

NAIROBI COUNTY AQUATICS ASSOCIATION



Level 3 Age Group Swimming Championships
October 22-24 2021
At The Makini School,
Nairobi



Kenya Swimming Federation
Nairobi County Aquatics Association



Level 3 Age group Swimming Championships

Date	Operative Date	Entry Closing Date	Venue
October 22 - 24 2021	October 22 nd 2021	October 15 th 2021	Makini School

Under FINA/KSF/NCAA Swimming Technical Rules

Everyone on-site must have masks on and observes all the COVID19 safety protocols

SESSION:

1. Friday	4.00am start at 4.30pm Events 101 - 102
2. Saturday	8.00am start at 8.30am Events 201 - 309
3. Sunday	8.30am start at 9.00am Events 401 - 416

VENUE:

Makini School, Makindi Road Nairobi. 7 lane, 25m Competition Pool.

TIME SCHEDULE

The Organizer reserves the right to vary the program according to circumstances at his own discretion.

AWARDS:

Medal Awards Ceremony will take place as the end of each event. Medals to the top three finishers in each event. Overall Team Trophies for the Best Girls team and Best Boys Teams, 1st runners up and 2nd runners up. The Team Trophies winners will be determined by the Medal Count. All events will be swum on heat declared Finals The IRON WOMAN and IRON MAN events will have cash awards.

AGE GROUPS:

For this competition, the operative date is first day of the meet. Any swimmer who will have his 9th birthday on or before the first day of the meet will swim in the 8 -9yrs age group. Age groups : 8 - 9yrs, 10 - 11yrs, 12 - 13yrs, 14 - 15yrs, 16yrs & over. The Freestyle 1500m, 800m, 400m , 400m IM, 200m Breaststroke, Butterfly, Backstroke and Freestyle will be swam as age group events 10yrs and over swimmers. The IRON WOMAN and IRON MAN events entry is only by invitation.

THE RELAYS:

The Relay age groups will be as follows:

8 - 9yrs	14 - 15yrs
10 - 11yrs	16 & Over
12 - 13yrs	

No swim ups will be allowed. One Relay entry per club per event. The names must be received in the correct following order for the relays on the prescribed forms and must be submitted before the end of the session (e.g. morning session) preceding the session (e.g. afternoon session) in which the relay will be swum. This will be confirmation of the relay entry, if the relay form is not received, the team will be withdrawn from the event. Only swimmers entered in the competition may swim in relays. Each team in the mixed relays events will be composed of two (2) male and two (2) female swimmers. One (1) relay team per age group, per event. Only swimmers entered in this competition may swim in relays.

QUALIFYING TIMES:

This is a Level 3 meet with qualifying times, which must have been achieved from September 1st 2019. Proof of Time is required with entry submission from sanctioned competitions or events. Entries submitted without proof of times will be rejected.. Entries with Customized times or No Times (NT) will not be accepted. No Shows (NS) will be fined Ksh 500/- per event missed. Payable after each event.

As we embark on the new season, please be advised that as of January 2022 for swimmers to take part in the Level 2 and Level 3 meets and any other meet as shall be determined, they must have on record (NCAA database) a current individual medley Level 2 or Level 3 time achieved in a sanctioned meet as from September 1st 2019 and as follows:

*8-9 yrs either a 4 X25m or 4 X 50m IM event
10yrs & over either 4 X 50m or 4 X 100m IM event*

ENTRIES:

By submitting entries, participants agree to the conditions of entry for the competition and the Nairobi County Aquatics Association Terms and Conditions. All entries must be in team manager format and a PDF document showing proof of time.. Entry submission will open on October 11th 2021 and close on October 17th 2021 11.59pm and must include full names and the date of birth.

Only entries emailed to entries@nairobi-county-aquatics.or.ke will be accepted.

No changes will be done at the poolside when the gala is running. All corrections must be done by October 20th at 6.00 pm. Scratches will be accepted one (1) hour before the start of every session in writing (a scratch does not mean an entry has been deleted off the system).

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All Entries scratched after this deadline must be paid for. One Relay team entry per club/team per event. Please note the team that enters the swimmer is responsible for paying the swimmers entry fees.

Due to the Covid19 safety protocols, we can only accommodate a maximum of 800 Athletes and Team officials on-site, thus entries with proof of payment will be accepted on a first come first served policy. Once we get to this quota no more entries will be accepted.

ACCREDITATION:

All clubs and teams and team officials and athletes taking part in this and all the other NCAA and KSF sanctioned meets and operating with the Nairobi County jurisdiction, must be duly registered with the Nairobi County Aquatics Association in addition to all the other statutory legal requirements. All the Teams must submit the names of the coach and the team manager for accreditation by October 19th 2021. Only accredited Team Officials will be allowed into the Aquatic centre. Only accredited Team Managers Coaches may withdraw competitors, lodge objections and or lodge complaints.

ENTRY FEE PAYMENTS:

The entry fee is KSH 500/- per swimmer per event and KSH 900/ per relay per event. A single payment covering all entries should be made. Entries will not be accepted without the correct payment. Entry fees are to be paid into the Nairobi County Aquatics Association bank account using the details below:

Kenya Swimming Federation Nairobi County
Absa Bank Kenya, Westlands Branch
A/C 2039964395

OR

Lipa na mpesa
Pay bill 303030
Business no 2039964395

No entries will be processed without proof of payment.

SPECTATOR GATE ENTRY FEE:

Gate entry Fee for Spectators is KSH 2000 for the Weekend. **Advance Ticket Sales only.** This is to help manage the number of spectators allowed on-site and in keeping with our Covid-19 safety protocols. Noncompliance with the guidelines by any spectators could lead to consequences including being required to leave the event facility and other penalties and prosecution by the Ministry of Interior and Coordination of National Government

Payment to be made using:

Lipa Na Mpesa
Buy Goods And Services
TILL NO. 7671869
Meet Program 200 per set per session.

PLEASE NOTE THAT NO TICKETS WILL BE SOLD AT THE GATE

THE START:

One-start rule shall apply for this meet.

MARSHALLING:

Swimmer self-marshalling process shall be in use. Before reporting, swimmers must ensure they know their:

~Event number/s

~Heat number/s

~Lane number/s

Swimmers report to the Self-Marshalling Area located behind the starting platform of their designated lane. Swimmers should report 4 of heats prior to their heat being in the water, Swimmers must pay attention to marshalling calls made over the public address system.

SEATING ARRANGEMENTS:

The NCAA Meet Management will allocate sitting space/area for all the teams in attendance. All the teams will be expected to maintain their bubble and will not be allowed to mix.

TECHNICAL MEETING:

Team Managers and Coaches will have an online Meeting with the Organizers **on Thursday 21st October 2021 at 19.30hrs** (A Google link will be shared with the teams taking part.) and at **08.00hrs on Saturday 23rd October 2021** at the poolside. All Team Managers/Coaches must attend the Manager's Meeting. Following the start of the Technical Meeting, email scratches will not be accepted and meet scratch card is required Any scratches made after the Thursday meeting will be charged.

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WARM UP:

The warm up schedule covering both Saturday and Sunday will be sent out on Thursday.

RESULTS

The full and final results will be available at the end of the meet. The Secretariat is out of bounds to all swimmers and non-designated team officials. Swimmers, who do not show for their race, will be fined KSH 1000/= and the swimmer may not compete in any other event until this fine has been paid.

PROTEST:

All protests shall be dealt with in accordance with the rules prescribed by FINA GR 9.2 subject to a **protest fee of Ksh 5000/-**. In the case of a disqualification arising from a decision of fact, the Referee's decision will be final. Protests arising out of a session must be **lodged in writing** with the Referee of the Competition, not later than thirty (30) minutes of the incident or after the results of such session have been made available to Affiliated Team Managers. In the case of a technical disqualification, the referee will reply in writing with the reasons for the disqualification or decisions taken. If the decision stands and the disqualification upheld, the matter can be referred to the Jury of Appeal. All other protests will be dealt with by the Jury of Appeal. The Technical Committee will act as a jury. Video evidence will not be accepted in any case to dispute a decision. Queries are to be made to the Referee.

MEDAL CEREMONY:

In line with the COVID-19 safety protocols there will be no medal award ceremony, instead all the medals will be handed over to the respective team accredited officials only.

GENERAL NOTICE:

Please refrain from littering the pool surroundings. Attendees have a level of responsibility for their own welfare, as well as that of others around them by following the instructions and restrictions in place when attending events. This includes providing contact details, assuring they are well and practicing good hygiene. All attendees, including coaches, managers, officials and swimmers, must read, understand and agree to comply with the COVID-19 Terms & Conditions and Meet Information for Attendees, prior to nominating and/or attending this or any other NCAA swim meets.

DISCLAIMER:

ENTRY IS ENTIRELY AT YOUR OWN RISK. Neither The Kenya Swimming Federation Nairobi County Aquatics Association nor the Makini School will accept responsibility for any incident or accident, injury or loss, which may occur before, during and after the event. An inherent risk of exposure to COVID19 exists in any public place where people are present. COVID19 is an extremely contagious disease that can lead to severe illness and death. According to the Ministry of Health, World Health Organisation, senior citizens and individuals with underlying medical conditions are especially vulnerable. Nairobi County Aquatics Association, cannot prevent you or your athlete from becoming exposed to, contracting, or spreading COVID19 while participating in Nairobi County Aquatics Association sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in this Nairobi County Aquatics Association sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID19

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PROGRAMME OF EVENTS

SESSION 1

Day of Meet 1: Friday Afternoon
Starts at 04:30 PM

Girls			Boys
101	1500m FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	102

SESSION 2

Day of Meet 2: Saturday Morning
Starts at 08:30 AM

Girls			Boys
201	400m FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	202
203	100m BACKSTROKE	8-9,10-11, 12-13,14-15, 16 & OVER	204
205	100m INDIVIDUAL MEDELY	8-9,10-11, 12-13, 14-15, 16 & OVER	206
207	200m BUTTERFLY	10-11, 12-13, 14-15, 16 & OVER	208
209	100m BREASTSTROKE	8-9,10-11, 12-13, 14-15, 16 & OVER	210
211	200m MIXED MEDLEY RELAY	8-9,10-11, 12-13,14-15, 16 & OVER	
212	200m FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	213
BREAK			
301	200m INDIVIDUAL MEDLEY	8-9, 10-11, 12-13, 14-15, 16 & OVER	302
303	100m FREESTYLE	8-9, 10-11, 12-13, 14-15, 16 & OVER	304
305	200m BREASTSTROKE	10-11, 12-13, 14-15, 16 & OVER	306
307	50m BUTTERFLY	8-9, 10-11, 12-13, 14-15, 16 & OVER	308
309	200m MIXED FREESTYLE RELAY	8-9, 10-11, 12-13, 14-15, 16 & OVER	
310	200m BACKSTROKE	10-11, 12-13, 14-15, 16 & OVER	311

SESSION 3

Day of Meet 3: Sunday Morning
Starts at 09:00 AM

Girls			Boys
401	800m FREESTYLE	10-11, 12-13, 14-15, 16 & OVER	402
403	50m BACKSTROKE	8-9,10-11, 12-13, 14-15, 16 & OVER	404
405	200m MEDLEY RELAY	8-9, 10-11, 12-13, 14-15, 16 & OVER	406
407	50m BREASTSTROKE	8-9, 10-11, 12-13, 14-15, 16 & OVER	408
409	100m BUTTERFLY	8-9, 10-11, 12-13, 14-15, 16 & OVER	410
411	400m INDIVIDUAL MEDLEY	10-11, 12-13, 14-15, 16 & OVER	412
413	50m FREESTYLE	8-9, 10-11, 12-13, 14-15, 16 & OVER	414
415	200m FREESTYLE RELAY	8-9, 10-11, 12-13, 14-15, 16 & OVER	416
417	50m Iron Woman	By invitation only	
418	50m Iron Man	By Invitation only	

ALL ENTRIES MUST BE SUBMITTED IN TEAM MANAGER FORMAT ONLY

Only entries emailed to entries@nairobi-countyaquatics.or.ke will be accepted.

No team will be allowed to participate before the Meet Entry fees are received in full for all swimmers

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Qualifying Times

Female 8-9

	L 3	L 2
50 Free	45.99	58.00
100 Free	1:47.00	1:49.00
200 Free	3:44.00	4:00.00
400 Free	7:45.00	8:05.00
50 Back	58.00	1:00.00
100 Back	2:03.59	2:05.00
200 Back	4:10.00	4:15.00
50 Breast	1:01.00	1:05.00
100 Breast	2:12.00	2:15.00
200 Breast	4:35.00	4:38.00
50 Fly	59.99	1:02.00
100 Fly	2:07.00	2:10.00
100 IM	2:07.99	2:11.00
200 IM	4:05.00	4:18.00

Female 10-11

	L 3	L 2
50 Free	40.00	49.00
100 Free	1:32.00	1:38.00
200 Free	3:32.00	3:45.00
400 Free	6:58.00	7:28.00
800 Free	15:00.00	16:20.00
1500 Free	27:10.00	28:00.00
50 Back	49.99	53.00
100 Back	1:49.99	1:53.00
200 Back	3:40.00	3:45.00
50 Breast	53.67	54.00
100 Breast	1:58.08	2:00.00
200 Breast	4:12.99	4:17.00
50 Fly	48.99	51.00
100 Fly	1:56.99	2:01.00
200 Fly	3:49.00	3:55.00
100 IM	1:42.99	1:45.00
200 IM	3:41.99	3:49.00
400 IM	7:50.99	7:56.00

Female 12-13

	L 3	L 2
50 Free	37.99	41.00
100 Free	1:24.99	1:30.00
200 Free	3:15.99	3:20.00
400 Free	6:48.00	6:51.00
800 Free	13:02.99	13:30.00
1500 Free	25:10.00	26:00.00
50 Back	45.99	49.00
100 Back	1:39.99	1:42.00
200 Back	3:25.99	3:30.00
50 Breast	47.89	51.00

100 Breast	1:49.99	1:58.00
200 Breast	3:50.99	3:55.00
50 Fly	44.99	47.00
100 Fly	1:45.99	1:51.00
200 Fly	3:23.29	3:26.00
100 IM	1:33.99	1:36.00
200 IM	3:24.50	3:30.00
400 IM	7:12.99	7:20.00

Female 14-15

	L 3	L 2
50 Free	37.81	41.00
100 Free	1:19.99	1:25.00
200 Free	2:47.99	2:57.00
400 Free	5:47.00	6:00.00
800 Free	13:03.00	13:10.00
1500 Free	24:10.00	24:25.00
50 Back	43.99	47.00
100 Back	1:37.00	1:41.00
200 Back	3:12.00	3:20.00
50 Breast	44.99	47.00
100 Breast	1:43.00	1:46.00
200 Breast	3:40.00	3:45.00
50 Fly	42.99	45.00
100 Fly	1:30.00	1:40.00
200 Fly	3:12.89	3:20.00
100 IM	1:28.99	1:32.00
200 IM	3:08.89	3:15.00
400 IM	6:41.00	6:52.00

Female 16 & Over

	L 3	L 2
50 Free	34.99	38.00
100 Free	1:15.99	1:19.00
200 Free	2:44.99	3:10.00
400 Free	5:35.00	5:42.00
800 Free	11:45.00	12:10.00
1500 Free	23:30.99	23:50.00
50 Back	42.99	46.00
100 Back	1:26.00	1:32.00
200 Back	3:05.00	3:11.00
50 Breast	44.99	47.00
100 Breast	1:38.99	1:42.00
200 Breast	3:35.00	3:41.00
50 Fly	37.99	41.00
100 Fly	1:22.00	1:36.00
200 Fly	2:59.99	3:15.00
100 IM	1:22.99	1:29.00
200 IM	3:00.99	3:15.00
400 IM	6:00.99	6:15.00

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Qualifying Times

Age Group	Stroke	Distance	L3	L2	Stroke	Distance	L3	L2
Male 8-9	Free	50	45.99	58.00	Breast	100	1:46.99	1:49.00
	Free	100	1:47.00	1:49.00	Breast	200	3:42.00	3:52.00
	Free	200	3:44.00	4:00.00	Fly	50	42.99	45.00
	Free	400	7:45.00	8:05.00	Fly	100	1:36.99	1:40.00
	Back	50	58.00	1:00.00	Fly	200	3:18.00	3:22.00
	Back	100	2:03.59	2:05.00	IM	100	1:29.99	1:33.00
	Back	200	4:10.00	4:15.00	IM	200	3:20.00	3:25.00
	Breast	50	1:01.00	1:05.00	IM	400	7:02.00	7:10.00
	Breast	100	2:12.00	2:15.00	Male 14-15			
	Breast	200	4:35.00	4:38.00				
	Fly	50	59.99	1:02.00				
	Fly	100	2:07.00	2:10.00				
	IM	100	2:07.00	2:11.00				
	IM	200	4:05.00	4:18.00				
IM	200	4:05.00	4:18.00					
Male 10-11	Free	50	40.00	49.00	Free	50	32.99	36.00
	Free	100	1:29.99	1:35.00	Free	100	1:12.99	1:16.00
	Free	200	3:19.00	3:35.00	Free	200	2:45.99	2:50.00
	Free	400	6:50.00	7:10.00	Free	400	5:35.00	5:41.00
	Free	800	14:58.00	15:05.00	Free	800	11:30.00	11:45.00
	Free	1500	27:10.00	27:55.00	Free	1500	24:09.00	24:15.00
	Back	50	48.59	51.00	Back	50	39.00	42.00
	Back	100	1:46.99	1:51.00	Back	100	1:22.00	1:30.00
	Back	200	3:33.00	3:39.00	Back	200	2:55.00	3:04.00
	Breast	50	52.40	53.00	Breast	50	42.99	45.00
	Breast	100	1:53.00	1:56.00	Breast	100	1:40.00	1:45.00
	Breast	200	4:02.00	4:10.00	Breast	200	3:14.00	3:20.00
	Fly	50	47.99	50.00	Fly	50	37.89	41.00
	Fly	100	1:45.99	1:50.00	Fly	100	1:24.00	1:30.00
Fly	200	3:42.00	3:50.00	Fly	200	3:05.90	3:12.00	
IM	100	1:37.99	1:41.00	IM	100	1:19.70	1:25.00	
IM	200	3:26.00	3:35.00	IM	200	2:59.00	3:09.00	
IM	400	7:20.00	7:42.00	IM	400	6:09.00	6:25.00	
Male 12-13	Free	50	36.99	39.00	Male 16 & Over			
	Free	100	1:19.99	1:24.00				
	Free	200	3:04.00	3:10.00				
	Free	400	6:20.00	6:25.00				
	Free	800	12:35.00	12:45.00				
	Free	1500	25:00.00	25:45.00				
	Back	50	45.99	48.00				
	Back	100	1:35.99	1:39.00	Free	50	28.99	31.00
	Back	200	3:13.00	3:20.00	Free	100	1:08.99	1:11.00
	Breast	50	46.99	48.00	Free	200	2:33.99	2:41.00
	Breast	100	1:19.99	1:24.00	Free	400	5:25.00	5:31.00
	Breast	200	3:04.00	3:10.00	Free	800	11:20.00	11:31.00
	Breast	400	6:20.00	6:25.00	Free	1500	23:35.00	23:48.00
	Breast	800	12:35.00	12:45.00	Back	50	38.99	42.00
Breast	1500	25:00.00	25:45.00	Back	100	1:19.00	1:24.00	
Back	50	45.99	48.00	Back	200	2:50.00	2:54.00	
Back	100	1:35.99	1:39.00	Breast	50	38.99	42.00	
Back	200	3:13.00	3:20.00	Breast	100	1:28.00	1:32.00	
Breast	50	46.99	48.00	Breast	200	3:04.89	3:10.00	
Breast	100	1:19.99	1:24.00	Fly	50	32.00	36.00	
Breast	200	3:04.00	3:10.00	Fly	100	1:13.00	1:24.00	
Free	50	36.99	39.00	Fly	200	2:57.00	3:09.00	
Free	100	1:19.99	1:24.00	IM	100	1:18.00	1:25.00	
Free	200	3:04.00	3:10.00	IM	200	2:50.00	2:56.00	
Free	400	6:20.00	6:25.00	IM	400	6:15.00	6:35.00	
Free	800	12:35.00	12:45.00					
Free	1500	25:00.00	25:45.00					