



## 2022 Kenya National Long Course Swimming Championships May 6-8, 2021 Kasarani Aquatic Centre

- General:** The 2022 Kenya National Long Course Swimming Championships is a long course National Championships in Kenya sanctioned by Kenya Swimming Federation for all qualified swimmers.  
The Championships will be run with strict compliance with FINA Guidelines, Ministry of Health and Ministry of Sports Guidelines and protocols for the containment and prevention of the spread of Covid 19.
- Registration:** All Club representatives and/or coaches are required to register their club at the registration desk to receive accreditation.  
Clubs will be provided with one accreditation per swimmer registered in the competition. Clubs will receive one coach accreditation per 10 swimmers entered. Each club **MUST** designate a Club Covid-19 Response Coordinator. The coach may double up in this role for any club with less than 10 swimmers.
- All coaches must register in person. The registration desk will open for pre-registration at the KSF offices in Kasarani:  
Thursday May 5, 2022 at 3:00pm – 4:30pm. Only registered coaches/officials will receive accreditation and will be allowed on deck.
- For more information and updates to this meet package will be provided on the KSF Website on a continuous basis. Clubs and coaches are encouraged to subscribe to the KSF website to receive updates.
- National Team Selection:** The times achieved at this meet will be uploaded to the National Database for selection to the XXII Birmingham 2022 Commonwealth Games and various international tours within the specified competitions that fit into specified qualifying periods.
- Competition Host:** Kenya Swimming Federation reserves the right to appoint a host organization and or committee for the Championships
- Venue:** Kasarani Aquatic Centre  
Moi International Sports Centre  
Nairobi



- Pool:** 8-Lane 50 Meter Competition Pool  
8-Lane 25 Meter Warm-up/Cool-Down Pool
- Warm up / Start** Morning Session: 8:00am - 9:00am / Start 9:30am – 12noon  
Afternoon Session: 3:00pm – 4:00pm / Start - 4:30PM
- Organizing Committee:** Technical Director: Jen Maina  
Entries: Tony Rosafio (entries@kenyaswimmingfederation.org)  
Officials Coordinator: Dr. Diana Maina  
Health and Safety Coordinator: Drs. Linda Thorpe  
Hospitality: Wanjii Mbugua-Karani  
Facilities Liaison: Marcie Kibogo  
Finance Lead: Thomas Muli
- Technical Meeting** Thursday May 5, 2022 at 4:pm at Kasarani Aquatic Centre. All clubs **MUST** send a representative to attend the meeting. The Health and Safety protocols and guidelines shall be reviewed during this meeting. Clubs not sending a representative to the meeting may be excluded from the competition at the discretion of the of KSF, Working Group.
- Entry Information** Meet entry deadline – **Friday April 29, 2022 11:59pm (EAT)**. Swimmers who qualify after the deadline will be allowed to participate.
- Entry Process**  
All entries must be submitted via email to [entries@kenyaswimmingfederation.org](mailto:entries@kenyaswimmingfederation.org)  
Entries MUST include a Zip file, PDF file and proof of times.  
**ALL COACHES MUST SUBMIT AN EXCEL SPREAD SHEET OF ALL SWIMMERS INCLUDING FULL NAMES AND DATE OF BIRTH OF ALL SWIMMERS ENTERED IN THE MEET AND A CONTACT PERSON PER TEAM (PHONE AND EMAIL).**  
Following the meet entry deadline, all participating clubs will receive an email invoice for fees owing. This invoice must be paid within 48 hours (payment instructions TBC) in order for the entries to be considered final. Please note the team that enters the swimmer is responsible for paying the swimmer’s entries fees.  
**Consideration will be given for clubs that would wish to make payment via cheque or bank transfer.**



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

Entries must be submitted using the athletes' best LC. Estimated times or NT will NOT be accepted.

Any club submitting entries for non-qualified swimmers will be subject to a Kshs. 500 fine per non-qualified swimmer payable before the start of the competition. A non-qualified swimmer will still not be allowed to participate despite payment of the Kshs. 500 fine.

Meet Management reserves the right to exclude any club that does not make payment of any fines imposed under this section.

Changes and corrections may be made up to the meet entry deadline without penalty. Following meet entry deadline, changes and corrections to entries may only be made until the start of the Technical Meeting and subject to the above fines.

**Foreign Swimmers and Foreign Based Swimmers**

Foreign competitors must provide a letter from their National Federation confirming their registration status. Letter must be submitted to the Meet Manager prior to the entry deadline. Email confirmation from National Federation representative will be acceptable.

**Eligibility**

This meet is open to all Kenya swimmers (citizens, non-residents, and residents) and any foreign swimmer that is currently registered with a FINA affiliated club or National Federation.

**Qualifying**

Swimmers must achieve the attached qualifying standards to be eligible to be in the meet. **The MQT must have been achieved after January 01, 2019**

There is no maximum number of entries per swimmer.

**Relay only swimmers must achieve a minimum one MQT in at least one event.**

**Entry Fees  
Relay Fees**

Kshs. 600 per individual event  
Kshs. 1000 per team

**Time Trials**

Meet Management may at their discretion approve a time trial for registered swimmers, which will only be held in exceptional circumstances and subject to the guidelines, time and availability of resources. Times achieved at the time trials will not qualify a swimmer for nomination/selection to any of the teams.



<b>Proof of Time</b>	<p>All entries must be proven. Any non-validated times in your meet entry submission report must be proven by the meet entry deadline. Meet Management may challenge any entry time before or during the competition.</p> <p>It is the responsibility of the club to prove any entry times if requested. Unproven entry times will be declined.</p> <p>Foreign swimmers and foreign-based swimmers are required to provide Proof of Time at registration at the latest.</p>
<b>Psych Sheets</b>	<p>Psyche sheets will be posted on the KSF website within 72 hours following the final meet entry deadline.</p>
<b>Rules</b>	<p>The meet will be conducted under published FINA rules and regulations supplemented by published FINA rules interpretations.</p>
<b>Protests</b>	<p>All protests must be submitted within 30 minutes of the publication of the results. A fee of Kshs. 5000.00 must be paid before a protest can be accepted. Meet Management shall constitute a Jury of Appeal of at least 3 most senior officials to consider all protests. The decision of the Jury of Appeal shall be final and binding.</p>
<b>Format</b>	<p>Effective date of the meet is May 6, 2022</p> <p>All events 200M and above will be open events.</p> <p>All events over 400M will be timed finals</p> <p><b>Age Categories:</b> 10-11, 12-13, 14-15 and 16 &amp; over</p>
<b>Seeding</b>	<p>All events will be seeded slowest to fastest. Results will be posted in the respective age categories</p>
<b>Official Splits</b>	<p>Must be requested prior to the start of the session. Coaches may be requested to supply timers for the Official Split request.</p>
<b>Results</b>	<p>The full and final results will be available on the KSF website.</p>
<b>Media/Photographers</b>	<p>All media and photographers must register with Meet Manager at the beginning of each session.</p> <p>Members of the Media will have free accreditation.</p> <p>Photographer accreditation will attract a charge of Kshs. 500 per day or Kshs. 1,000 for a three-day pass.</p> <p>Only accredited media personnel and photographers will be allowed on deck subject to reasonable restrictions to ensure compliance with the Covid protocols and guidelines.</p>
<b>Awards</b>	<p>There will no medals and awards at this meet.</p>



<b>Hospitality</b>	Hospitality will be available for coaches and all officials with strict compliance to the MOH Guidelines for the containment and prevention of the spread of Covid 19.
<b>Spectators</b>	Gate entry fee of Kshs. 500.00 per day. Spectators will be required to observe strict compliance with the set guidelines by KSF in collaboration with Sports Kenya, Ministry of Health and Ministry of Sports. Non-compliance 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.
<b>Scratch Rule</b>	<p>Coaches are requested to submit any known scratches to the meet manager prior to the start of the technical meeting via email.</p> <p>Following the start of the Technical Meeting, email scratches will not be accepted and meet scratch card is required.</p> <p>Session 1: 30 minutes following the Technical Meeting Session 2- 6: 30 minutes following the end of the previous session.</p> <p>After entries close, any swimmer that is a No-Show for their event will be fined Kshs. 1,000.00 (with the exception of medical scratches). Fine must be paid to Meet Management before the swimmer competes in any other events.</p>
<b>Parking</b>	Parking is free at the facility.
<b>Training</b>	Subject to approval by Sports Kenya, the warm up and competition pools will be available for training on Thursday 3pm – 5:30pm
<b>Name Change Deadlines for Relays</b>	<p>Individual names for relays must be submitted to the Clerk of Course 30 minutes prior to the start of the session in which the relay event is scheduled.</p> <p>Any changes in relays names must be provided to the Clerk of Course 30 minutes prior to the start of the first relay event, regardless of which age or gender event</p>
<b>Doping Control</b>	<p>There shall be Anti-Doping testing by Anti-Doping Agency of Kenya (ADAK).</p> <p>Swimmers are notified by a Doping Control Chaperone and are required to sign a notification form.</p> <p>A Doping Control Chaperone will accompany the swimmer until released by the Doping Control Officer (DCO). Upon notification of testing and if necessary, the</p>



athlete may notify the DCO if they are competing in another event in the same session. In such cases, the DCO may direct that testing be carried out later in the session, provided a Chaperone accompanies and/or always observes the Athlete and until such time as the Athlete reports back to the Doping Control Station for testing.

Photo identification is required for doping control. Coaches are asked to instruct athletes to bring photo identification to competitions (i.e. driver's license, Huduma Card, school identification card, passport, etc. as may be required by ADAK)

**Travel &  
Accommodation**

Teams must plan for their respective accommodation. The Stadion Hotel is not available for any team accommodations.

**MEET PROGRAM**



Friday May 6, 2022	
Prelims	Finals
<b>Warm-up: 8:00 am</b> <b>Start: 9:30 am</b> 800 Freestyle 50 Backstroke 100 Breaststroke 50 Butterfly 200 Freestyle	<b>Warm-up: 3:00 pm</b> <b>Start: 4:30 pm</b> 50 Backstroke 100 Breaststroke 50 Butterfly 200 Freestyle 400 IM 4x100 Free Relay
Saturday May 7, 2022	
Prelims	Finals
<b>Warm-up: 8:00 am</b> <b>Start: 9:30 am</b> 200 Backstroke 50 Breaststroke 200 Butterfly 100 Freestyle 200 Breaststroke	<b>Warm-up: 3:00 pm</b> <b>Start: 4:30 pm</b> 4x100 Medley Relay 200 Backstroke 50 Breaststroke 200 Butterfly 100 Freestyle 200 Breaststroke 4x50 Medley Relay
Sunday 8, 2022	
Prelims	Finals
<b>Warm-up: 8:00 am</b> <b>Start: 9:30 am</b> 1500 Freestyle 200IM 100 Butterfly 100 Backstroke 50 Freestyle 4x200 Free Relay	<b>Warm-up: 3:00 pm</b> <b>Start: 4:30 pm</b> 200 IM 100 Butterfly 400 Freestyle 100 Backstroke 50 Freestyle 4x50 Free Relay

1. Meet Qualifying Standards

