



# المدرسة الهندية – مسقط

## INDIAN SCHOOL MUSCAT

(Affiliated to the Central Board of Secondary Education, New Delhi. Affiliation No. 6130001)

ص.ب : ٢٤٧٠ . روي. الرمز البريدي : ١١٢ . سلطنة عمان. هاتف : ٢٤٧٠٢٥٦٧ , ٢٤٧٨٤٠٥٥ , ٢٤٧٨٤٠٦٩ , ٢٤٧٨٤٠٩٧ - فاكس : ٢٤٧٩٤٩١٩  
P.O. Box: 2470, Ruwi, Postal Code: 112, Sultanate of Oman - Tel.: 24784097, 24784069, 24784055, 24702567 - Fax : 24794919  
Email : ismoman@omantel.net.om Website: www.ismoman.com



ISM/PRN/029/2026-27

April 19, 2026

### CIRCULAR FOR SCHOOL SWIMMING TEAM SELECTION (I TO XII)

Dear Student,  
Greetings from Indian School Muscat!

We are pleased to inform you that the selection of the school Swimming team for the upcoming CBSE Inter School Oman Cluster competition will be conducted at the Royal Hospital Swimming Pool, Bousher on **Friday, April 24, 2026** from 7:00 a.m. to 2:00 p.m.

All the participants are requested to fill in the Google Form before the selections.  
<https://forms.gle/kgdyzu1Jna9cupaB7>

Students will not be allowed to participate if they fail to submit the Google Form. All the students are expected to report to the venue on the day of the event.

Detailed schedule is given below

UNDER 11 (1.1.2016)	UNDER 14 (1.1.2013)	UNDER 17 (1.1.2010)	UNDER 19 (1.1.2008)	TIME
50M F S	50M F S	50M F S	50M F S	7:00 a.m. to 9:00 a.m.
100M F S	100M F S	100M F S	100M F S	
50M BK S	200M F S	200M F S	200M F S	
50M BT S	50M BK S	400M F S	400M F S	
50M B Fly	100M BK S	800M F S	800M F S(Girls)	
200M IM	50M BT S	50M BK S	1500M FS(Boys)	
4x50M FSRelay	100M BT S	100M BK S	50M BK S	
4x50 MRelay	50M B Fly	200M BK S	100M BK S	
	100M B Fly	50M BT S	200M BK S	
	200M IM	100M BT S	50 M BT S	
	4x100M FSR	200M BT S	100M BT S	
	4x100 MR	50M B Fly	200M BT S	11:00 a.m. to 2:00 p.m.
		100M B Fly	50M B Fly	
		200M B Fly	100M B Fly	
		200M IM	200M B Fly	
		4x100M FSR	200M IM	
		4x100 MR	400M IM	
			4x100M FSRelay	
			4x100 MRelay	

For more details you may contact Mr. Solomon Inbanathan, PE Teacher @77305211 or [solomon.inbathien@ismoman.com](mailto:solomon.inbathien@ismoman.com)





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Kindly note the Points:

1. All the participants must wear appropriate swimming attire.
2. Hydrate adequately since the climate is hot and humid.
3. Avoid heavy meals before the competition.
4. Do not enter the pool without the permission of the teachers.
5. Refrain from playing in or around the swimming pool area.
6. Diving and other activities are strictly prohibited.
7. Only registered competitors are allowed inside the swimming pool area.
8. This is the selection trials, and students with the best timing will be selected for the school teams.
9. All the timings and students' performance will be displayed on the notice boards once the competition is over.
10. Follow the instructions of the teachers on duty and the swimming pool manager.
11. Use the change rooms for changing the cloth and shower before and after the swimming competitions.
12. Parents are requested to make the necessary transport arrangements to drop their children at the venue and pick them up after the event.

Kind regards,

Rakesh Joshi  
Principal



### CONSENT LETTER FOR ISM SWIMMING SCHOOL TEAM SELECTION

I, \_\_\_\_\_, parent of Master/Miss \_\_\_\_\_ of  
Class \_\_\_\_\_ Sec \_\_\_\_\_, hereby give my consent for my ward's participation in the school  
swimming team selections at the Royal Hospital Swimming Pool on 24<sup>th</sup> April 2026, from 7:00  
a.m. to 2:00 p.m. I also declare that he/she has no physical illness that would prevent participation  
in this event.

Signature of the Parent with date: \_\_\_\_\_ Contact \_\_\_\_\_

