



## KIAMBU COUNTY AQUATICS ASSOCIATION

"We aim for aquatics development"

Cell: +254 716 488 470

Email: [kiambuaquatics@gmail.com](mailto:kiambuaquatics@gmail.com)

Address: Spur Mall, along Thika Rd  
5<sup>th</sup> Floor, Near Ruiru Town

### KIAMBU COUNTY AQUATICS ASSOCIATION INVITATIONAL SWIMMING GALA

**Date:** 23rd & 24th September 2023

**Venue:** Mpesa Foundation Academy Thika

Dear School Heads, HODs, Swim Coaches, Team Managers, Swimmers, and Parents,

Join us for the **Kiambu county Aquatics Association Invitational swimming gala**, a thrilling two-day swimming competition set to take place on September 23<sup>rd</sup> and 24<sup>th</sup>, 2023, at the prestigious Mpesa Foundation Academy Thika. This event promises to showcase the remarkable talent and dedication of swimmers from various clubs.

#### Event Details:

- The event will be conducted in accordance with **WORLD AQUATICS/KENYA AQUATICS** Swimming Technical Rules.
- All participants on-site must wear masks and adhere to safety protocols.

#### Sessions:

- **Session A:** Saturday, 23<sup>rd</sup> September, Warm-up 6:45 AM - 7:45 AM, Start: 8:30 AM,
- **Session B:** Saturday, 23<sup>rd</sup> September, warm up 1:00 pm to 1:30 P.M, Start 1:45 P.M
- **Session C:** Sunday 24<sup>th</sup> September, Warm-up 6:45 AM - 7:45 AM, Start: 8:30 AM,

#### Awards:

- Medals will be awarded for the top three positions in individual events and relays.
- Certificates of participation will be given to all swimmers taking part.
- Overall Team Trophies will be awarded for Best Girls Team, Best Boys Team, 1st Runners-up, and 2nd Runners-up, determined by Medal Count.
- Individual trophies will be awarded to the overall best swimmer in each age category

#### Age Groups:

- Age groups: 7 & under, 8-9, 10-11, 12-13, 14-15, and 16 & Over.
- Age is determined as of 23<sup>rd</sup> September 2023.



## KIAMBU COUNTY AQUATICS ASSOCIATION

"We aim for aquatics development"

Cell: +254 716 488 470

Email: [kiambuaquatics@gmail.com](mailto:kiambuaquatics@gmail.com)

Address: Spur Mall, along Thika Rd  
5<sup>th</sup> Floor, Near Ruiru Town

### Qualifying Times:

- No qualifying times required for this event.
- Swimmers will qualify for upcoming level 1, 2, and 3 events this season.

### No Show:

- A fee of Ksh 500/- for every no-show or missing marshaled event.
- Payment due before the start of the next session or before the final awards ceremony.

### Vendors:

- Vendors are welcome for a fee of Ksh 5000/-.
- Vendors should bring their own small tents.

### Entries:

- Entry submission opens on 1<sup>st</sup> September 2023 and closes on 19<sup>th</sup> September 2023.
- Entries must be in Team Manager Format.
- Email entries in zip format to [kfskiambucompetitionsecretary@gmail.com](mailto:kfskiambucompetitionsecretary@gmail.com) and copy to [kiambuaquatics@gmail.com](mailto:kiambuaquatics@gmail.com).
- Late entries will not be accepted.

### Entry Fees:

- Entry fee: Ksh 500/- per swimmer per event.
- Relay entry fee: Ksh 1,000 per team.
- Payment by Cheque: ABSA Bank of Kenya, Account name KSF KIAMBU COUNTY.
- Mpesa payment: Paybill number 303030, Account number 2042494286.

### Spectators:

- Spectator fee: Ksh 1000 per day.
- Teams can nominate one person per 10 swimmers entered.
- Teams with less than 10 swimmers can nominate two people, including the coach and a team official.



## KIAMBU COUNTY AQUATICS ASSOCIATION

"We aim for aquatics development"

Cell: +254 716 488 470

Email: [kiambuaquatics@gmail.com](mailto:kiambuaquatics@gmail.com)

Address: Spur Mall, along Thika Rd  
5<sup>th</sup> Floor, Near Ruiru Town

### Meet Results:

- Final and full results will be emailed to participating teams.
- Preliminary results will be posted on venue notice boards.
- Secretariat is restricted to designated team officials.

### Protest:

- Protests in writing to the Referee with a fee of Ksh 2000/-.
- Referee's decision will be final for disqualifications based on decisions of fact.

### Start Rule:

- One start rule applies.

### Seating Arrangements:

- Teams will be allocated seating space/area.
- Teams are expected to maintain their bubble and not mix with other teams.

**Swimmer Self-Marshaling Process:** To ensure a smooth flow of the event, we will be utilizing a swimmer self-marshaling process. Before reporting to the event, swimmers must familiarize themselves with the following details:

1. Event number(s)
2. Heat number(s)
3. Lane number(s)

Swimmers are required to report to the Self-Marshaling Area situated behind their designated lane's starting platform. Make sure to arrive at the starting area four heats prior to your scheduled heat. Keep an ear out for marshaling calls broadcasted over the public address system.

**Team Manager/Coaches Meeting:** A crucial meeting for team managers and coaches is scheduled for Saturday, September 23<sup>rd</sup>, 2023, at 8:00 AM at the poolside. Attendance by all team managers and coaches is mandatory to ensure effective coordination.

**Photographs and Personal Information Consent Release:** Kiambu Aquatics values its swimmers and their achievements. By participating, you authorize Kiambu Aquatics to use your personal information and photos on our website, programs, and brochures to promote the sport of swimming and recognize swimmers' accomplishments. This authorization grants us the right to



## KIAMBU COUNTY AQUATICS ASSOCIATION

"We aim for aquatics development"

Cell: +254 716 488 470

Email: [kiambuaquatics@gmail.com](mailto:kiambuaquatics@gmail.com)

Address: Spur Mall, along Thika Rd  
5<sup>th</sup> Floor, Near Ruiru Town

use your name, images, videos, and stories for advertising and publicity purposes across various media platforms.

**Safety and Responsibility:** The safety of participants is of utmost importance. While every precaution will be taken, please be aware that participation in the event is entirely at your own risk. Neither Kiambu Aquatics nor Mpesa Foundation Academy Thika can be held responsible for any incidents, accidents, injuries, or losses that may occur during the event.

**COVID-19 Precautions:** Given the ongoing pandemic, we encourage all participants to adhere to COVID-19 safety measures. While participating in the event, please be mindful of the risks associated with exposure to the virus. Individuals with underlying medical conditions and senior citizens are especially vulnerable.

### Warm-Up Procedure:

1. All teams will receive a designated lane and a maximum of 10 minutes for warm-up.
2. Equal warm-up opportunities will be provided to all teams, provided they arrive at the venue early enough.
3. During warm-up, teams must be accompanied by their coach, assistant coach, or team manager.
4. Kiambu County Aquatics' official lifeguard will oversee the warm-up sessions.

**Food and Refreshments:** Enjoy hot meals, snacks, drinks, and water available for purchase from our official approved caterers.

We look forward to hosting an exciting and memorable Kiambu Aquatics Clubs Invitational Gala, celebrating the spirit of competitive swimming and fostering a sense of community among swimmers, coaches, and spectators. For any queries or clarifications, feel free to contact our PR officer.

Let's make this event a great success together!



## KIAMBU COUNTY AQUATICS ASSOCIATION

"We aim for aquatics development"

Cell: +254 716 488 470

Email: [kiambuaquatics@gmail.com](mailto:kiambuaquatics@gmail.com)

Address: Spur Mall, along Thika Rd  
5<sup>th</sup> Floor, Near Ruiru Town

### Saturday Program of Events – Session 1

Female events no:	Event name	Age categories	Male event no:
101	100M individual medley	7 & under, 8/9	102
103	200M individual medley	10/11, 12/13, 14/15, 16/O	104
105	25M Backstroke	7 & under, 8/9	106
107	50M Backstroke	8/9, 10/11, 12/13, 14/15, 16/O	108
109	200M Butterfly	10/11, 12/13, 14/15, 16/O	110
111	25m breaststroke	7 & under, 8/9	112
113	50M Breaststroke	8/9, 10/11, 12/13, 14/15, 16/O	114
115	200M Freestyle	10/11, 12/13, 14/15, 16/O	116
117	400M Mixed Medley Relay	Open	Mixed event

### Saturday Program of Events - Session 2

Female events no:	Event name	Age categories	Male event no:
201	100M Backstroke	8/9, 10/11, 12/13, 14/15, 16/O	202
203	25M Butterfly	7 & under, 8/9	204
205	50M Butterfly	8/9, 10/11, 12/13, 14/15, 16/O	206
207	100M Medley relay	7 & under, 8/9	208
209	200M Medley Relay	10/13, 14/O	210
211	100M Butterfly	8/9, 10/11, 12/13, 14/15, 16/O	212
213	100M Freestyle	8/9, 10/11, 12/13, 14/15, 16/O	214





## KIAMBU COUNTY AQUATICS ASSOCIATION

"We aim for aquatics development"

Cell: +254 716 488 470

Email: [kiambuaquatics@gmail.com](mailto:kiambuaquatics@gmail.com)

Address: Spur Mall, along Thika Rd  
5<sup>th</sup> Floor, Near Ruiru Town

### Sunday Program of Events - Session 1

Female events no:	Event name	Age categories	Male event no:
301	400M Freestyle	10/11, 12/13, 14/15, 16/O	302
303	100M Breaststroke	8/9, 10/11, 12/13, 14/15, 16/O	304
305	400M Freestyle Relay	Open	306
307	200M Backstroke	10/11, 12/13, 14/15, 16/O	308
309	25M free style	7 & under, 8/9	310
311	50M Freestyle	8/9, 10/11, 12/13, 14/15, 16/O	312
313	200M Breaststroke	10/11, 12/13, 14/15, 16/O	314
315	100M Freestyle relay	7 & under, 8/9	316
317	200M Freestyle Relay	10/13, 14/O	318