



- 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

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

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

**SWIMMING**  
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- 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

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

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**PUNJAB POLICE WATER POLO TEAM SECURED 3RD POSITION**  
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- 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

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PUNJAB POLICE TEAM SECURED 3RD POSITION IN SPRING BOARD CHAMPIONSHIP

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- 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.

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- 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

SWIMMING

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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 Breast 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 Breast 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.

2. 54th All India Police Aquatic Championship-2005 held at Jaipur  
from 26.04.06 to 30.04.06

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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. Medley Relay  
                                  5th in 50 Mtrs. Butter Fly
  
  2. Ct. Manraj Singh         3rd in 4X100 Mtrs. Free Style Relay  
                                  3rd in 4X200 Mtrs. Free Style Relay  
                                  4th in 4X100 Mtrs. Medley Relay  
                                  4th in 1500 Mtrs. Free Style  
                                  4th in 200 Mtrs. Breast Stroke  
                                  6th in 400 Mtrs. Free Style  
                                  6th in 200 Mtrs. Free Style  
                                  6th in 400 Mtrs. Ind. Medley
  
  3. Ct. Dalbir Singh         3rd in 4X100 Mtrs. Free Style Relay  
                                  3rd in 4X200 Mtrs. Free Style Relay  
                                  4th in 4X100 Mtrs. Medley Relay  
                                  5th in 100 Mtrs. Free Style  
                                  6th in 200 Mtrs. Back Stroke
  
  4. Ct. Dinesh Rajoria       3rd in 4X100 Mtrs. Free Style Relay  
                                  3rd in 4X200 Mtrs. Free Style Relay  
                                  4th in 4X100 Mtrs. Medley Relay  
                                  5th in 100 Mtrs. Free Style  
                                  5th in 200 Mtrs. Ind. Medley

Punjab Police has won Swimming Championship amongst the States.

Waterpolo

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Punjab Police Waterpolo Team won the 3rd Position.

60<sup>th</sup> Senior National Aquatic Championship held at Participation  
Bangalore from 21.09.06 to 25.09.06.

Aquatic

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

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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

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1. HC.Harminder 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

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