPUR

1. Waterpolo team secured 1st position
2. Punjab Police Swimming team secured 2nd position amongst the state Police.
3. ASI.Chandan Dass Won the Silver Medal in High Board Diving & Bronze Medal in Spring Board Diving.

PUNJAB STATE AQUATIC CHAMPIONSHIP-LUDHIANA

1. Waterpolo team secured 1st position
2. Swimming team secured 1st position

1995

XLIV ALL INDIA POLICE AQUATIC MEET-PUNE

1. Waterpolo team secured 2nd position

SWIMMING

- | | |
|--|-----------------------------------|
| 1.HC Tarlochan Singh | 5th in 100 Mtrs.Free Style |
| | 6th in 200 Mtrs.Free Style |
| | 4th in 200 Mtrs.Individual Medlay |
| | 6th in 200 Mtrs.Butter Fly |
| | 5th in 400 Mtrs.Individual Medlay |
| 2.CT.Jagbir Singh | 6th in 100 Mtrs.Free Style |
| 3.HC.Sukhpal Singh | 6th in 1500 Mtrs.Free Style |
| 4.CT.Harmail Singh | 6th in 100 Mtrs.Breast Stroke |
| 5.Punjab Police team secured 4th position in 4X200 Mtrs.Free Style relay | |
| 6.Punjab Police team secured 5th position in 4X100 Mtrs.Medlay relay | |
| 7.ASI.Chandan Dass Won the Silver Medal in High Board Diving & Secured 4th Position in spring board diving | |

1996

JUNIOR PUNJAB STATE AQUATIC CHAMPIONSHIP-SANGRUR

SWIMMING

- 1.HC Mohinder Bilore
2nd in 100 Mtrs.Free Style
2nd in 200 Mtrs.Free Style
2nd in 400 Mtrs.Free Style
2nd in 1500 Mtrs.Free Style
2nd in 400 Mtrs.Individual Medlay
- 2.HC.Harmanpreet Singh
Ist in 50 Mtrs.Free Style
Ist in 100 Mtrs.Free Style
Ist in 200 Mtrs.Free Style
Ist in 1500 Mtrs.Free Style
Ist in 400 Mtrs.Individual Medlay
Ist in 200 Mtrs.Brest Stroke
Ist in 100 Mtrs.Butter Fly
Ist in 200 Mtrs.Butter Fly
Declared Best Swimmer of the Meet

- 3.PUNJAB POLICE SWIMMING TEAM WON THE OVERALL CHAMPIONSHIP
- 4.WATER POLO TEAM SECURED 2ND POSITION

SWIMMING

1997

SENIOR PUNJAB STATE AQUATIC CHAMPIONSHIP-LUDHIANA

- 1.Waterpolo team secured Ist Position

SWIMMING

- 1.HC.Tarlochan Singh
Ist in 50 Mtrs.Free Style
Ist in 100 Mtrs.Free Style
Ist in 200 Mtrs.Free Style
Ist in 100 Mtrs.Butter Fly
Ist in 200 Mtrs.Butter Fly
2nd in 200 Mtrs.Medlay Relay
2nd in 400 Mtrs.Medlay Relay
3rd in 100 Mtrs.Brest Stroke
3rd in 200 Mtrs.Brest Stroke
Declared best player of the meet
- 2.CT.Harmail Singh
1st in 100 Mtrs.Brest Stroke
Ist in 200 Mtrs.Brest Stroke
- 3.CT.Harmanpreet Singh
Ist in 400 Mtrs.Free Style
2nd in 100 Mtrs.Butter Fly
2nd in 200 Mtrs.Butter Fly
3rd in 1500 Mtrs.Free Style

3rd in 200 Mtrs.Medlay Relay
 3rd in 400 Mtrs.Medlay Relay
 4.HC.Sukhpal Singh 3rd in 100 Mtrs.Free Style
 3rd in 200 Mtrs.Free Style
 5.HC Lakhwinder Singh 2nd in 100 Mtrs.Back Stroke
 3rd in 200 Mtrs.Back Stroke
 6.Punjab Police team secured 4th position in 4X200 Mtrs.Free Style relay
 7.Punjab Police team secured 5th position in 4X100 Mtrs.Medlay relay
 8.ASI.Chandan Dass Won the Silver Medal in High Board Diving & Secured
 4th
 Position in spring board diving

XLV ALL INDIA POLICE AQUATIC MEET-NEW DELHI-1996

1.Waterpolo team secured 1st position

SWIMMING

1.HC Tarlochan Singh 5th in 200 Mtrs.Free Style
 6th in 200 Mtrs.Brest Stroke
 5th in 400 Mtrs.Individual Medlay
 2.HC.Sukhpal Singh 6th in 1500 Mtrs.Free Style
 3.CT.Harmail Singh 6th in 100 Mtrs.Brest Stroke
 4.Punjab Police Swimming team secured 4th position in 4X200 Mtrs.Free
 Style relay
 5.Punjab Police Swimming team secured 4th position in 4X100 Mtrs.Medlay
 relay
 6.ASI.Chandan Dass Won the Silver Medal in High Board Diving&also Secured
 4th
 Position in spring board diving
 7.HC.Mohinder Bilore won Silver medal in spring Board Diving
 8.Punjab Police Swimming team won the state Police Championship amongst
 the state Police

1997

XLVI ALL INDIA POLICE AQUATIC MEET-CALCUTTA

1.Water Polo Team Secured 3rd Position

SWIMMING

1.HC.Rajesh Punia 2nd in 100 Mtrs Back Stroke
 4th in 200 Mtrs Back Stroke
 4th in 4X100 Mtrs Free Style Relay
 3rd in 4X200 Mtrs Free Style Relay

	4th in 4X100 Mtrs Medlay Relay
2.HC.Tarlochan Singh	6th in 50 Mtrs Free Style
	5th in 100 Mtrs Free Style
	5th in 200 Mtrs Free Style
	5th in 400 Mtrs Individual Medlay
	5th in 200 Mtrs Butter Fly
	4th in 4X100 Mtrs Free Style Relay
	3rd in 4X200 Mtrs free Style Relay
	4th in 4X100 Mtrs Medlay Relay
3.HC.Harmanpreet Singh	6th in 200 Mtrs Free Style
	4th in 400 Mtrs Free Style
	6th in 200 Mtrs Butter Fly
	4th in 4X100 Mtrs Free Style Relay
	3rd in 4X200 Mtrs Free Style Relay
	4th in 4X100 Mtrs Medlay Relay
4.HC.Sukhpal Singh	6th in 400 Mtrs Free Style
	4th in 4X100 Mtrs Free Style Relay
	3rd in 4X200 Mtrs Free Style Relay

DIVING

1.ASI.Chandan Dass	2nd in High Board Diving
	2nd in Spring Board Diving
2.HC.Mohinder Bilore	4th in Spring Board Diving

1998

INTERNATIONAL JAGATH JANANI WATER POLO MEET-CALCUTTA

1.Water Polo Team Secured 4th Position

47th All India Police Aquatic & Cross Country Championship-Jalandhar-1998

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Water Polo Team Secured 1st Postion

DIVING

1.ASI.Chandan Dass	2nd in High Board Diving
	1st in Spring Board Diving
2.HC.Mohinder Bilore	2nd in Spring Board Diving

	200 Mtrs Back Strock	3rd
	4X200 Mtrs Free Style Relay	Ist
	4X100 Mtrs Medlay Relay	Ist
5.ASI.Ameyo De	50 Mtrs Free Style	Ist
6.CT.Alik Masih	50 Mtrs Brest Strock	2nd
7.HC.Deepak Kumar	4X200 Mtrs Free Style Relay	Ist

Punjab Police Won the Punjab State Swimming & Water Polo Championships

2000

48th All India Police Aquatic & Cross Country Championship-Trivandrum
Water Polo Team Secured 4th Postion

DIVING

1.ASI.Chandan Dass	4nd in High Board Diving
	3rd in Spring Board Diving
2.HC.Mohinder Bilore	Ist in Spring Board Diving

SWIMMING

3.HC.Sukhpal Singh	6th in 200 Mtrs Free Style
4.Punjab Police Relay Team	Secured 5th in 4X100 Mtrs Free Style Relay
5.Punjab Police Relay Team	Secured 5th in 4X200 Mtrs Free Style Relay
6.Punjab Police Relay Team	Secured 6th in 4X100 Mtrs Individual Mrdlay Relay

2001

All India Police Aquatic & Cross Country Championship-Aurangabad
from 26th Feb.to 3rd March Water Polo Team Secured 4th Postion

DIVING

1.SI.Chandan Dass	Ist in High Spring Diving
	6th in Spring Board Diving
2.ASI.Mohinder Bilore	2nd in Spring Board Diving

Punjab Police Team Won the Spring Bord Diving Championship.

SWIMMING

1.HC.Deepak Kumar	5th in 400 Mtrs Free Style
	4th in 4X100 Mtrs Medlay Relay
2.HC.Sukhpal Singh	6th in 400 Mtrs Free Style
	5th in 200 Mtrs Free Style
	4th in 4X100 Mtrs Relay
	4th in 4X100 Mtrs Medlay Relay
3.HC.Mohinder Pal	5th in 200 Mtrs Individual Medlay

	4th in 4X100 Mtrs Relay
	4th in 4X100 Mtrs Medlay Relay
4.HC.Dalip Poirra	4th in 4X100 Mtrs Relay
5.SI.Rakesh Kaushal	4th in 4X100 Mtrs Relay
6.CT.Anwar Masih	4th in 4X100 Mtrs Medlay Relay
	4th in 4X100 Mtrs Medlay Relay
7.CT.Harmail Singh	6th in 100 Mtrs Breast Strok
	4th in 4X100 Mtrs Medlay Relay

2002

SWIMMING

PUNJAB STATE SWIMMING & WATER POLO CHAMPIONSHIPS-LUDHIANA
16th AUG.TO 18th AUG.-2002.

1.HC.Rajesh Puneia	2nd in 200 Mtrs Back Stroke
	Ist in 50 Mtrs Back Stroke
	Ist in 100 Mtrs Back Stroke
	Ist in 50 Mtrs Butter Fly
	Ist in 4X100 Mtrs Free Style Relay
	Ist in 4X200 Mtrs Free Style Relay
	Ist in 4X100Mtrs Medlay Relay
2.CT.Manraj Singh	3rd in 200 Mtrs Brest Stroke
	Ist in 200 Mtrs Free Style
	Ist in 800 Mtrs Free Style
	3rd in 1500 Mtrs Free Style
	Ist in 400 Mtrs Free Style
	2nd in 4X100 Mtrs Free Style Relay
	Ist in 4X200 Mtrs Free Style
3.CT.Kuldip Singh	3rd in 100 Mtrs Butter Fly
	2nd in 400 Mtrs Individual Medlay
	Ist in 4X100 Mtrs Medlay Relay
4.CT.Sham Singh	3rd in 400 Mtrs Individual Medlay
	2nd in 4X100 Mtrs Free Style Relay
5.HC.Mohinder Pal	3rd in 1500 Mtrs Free Style
	2nd in 400 Mtrs Free Style
	2nd in 4x100 Mtrs Free Style Relay
	Ist in 4X200 Mtrs Free Style Relay
	Ist in 4X100 Mtrs Medlay Relay
6.C-II Anwar Masih	Ist in 4X200 Mtrs Free Style Relay
7.HC.Harmail Singh	Ist in 4x100 Mtrs Medlay Relay

Total Points =76

Punjab Police Won the Punjab State Swimming & Water Polo
Championships

51th All India Police Aquatic & Cross Country Championship-Delhi
from 22nd to 27th NOV.2002 Water Polo Team Secured 3rd Postion.

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- 1.SI.Amarjit Singh (Captain)
 - 2.SI.Amiya Day
 - 3.SI.Manoj Singh
 - 4.HC.Sukhpal Singh
 - 5.HC.Rajiv Modi
 - 6.HC.Dalip Poirra
 - 7.HC.Lakhbir Singh
 - 8.HC.Amit Kumar
 - 9.C-II.Babu Das
 - 10.C-II.Harminder Singh
 - 11.C-II.amwar Masih
 - 12.C-II.Balraj Singh
 - 13.C-II.Alic Masih
- Inspr.Satnam Singh (Team Coach)

DIVING

- 1.ASI.Mohinder Bilore 2nd in One Mtrs Spring Board Diving
2nd in Three Mtrs Spring Board Diving
- Punjab Police Diving team Secured 2nd Postion.

SWIMMING

- 1.HC.Harmail Singh 3rd in 4X100 Mtrs Medlay Relay
- 2.HC.Rajesh Ponia 3rd in 4X100 Mtrs Medlay Relay
- 3.CT.Madhav Sund 3rd in 4X100 Mtrs Medlay Relay
- 4.CT.Manraj Singh 3rd in 4X100 Mtrs Medlay Relay

2003

SWIMMING

52nd All India Police Aquatic & Cross Country Championship-Delhi
from 1st to 6th Aug.-2003.

PUNJAB POLICE WATER POLO TEAM SECURED 3RD POSITION

- 1.SI.Amarjit Singh (Captain)
- 2.SI.Manoj Singh
- 3.SI.Deepak Chawala
- 4.ASI.Sukhpal Singh
- 5.HC.Rajiv Modi
- 6.HC.Dalip Poirra
- 7.HC.Babu Das
- 8.HC.Harminder Singh

- 9.HC.Anwar Masih
- 10.HC.Balraj Singh
- 11.HC.Alic Masih
- 12.CT.Rohit Metha
- 13.CT.Jaspal Singh

DIVING

PUNJAB POLICE TEAM SECURED 3RD POSITION IN SPRING BOARD CHAMPIONSHIP

- 1.SI.Mohinder Bilore 2nd in 3 Mtrs Spring Board Diving
- 2.SI.Chandan Dass 5th in 3 Mtrs Spring Board Diving

PUNJAB POLICE SWIMMING TEAM SECURED 3RD POSITION AND WON STATE CHAMPIONSHIP TROPHY.

- 1.HC.Harmail Singh 4th in 4X100 Mtrs Medlay Relay
- 2.HC.Rajesh Ponia 4th in 4X100 Mtrs Medlay Relay
- 3rd in 4X100 Mtrs Free Style Relay
- 3rd in 4X200 Mtrs Free Style Relay
- 4th in 100 Mtrs Back Strok

- 3.CT.Madhav Sund 4th in 4X100 Mtrs Medlay Relay

- 4.CT.Dinesh Rajoria 4th in 4X100 Mtrs Medlay Relay
- 3rd in 4X100 Mtrs Free Style Relay
- 3rd in 4X200 Mtrs Free Style Relay

- 5.CT.Sham Singh 3rd in 4X100 Mtrs Free Style Relay

- 6.CT.Dalbir Singh 3rd in 4X100 Mtrs Free Style Relay
- 3rd in 4X200 Mtrs Free Style Relay

- 7.CT.Manraj Singh 3rd in 4X200 Mtrs Free Style Relay

- 8.CT.Kuldip Singh 6th in 200 Mtrs Butter Fly.
- 9.SI.Rakesh Kaushal Participation
- 10.HC.Mohinder Pal Participation
- 11.HC.Deepak Kumar Participation
- 12.CT.Rajinder Kumar Participation

2004

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53rd All India Police Aquatic & Cross Country Championship-Delhi from 6th to 10th Sept.-2004.

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PUNJAB POLICE WATER POLO TEAM SECURED 4TH POSITION

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- 1.SI. Satpal Singh (Captain)
 - 2.C-II.Manoj Singh
 - 3.C-II.Lakhbir Singh
 - 4.ASI. Sukhpal Singh
 - 5.C-II.Rajiv Modi
 - 6.C-II.Dalip Poirra
 - 7.CT. Babu Das
 - 8.HC. Harminder Singh
 - 9.HC. Anwar Masih
 - 10.HC. Balraj Singh
 - 11.HC. Alic Masih
 - 12.C-II.Ameya Dey
 - 13.CT. Jaspal Singh

DIVING

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PUNJAB POLICE TEAM SECURED 3RD POSITION IN SPRING BOARD CHAMPIONSHIP  
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- 1.SI. Mohinder Bilore 3rd in 1 Mtrs Spring Board Diving.
- 2.C-II.Chandan Dass 5th in 3 Mtrs Spring Board Diving.

PUNJAB POLICE SWIMMING TEAM SECURED 3RD POSITION AND WON STATE CHAMPIONSHIP TROPHY.-2004 NEW DELHI.
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|----------------------------|------------------------------------|----------|
| 1.Ct.Dinesh Rajoria        | 3rd in 4X200 Mtrs Free Style Relay | 08:53.70 |
|                            | 4th in 4X100 Mtrs Free Style Relay | 03:57.79 |
|                            | 4th in 4X100 Mtrs Medlay Relay     | 04:28.84 |
|                            | 5th in 200 Mtrs Individual Medlay  | 02:27.24 |
|                            | 5th in 50 Mtrs Brast Stroke        | 00:32.77 |
|                            | 6th in 50 Mtrs Free Style          | 00:26.57 |
| 2.C-II.Rajesh Punia        | 3rd in 4X200 Mtrs Free Style Relay | 08:53.70 |
|                            | 4th in 200 Mtrs Back Stroke        | 02:25.10 |
|                            | 4th in 4X100 Mtrs Free Style Relay | 03:57.79 |
|                            | 4th in 200 Mtrs Individual Medlay  | 02:24.13 |
|                            | 4th in 4X100 Mtrs Medlay Relay     | 04:28.84 |
|                            | 5th in 100 Mtrs Back Stroke        | 01:06.35 |
|                            | 5th in 50 Mtrs Back Stroke         | 00:29.93 |
|                            | 6th in 100 Mtrs Butter Fly.        | 01:03.76 |
| 6th in 50 Mtrs Butter Fly. | 00:28.14                           |          |
| 3.Ct.Dalbir Singh          | 3rd in 4X200 Mtrs Free Style Relay | 08:53.70 |
|                            | 4th in 4X100 Mtrs Medlay Relay     | 04:28.84 |
|                            | 4th in 4X100 Mtrs Free Style Relay | 03:57.79 |
|                            | 6th in 100 Mtrs Free Style         | 01:00.25 |

|                      |                                           |          |
|----------------------|-------------------------------------------|----------|
| 4.Ct.Manraj Singh    | 3rd in 4X200 Mtrs Free Style Relay        | 08:53.70 |
|                      | 4th in 4X100 Mtrs Medlay Relay            | 03:57.79 |
|                      | 4th in 4X100 Mtrs Free Style Relay        | 04:38.10 |
|                      | 5th in 400 Mtrs Free Style                | 04:38.10 |
|                      | 5th in 400 Mtrs Individual Medlay         | 05:25.95 |
|                      | 6th in 200 Mtrs Butter Fly                | 02:43.40 |
|                      | 6th in 200 Mtrs Free Style.               | 02:10.36 |
|                      | 6th in 1500 Mtrs Free Style               | 19:14.96 |
|                      | 6th in 200 Mtrs Brast Stroke              | 02:47.68 |
| 5.Ct.Sham Singh      | 8th in 100 Mtrs Free Style                |          |
|                      | 7th in 400 Mtrs Free Style                |          |
| 6.Ct.Rajinder Kumar  | 8th in 1500 Mtrs Free Style               |          |
| 7.Ct.Rohit Mehta     | Participation in 50 Mtrs. Breast Stroke.  |          |
| 8.Ct.Mohinder Pal    | Participation in 100 Mtrs. Back Stroke.   |          |
| 9.Ct.Deepak Kumar    | Participation in 200 Mtrs. Breast Stroke. |          |
| 10.SI.Rakesh Kaushal | Participation in 50 Mtrs. Free Style.     |          |

Punjab Police Team Overall 3rd Position with 47 Point.

#### SWIMMING

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2005

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1. Senior National Aquatic Championship held at Trichur  
Participation

from 13.12.05 to 18.12.05.

#### Swimming

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54th All India Police Aquatic Championship-2005 held at Jaipur  
from 26.04.06 to 30.04.06

|                     |                                     |
|---------------------|-------------------------------------|
| 1. Ct. Rajesh Punia | 3rd in 50 Mtrs. Back Stroke         |
|                     | 3rd in 100 Mtrs. Back Stroke        |
|                     | 3rd in 4X100 Mtrs. Free Style Relay |
|                     | 3rd in 4X200 Mtrs. Free Style Relay |
|                     | 4th in 4X100 Mtrs. Medlay Relay     |
|                     | 5th in 50 Mtrs. Butter Fly          |

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|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2. Ct. Manraj Singh   | 3rd in 4X100 Mtrs. Free Style Relay<br>3rd in 4X200 Mtrs. Free Style Relay<br>4th in 4X100 Mtrs. Medlay Relay<br>4th in 1500 Mtrs. Free Style<br>4th in 200 Mtrs. Breast Storke<br>6th in 400 Mtrs. Free Style<br>6th in 200 Mtrs. Free Style<br>6th in 400 Mtrs. Ind. Medlay |
| 3. Ct. Dalbir Singh   | 3rd in 4X100 Mtrs. Free Style Relay<br>3rd in 4X200 Mtrs. Free Style Relay<br>4th in 4X100 Mtrs. Medlay Relay<br>5th in 100 Mtrs. Free Style<br>6th in 200 Mtrs. Back Storke                                                                                                  |
| 4. Ct. Dinesh Rajoria | 3rd in 4X100 Mtrs. Free Style Relay<br>3rd in 4X200 Mtrs. Free Style Relay<br>4th in 4X100 Mtrs. Medlay Relay<br>5th in 100 Mtrs. Free Style<br>5th in 200 Mtrs. Ind. Medlay                                                                                                  |

Punjab Police has won Swimming Championship amongst the States.

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Waterpolo

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Punjab Police Waterpolo Team won the 3rd Position.

Aquatic

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1. 60th Senior National Aquatic Championship held at Participation

Bangalore from 21.09.06 to 25.09.06.

Aquatic

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Represented from Indian Police team in the 60th Senior National Aquatic Championship-06 held at Bangalore from 21.09.06 to 25.09.06

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|-----------------------|-------------------|
| 1. HC Anwar Masih | 3rd in Water Polo |
| 2. HC Harwinder Singh | 3rd in Water Polo |

Swimming

55th All India Police Aquatic Championship-2006 held at Kolkata
from 06.11.06 to 10.11.06

Punjab Police Waterpolo Team secured 3rd Position.

- | | |
|---------------------|--|
| 1. Ct. Rajesh Punia | 5th in 200 Mtrs.Back Stroke
5th in 4X100 Mtrs. Medlay Relay
5th in 100 Mtrs. Back Stroke
4th in 4X200 Mtrs. Free Style Relay
4th in 4X100 Mtrs. Free Style Relay |
| 2. Ct. Manraj Singh | 5th in 4X100 Mtrs. Medlay Relay
4th in 4X100 Mtrs. Free Style Relay
6th in 200 Mtrs. Breast Storke |
| 3. Ct. Dalbir Singh | 6th in 200 Mtrs. Back Storke
4th in 4X100 Mtrs. Free Style Relay
4th in 4X200 Mtrs. Free Style Relay
5th in 4X100 Mtrs. Medlay Relay |
| 4. Ct. Sham Singh | 5th in 4X100 Mtrs Medaly Relay
4th in 4X200 Mtrs.Free Style Relay |
| 5 SI.Amiya De | 4th in 4X100 Mtrs Free Style Relay |
| 6 HC.Sunil Sharma | Coach |

Water Polo

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Punjab Police Waterpolo Team won the 3rd Position.

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1. SI.Deepak Chawala
2. SI.Manoj Singh
3. SI.Amiya De
4. ASI.Sukhpal Singh
5. HC.Dalip Poirra
6. HC.Harmander Singh
7. HC.Anwar Masih
8. HC.Balraj Singh
9. Ct.Jaspal Singh
10. Ct.Rohit Mehta

11. Ct.Alic Masih
12. Ct.Rajiv Modi
13. Ct.Babu Dass
14. SI.Amarjit Singh (Coach)
15. HC.Lakhbir Singh (A/Coach)

Diving
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- | | |
|--------------------|-----------------------------------|
| 1. SI.Chandan Dass | 2nd in 3 Mtrs.Spring Board Diving |
| 2. SI.Satpal Singh | Coach |

Aquatic
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33rd National Games held at Guwahati from  
 09.02.2007 to 18.02.2007.

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|------------|---------------|
| Water Polo | Participation |
| ~~~~~ | ~~~~~ |

1. HC.Harinder Singh
2. HC.Balraj Singh
3. HC.Anwar Maish
4. HC.Amit Kumar
5. HC.Rajiv Modi
6. C-II.Jaspal Singh
7. C-II.Babu Dass
8. C-II.Alic Maish
9. Ct.Rohit Mehta
10. SI.Amarjit Singh (Coach)
11. HC.Lakhvir Singh (A/Coach)

| | |
|----------|---------------|
| Swimming | Participation |
| ~~~~~ | |

1. HC.Rajesh Punia
2. Ct.Dalvir Singh
3. Ct.Manraj Singh
4. Ct.Sham Singh

Aquatic

56th All India Police Games held at Aurangabad
 from 01.04.2008 to 06.04.2008.

Swimming

- | | |
|-----------------------|-----------------------------------|
| 1. ASI Rajesh Punia | 3rd in 4X200 Mt. Free Style Relay |
| 2. Ct. Dinesh Rajoria | |
| 3. Ct. Manraj Singh | |
| 4. Ct. Dalbir Singh | |
| 5. HC Sunil Sharma | Coach |

Diving

- | | |
|-----------------------|-----------------------------|
| 1. SI Mohinder Bilore | 3rd in 3 Mtrs. Spring Board |
| 2. SI Amarjit Singh | Coach |

Swimming

Senior National Aquatic Championship held at Trivandrum
from 05.10.2009 to 10.10.2009

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Water Polo

- | | |
|--------------------------|---------------|
| 1. HC Harminder Singh | Participation |
| 2. HC Anwar Masih | |
| 3. Ct. Dhiraj Kumar | |
| 4. Ct. Charanpreet Singh | |
| 5. Ct. Simarjit Singh | |

Aquatic

58th All India Police Aquatic & Cross Country Championship-2009
held at Kolkata from 10.11.09 to 14.11.09

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Water Polo

- | | |
|------------------------------------|-------------|
| 1. Ct. Dhiraj Kumar No. 80/271 | |
| 2. SI Amiya Dey No. 1376/PAP | |
| 3. SI Manoj Singh No. 1378/PAP | |
| 4. HC Harminder Singh No. 27/1159 | |
| 5. HC Anwar Masih No. 27/1161 | |
| 6. HC Jaspal Singh No. 5-C/144 | |
| 7. HC Balraj Singh No. 27/1160 | |
| 8. HC Amit Kumar No. 2-C/902 | |
| 9. Ct. Charanpreet Singh No. 7/140 | |
| 10. Ct. Simarjit Singh No. 263/W | |
| 11. Ct. Dalbir Singh No. 36/568 | |
| 12. Ct. Sham Singh No. 516/FZR | |
| 13. HC Babu Dass No. 2-C/907 | |
| 14. SI Amarjit Singh No. 347/PAP | Chief Coach |

15. HC Sunil Sharma No. 1-C/902 Coach

Team secured 3rd position

Swimming

- 1. ASI Rajesh Punia No. 36/1101
- 2. C-II Dinesh Rajoria No. 27/609
- 3. C-II Manraj Singh No. 512/FZR
- 4. Ct. Dalbir Singh No. 36/568
- 5. Ct. Harpreet Singh No. 80/162
- 6. SI Satpal Singh No. 421/PAP Coach
- 7. HC Lakhbir Singh No. 5-C/901 Coach

Team secured State Championship Winner

World Police & Fire Games held at Belfast
from 01.08.2013 to 10.08.2013

- 1. Ct. Rajbir Singh
 - 1st in 4X50 Mt. Medley Relay
 - 1st in 4X50 Mt. Free Style
 - 2nd in 50 Mt. Butter Fly
 - 2nd in 100 Mt. Butter Fly
 - 3rd in 50 Mt. Back Stroke
 - 3rd in 100 Mt. Back Stroke

62nd All India Police Aquatics Championship-2013
held at Jaipur from 10.10.2013 to 14.10.2013

Swimming

- 1. HC Dalbir Singh
 - 3rd in 4X100 Mt. Medley Relay
- 2. Ct. Rohit Jamba
 - 1st in 4X100 Mt. Free Style
 - 2nd in 4X200 Mt. Free Style
 - 3rd in 200 Mt. Free Style
 - 3rd in 1500 Mt. Free Style
 - 3rd in 4X100 Mt. Medley Relay
- 3. Ct. Jaskaran Singh
 - 1st in 4X100 Mt. Free Style
 - 2nd in 4X200 Mt. Free Style
- 4. Ct. Rahul Dhot
 - 1st in 4X100 Mt. Free Style
 - 2nd in 4X200 Mt. Free Style R.
 - 2nd in 100 Mt. Back Stroke

| | |
|-------------------------|------------------------------|
| | 3rd in 4X100 Mt.Medley Relay |
| | 3rd in 50 Mt.Back Stroke |
| 5. Ct. Rajbir Singh | 1st in 50 Mt.Butter Fly |
| | 1st in 4X100 Mt.Free Style |
| | 2nd in 100 Mt.Free Style |
| | 2nd in 50 Mt.Back Stroke |
| | 2nd in 100 Mt.Butter Fly |
| | 2nd in 4X200 Mt.Free Style |
| | 3rd in 50 Mt.Free Style |
| | 3rd in 4X100 Mt.Medley Relay |
| 6. Ct. Amarjit Singh | Participation |
| 7. Ct. Aman Sharma | Participation |
| 8. Ct. Jagjit Singh | Participation |
| 9. Ct. Jagdeep Singh | Participation |
| 10. Ct. Varinder Singh | Participation |
| 11. Ct. Varinder Sharma | Participation |
| 12. ASI Lakhbir Singh | Coach |

Punjab Police Swimming team overall 2nd & declared State Champion

Water Polo

1. Inspr. Amiya Dey
2. ASI Anwar Masih
3. ASI Balraj Singh
4. HC Jaspal Singh
5. Ct. Jagmeet Singh
6. Ct. Tarsem Singh
7. Ct. Simarjit Singh
8. Ct. Narinder Singh
9. Ct. Navtej Singh
10. Ct. Prince
11. Ct. Varinder Sharma
12. Ct. Jaskaran Singh
13. Ct. Rajbir Singh
14. Inspr. Amarjit Singh, Incharge
15. ASI Sunil Sharma, Coach

Punjab Police Water Polo Team secured 4th Position

Aqautics

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63rd All India Police Aquatics Championship-2014  
held at New Delhi from 20.04.2015 to 24.04.2015

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Swimming

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- |                        |                                                                                                                     |
|------------------------|---------------------------------------------------------------------------------------------------------------------|
| 1. Ct. Rajbir Singh    | 1st in 100 Mt. Free Style<br>3rd in 50 Mt. Free Style<br>3rd in 4X100 Mt. Free Style<br>3rd in 4X200 Mt. Free Style |
| 2. Ct. Rohit Jamba     | 3rd in 4X100 Mt. Free Style<br>3rd in 4X200 Mt. Free Style                                                          |
| 3. HC Dalbir Singh     | 3rd in 4X100 Mt. Free Style<br>3rd in 4X200 Mt. Free Style                                                          |
| 4. Ct. Rahul Dhot      | 3rd in 4X100 Mt. Free Style                                                                                         |
| 5. Ct. Navtej Singh    | 3rd in 4X200 Mt. Free Style                                                                                         |
| 6. ASI Lakhvir Singh   | Team 3rd as a Coach                                                                                                 |
| 7. Insp. Amarjit Singh | Team 3rd as a Coach                                                                                                 |

Punjab Police Swimming team overall 3rd & declared State Champion

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Water Polo

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1. ASI Harminder Singh
2. ASI Anwar Masih
3. ASI Balraj Singh
4. ASI Alic Masih
5. HC Jaspal Singh
6. Ct. Rajbir Singh
7. Ct. Prince Sharma
8. Ct. Narinder Singh
7. Ct. Navtej Singh
8. Ct. Jagmeet Singh
9. Ct. Jagdeep Singh
10. Ct. Varinder Singh
11. Ct. Tarsem Singh
12. Ct. Jaskaran Singh
15. ASI Sunil Sharma, Coach
16. Insp. Amarjit Singh, Coach

Punjab Police Water Polo Team secured 3rd Position

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**SHAHEED BHAGAT SINGH AQUATIC CHAMPIONSHIP AT MOHALI FROM 14<sup>TH</sup> TO 19<sup>TH</sup> FEBRUARY-2016**

**Swimming**

- |                    |                                        |
|--------------------|----------------------------------------|
| 1. HC Rajbir Singh | 2 <sup>nd</sup> in 200 Mtr Back Stroke |
| 2. CT Navtej Singh | 2 <sup>nd</sup> in 4 X 400 Mtr Relay   |

**Aquatics**

**64<sup>th</sup> All India Police Aquatic & Cross Country Championship held at Lucknow from 18.04.2016 to 22.04.2016**

**Swimming**

- |                      |                                                                                                                                                               |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. HC Rajbeer Singh  | 1st in 100 Mtrs. Free Style<br>1st in 50 Mtrs. Butter Fly<br>2nd in 50 Mtrs. Back Stroke<br>3rd in 50 Mtrs. Free Style<br>3rd in 4x200 Mtrs. Free Style Relay |
| 2. HC Dalbir Singh   | 3rd in 4x200 Mtrs. Free Style Relay                                                                                                                           |
| 3. CT Rohit Jamba    | 3rd in 4x200 Mtrs. Free Style Relay                                                                                                                           |
| 4. CT Jaskaran Singh | 3rd in 4x200 Mtrs. Free Style Relay                                                                                                                           |

**Water Polo**

Punjab Police Water Polo team secured 3<sup>rd</sup> Position