

THE KENYA SWIMMING FEDERATION


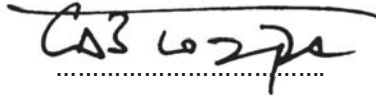
**MINUTES OF THE 5th MEETING OF INTERIM MANAGEMENT COMMITTEE-
WORKING GROUP**

MEETING NO.	05					
VENUE	Kasarani Aquatic Stadium					
DATE	8 th May 2022					
TIME	7.15 pm					
FORMAT	Physical		Virtual		Hybrid	✓
COMMITTEE ATTENDANCE	<p>Members Present Jen Maina - Head of IMC-WG/CWG Team Manager Conrad Thorpe - Joint Secretariat Thomas Muli - Head of Finance Committee Emily Njeru - Head of Governance Committee Teddy Wamunyu - Member John Wroe - Member Larissa Manson Hart - Head of National Database(virtual) Tony Rosafio - Member (virtual)</p> <p>Other Present Fakhry Mansoor - CWG Team Coach Winnie Kamau – National Olympics Committee-Kenya Njeri Njoroge - Observer</p> <p>Absent with Apologies Zeff Ekumbo - Head - Technical Committee</p>					
AGENDA	Selection - Kenya National Swimming Team – Commonwealth Games Birmingham 2022					
MIN 01-08/05/22 OPENING	<p>Meeting was called to order at 7.30pm</p> <p>Introductions were done.</p> <p>E. Njeru was requested to chair the meeting as 3 members declared a conflict of interest as they had persons of interest in the long list that was submitted to NOCK and participating in the just concluded Trial competition. These were:</p> <ul style="list-style-type: none"> □ Jen Maina □ John Wroe □ Conrad Thorpe 					
MIN 02-08/05/22 TRIALS RESULTS	Members present were furnished with the Trial Meet Ranking Results that had been compiled at the close of the final session that had ended at approx 6.00pm.					

<p>MIN 03-08/05/22 TEAM ANNOUNCEMENT</p>	<p>(i) Forum It was agreed that since some athletes, coaches, team manager, Parents, Media and other stake holders had remained for the announcement that the meeting/announcement be carried out in their presence at the pool side.</p> <p>(ii) Presentation In absence of the Chair technical Committee, E. Njeru was requested to present the selected team upon which she welcomed all present to the announcement ceremony and thanked them for the patience awaiting the outcome of the selection.</p> <p>(iii) Background The following highlights were presented as the background to the process outlined in the selection criteria</p> <ul style="list-style-type: none"> ▪ The Long list criteria was released on 19th February 2022 to respond to NOCK call for Team Long List. Thereafter the Long list was released and the hopefuls notified (13 + 3 reserves) ▪ The Final selection criteria was released on 8th March 2022. ▪ Both criteria were published on the KSF website and were available for download by any interested person. ▪ The Final criteria also provided for selection of team officials including Team Coach, Team Manager and Team Physiotherapist for which selection had been concluded earlier. ▪ Criteria was set for the team to consist of 2 males and 2 females, subject to NOCK allocation. ▪ NOCK representative at the venue advised on the increased number of 8, therefore the final team to be announced was set at 8 (4 per gender). ▪ The forum was taken through the criteria relevant to the Swim team. <p>(iv) Selection Process</p> <ul style="list-style-type: none"> ▪ Process consisted of 3 stages: <ul style="list-style-type: none"> a) Development and publishing of Final criteria b) Drawing Full Ranking Report based on criteria (times to consider, dates, ages, course, FINA points, etc.) to draw the qualifiers list. (Yielded 5F + 5M qualifiers) c) Matching criteria and rankings for 4 (2+2) which was increased to 8 (making it 4+4) on advice from Ms. Winnie Kamau on the material day ▪ The (b) and (c) as last segment of the process were carried out offsite by IMC -Database team L. Hart and T. Rosafio and the results relayed back online to Kasarani. ▪ The results were explicit with no ties in score (FINA points) and as such there was no decision to be made by the panel. <p>(v) The team</p> <ul style="list-style-type: none"> ▪ Having applied the selection criteria to the trial results, the following top 8 Athletes in ranking order were selected as follows:
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	<p style="text-align: center;">Women</p> <p>1 Emily MUTETI 1 Ridhwan ABUBAKAR 2 Imara Bella THORPE 2 Monyo MAINA 3 Maria BRUNLEHNER 3 Swaleh Abubakar TALIB 4 Rebecca KAMAU 4 Tory PRAGASSA</p> <ul style="list-style-type: none"> ▪ The team list, the results and copy of criteria was presented to the NOCK. ▪ The team was congratulated by IMC members and all present <p>(vi) Plenary</p> <ul style="list-style-type: none"> ▪ Members of present requested for copy of results and selection which they were given. ▪ A significant question from the floor was if the number of 8 would be guaranteed. Ms Njeru reiterated that the number was applied as advised by NOCK. NOCK representative, Ms Winnie Kamau who was present gave a substantive answer with which she clarified as follows: <ul style="list-style-type: none"> ▫ That number given was not guaranteed but hoped it would be kept that way. ▫ The number of the entire Kenyan contingent was currently at approx. 94 athletes, a number dictated solely by the organizers and not by NOCK ▫ That swimming would be privileged to keep the number as other federations had been forced to reduce their teams significantly. ▪ The IMC requested that NOCK maintains that team as they were our best swimmers and if possible, should the opportunity present itself, consider adding another 2 slots. To which she promised to lobby but not guarantee. ▪ The IMC thanked her in advance for any effort to expand or maintain the team size. <p>(vii) Appeal</p> <ul style="list-style-type: none"> • The forum was further informed/reminded that the selection criteria included, as required by Sports Act 2013, provision for appeal, within stipulated period, by any aggrieved party with regard to the selection. • There was no protest recorded at the announcement ceremony • The team was once again congratulated and reminded that, as we route for and support them here at home, they too beyond the sport to be ambassadors for Kenya at the Games.
MIN 04-08/05/22 CLOSING	There being no other business the meeting was adjourned at 8.15 pm

Confirmed and signed as a true and correct record of the proceedings:

Name	Signature	Date
Jennifer Maina (Team Leader)		May 28, 2022
Conrad Thorpe (Secretary)		28/05/2022
Ken Karani (Secretary)



SELECTION CRITERIA FOR XXII 2022 COMMONWEALTH GAMES - BIRMINGHAM

EVENT DATES: July 28 – August 8, 2022

TEAM SIZE: SUBJECT TO NOCK QUOTA ALLOCATION

ESTIMATED COST: Government of Kenya Funded

Please note this is the Final Selection Criteria of the team subject to quotas allocated and received from NOCK.

1.0 OBJECTIVE

The purpose of this document is to set out the criteria that will be used by KSF, Working Group (WG) to select of athletes for the Birmingham 2022 Commonwealth Games (Games). The objective of the WG is to select a team of the Top ranked swimmers that will best represent the country at this quadrennial event.

2.0 ELIGIBILITY

- i) A Swimmer must be able to represent Kenya in accordance with the eligibility requirement rules set out by FINA and on the first day of the competition must hold a Kenyan passport which expires no earlier than December 31, 2022.
- ii) A swimmer must declare and commit to availability to participate at select qualification events and other team events including but not exclusively anti-doping education sessions, anti-doping testing, strength and conditioning training, nutrition, physiotherapy, and mental skills training as are determined by the Working Group in consultation with NOCK and other experts.
- iii) A swimmer must commit and undertake to provide periodic reports as may be set by the WG and/or NOCK.
- iv) A swimmer must commit to follow all the guidelines and protocols as may be set by the organizers/NOCK, government authorities. Swimmer must be willing to comply with and sign any agreement and waivers as it relates to the prevention of the spread of Covid 19 including but not exclusive to the requirement to undergoing Covid 19 testing and or vaccination requirements.

3.0 CRITERIA

- (i) Any swimmer that has achieved a FINA “A” or “B” qualifying time will be automatically selected to the team. Provided however, that the “A” or “B” time is achieved prior to the entry deadline



set by the Games Organizers. The FINA “A” and “B” times as contained in the attached link (https://resources.fina.org/fina/document/2022/02/16/c973b959-787e-44a4-a39b-a2d2718dbb6b/1_Budapest-2022_Qualification-System.pdf)

(ii) If no FINA “A” or “B” qualifying times have been achieved, the top two ranked swimmers per gender based on the Top FINA points in their top event with a maximum of swimmer per event as set by the Games Organizers and from their performances achieved at the 2022 Kenya National Swimming Championships scheduled to be held on May 6-8, 2022 in Kasarani, Nairobi

(iii) A swimmer must achieve a minimum of 600 FINA points to be considered for selection;

(iv) A swimmer must demonstrate competitive readiness to be eligible for selection and must remain competitively ready throughout the period leading up to the Games.

(v) A swimmer must participate in all the identified team events in the lead up to the Games.

(vi) The selection of individual events will be based on the Games organizers rules on limit of swimmers per nation per event but in any event, a swimmer can only be entered in the event in which they have been selected for.

4.0 COMPETITIVE READINESS

i) “Competitive readiness” is defined as the ability of the athlete to achieve equal or superior performance(s) at the scheduled event, as compared to the performance(s) the athlete achieved in qualifying Long Course Competitions.

ii) Athletes must submit the attached Competitive Readiness fully completed Form (signed by both athlete/guardian and coach) within such time as may be provided by the WG to be eligible for selection.

iii) Athletes who do not demonstrate competitive readiness by reason of lack of fitness, injury, or illness may be removed from the team. Athletes and their personal coaches are required to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level at the competition to the WG in writing via email (competitions@kenyaswimmingfederation.org);

iv) The final decision on competitive readiness will be made in concert with the swimmers’ coach, the WG, designated team physician, therapist or such other professional who may have knowledge of the swimmers specific circumstances and/or an expert in sports injuries.

5.0 REMOVAL OF SWIMMER



i) The WG may, at any time, disqualify an athlete from being considered for selection to the Kenya Team or remove an athlete after selection based on current or past behaviour of the athlete that is inconsistent with KSF's Team Rules, Regulations and Code of Conduct.

ii) An athlete will be removed from being considered for selection to the Kenya Team or removed after selection if he/she is found to be in violation of any anti-doping policy or procedure as outlined by Anti-Doping Agency of Kenya, FINA and World Anti-Doping Agency (WADA).

6.0 UNFORESEEN CIRCUMSTANCES

i) Should the WG determine that unforeseen or unusual circumstances have arisen during the process of applying these Criteria, the WG shall have the full and absolute discretion to resolve the matter as it sees fit, considering factors and circumstances that it deems relevant, fair and appropriate.

ii) Any such exercise of discretion shall be subject to the principles of fairness and good sportsmanship.

7.0 TEAM OFFICIALS

Where possible gender balance Team Officials. At a minimum, there must be one female team official.

7.1 TEAM COACH

To be eligible for selection:

- (i) Must be a fully registered coach and member in good standing;
- (ii) Must submit a current Certificate of Good Conduct;
- (iii) Must declare him/herself eligible for selection prior to February 28, 2022;
- (iv) Must be a Kenyan citizen hold a Kenyan passport, which expires no earlier than December 31, 2022;
- (v) Must have attained a minimum of Level 3 FINA Coach qualification or equivalent;
- (vi) Must have previous experience of having placed a swimmer(s) on the National team;
- (vii) Must have coached at least one swimmer on the Birmingham 2022 Commonwealth Games, Kenya team;
- (viii) S/he has no past, current or pending disciplinary action taken against her/him on matters regarding management of athletes or such other action; and
- (ix) Must sign the KSF Code of Conduct and the Duties and Responsibilities of Team Official on or before February 28, 2022 and any other document and requirements as may be set by KSF and or NOCK. (ix) WG reserves the right to exercise its discretion to appoint personal coaches of



swimmers selected on the national team subject to restrictions and the swimmer/officials ratio as set by the Organizers/NOCK.

7.2 TEAM MANAGER AND OTHER TEAM OFFICIALS (e.g. Therapist, Doctor)

- i) Must submit a current Certificate of Good Conduct.
- ii) Previous experience of managing a national team to an international competition of equivalent level.
- iii) Must be a Kenyan Citizen and hold a valid Kenyan passport which expires no earlier than December 31, 2022.
- iv) Must have a good understanding and technical know-how of the Sport and/or a subject matter expert.
- v) Must have good and demonstrable administrative or other professional skills and experience.
- vi) Must have previous experience of managing or providing technical support to a national team.
- vii) S/he has no past, current or pending disciplinary action taken against her/him on matters regarding management of athletes, minors, or such other action as it relates to sports.
- viii) S/he must have a current licence of his licencing authority for her/his area of expertise.
- ix) Must sign the KSF Code of Conduct, Roles and Responsibilities Form on or before February 28, 2022 and any other document and requirements as may be set by KSF and/or NOCK.

8.0 APPEAL PROCESS

Selection results from the WG final selection will be published on the KSF website on February 18, 2022. Appeal against non-selection by WG must be made in writing within 2 days (48 hours) of the announcement of the athletes selected for the Championships, via email to competitions@kenyaswimmingfederation.org

The grounds for any appeal shall be:

- i) The athlete's omission was a result of a failure by WG to properly apply the eligibility and selection criteria set out in this policy;



ii) The athlete's omission was a result of a failure by WG to adhere to the terms set out in this selection criteria; and

iii) The athlete's omission was a result of existence of fresh and compelling evidence and/or data, which had not been submitted, in the initial nomination.

The Working Group shall consider and deliberate the appeal and, if deemed justifiable, will hear the appeal by the athlete concerned and provide the final decision within 72 hours of receipt of the Appeal. Any further appeal shall lie with Sports Disputes Tribunal.

The Working Group shall have the full and absolute discretion for selection of the Team Coach and Team Officials.

The Working Group reserves the right to amend this criteria and the amended criteria will be recirculated and published on the KSF website.

KSF, Working Group

These criteria were duly created and approved by the KSF, WG, which by its terms of reference have been properly delegated to perform this task by the Sports Disputes Tribunal.

March 7, 2022

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

Min: 600 FINA Points

Max: 2 swimmers per event

Max: 4 swimmers per gender

1	Women	100	Free	57.11	L	742	F	Muteti, Emily	23
2	Women	100	Fly	1:02.70	L	692	F	Thorpe, Imara-Bella	21
3	Women	50	Free	26.85	L	685	F	Brunlehner, Maria	22
4	Women	200	IM	2:23.71	L	675	F	Kamau, Rebecca	22
1	Men	100	Free	53.35	L	679	F	Mohamed, Ridhwan	21
2	Men	100	Free	53.72	L	665	F	Maina, Monyo	18
3	Men	50	Free	24.13	L	650	F	Talib, Swaleh	21
4	Men	50	Breast	30.02	L	645	P	Pragassa, Tory	25

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

Min: 600 FINA Points

Max: 2 swimmers per event

Max: 4 swimmers per gender

Women	100	Free	1	57.11	L	742	F	Muteti, Emily	23
Women	50	Free	1	26.33	L	726	F	Muteti, Emily	23
Women	100	Fly	1	1:02.01	L	716	P	Muteti, Emily	23
Women	100	Fly	2	1:02.70	L	692	F	Thorpe, Imara-Bella	21
Women	50	Free	2	26.85	L	685	F	Brunlehner, Maria	22
Women	200	IM	1	2:23.71	L	675	F	Kamau, Rebecca	22
Women	200	IM	2	2:24.32	L	667	F	Brunlehner, Maria	22
Women	50	Breast	1	33.84	L	655	F	Kamau, Rebecca	22
Women	50	Breast	2	33.87	L	654	P	Brunlehner, Maria	22
Women	50	Fly	1	28.26	L	646	F	Muteti, Emily	23
Women	100	Breast	1	1:14.23	L	644	F	Kamau, Rebecca	22
Women	50	Fly	2	28.36	L	639	F	Thorpe, Imara-Bella	21
Women	100	Free	2	1:00.15	L	635	F	Brunlehner, Maria	22
Women	50	Free	3	27.65	L	627	F	Thorpe, Imara-Bella	21
Women	100	Free	3	1:00.81	L	614	F	Thorpe, Imara-Bella	21
Women	50	Free	4	27.93	L	608	P	Ruchti, Lucia	18
Women	50	Back	1	31.92	L	603	P	Ruchti, Lucia	18
Women	100	Breast	2	1:15.95	L	602	F	Brunlehner, Maria	22

Men	100	Free	1	53.35	L	679	F	Mohamed, Ridhwan	21
Men	100	Free	2	53.72	L	665	F	Maina, Monyo	18
Men	200	Free	1	1:57.51	L	653	F	Mohamed, Ridhwan	21
Men	100	Free	3	54.08	L	652	F	Talib, Swaleh	21
Men	50	Free	1	24.13	L	650	F	Talib, Swaleh	21
Men	50	Breast	1	30.02	L	645	P	Pragassa, Tory	25
Men	50	Fly	1	25.97	L	630	F	Mohamed, Ridhwan	21
Men	100	Fly	1	57.79	L	628	P	Nyoike, Stephen	18
Men	100	Fly	2	57.88	L	625	F	Mohamed, Ridhwan	21
Men	50	Fly	2	26.19	L	614	P	Nyoike, Stephen	18
Men	200	Free	2	2:00.11	L	612	F	Maina, Monyo	18
Men	50	Free	2	24.72	L	605	F	Mohamed, Ridhwan	21

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time	P/F/S	Name	Age/Yr
Women 10 & Over 50 Free				
1	26.33 L 726	F	Muteti, Emily	23 GCU AZ
2	26.85 L 685	F	Brunlehner, Maria	22 GCU AZ
3	27.65 L 627	F	Thorpe, Imara-Bella	21 BARAQ ZZ
4	27.93 L 608	P	Ruchti, Lucia	18 OTTER ZZ
5	28.56 L 569	F	Okumu, Victoria	17 BRSC ZZ
6	28.66 L 563	F	Islam Ali, Lubaina	16 MAQ ZZ
7	28.98 L 544	F	Caffini, Duini	14 BNDRI ZZ
8	29.99 L 491	F	Langat, Audrey Chebet	14 MAKIN ZZ
9	30.05 L 488	P	Kimani, Jasmin	18 OTTER ZZ
10	30.29 L 477	P	Irangi, Nina	12 CAVN ZZ
11	30.55 L 465	F	Pendo, Jasmine	14 MAQ ZZ
12	30.80 L 453	F	Karani, Kario	15 OTTER ZZ
13	30.93 L 448	F	Kamotho, Cheryl	15 OTTER ZZ
14	31.22 L 435	F	Baraka, Angela	18 MAKIN ZZ
15	31.34 L 430	F *I	Lutalo, Natalie	13 AKAM ZZ
16	32.29 L 393	P	Kotut, Moige	15 BRSC ZZ
17	32.38 L 390	F *I	Mudanye, Amelia	13 AKAM ZZ
18	32.70 L 379	P	Thuranira, Natasha	14 BNDRI ZZ
19	32.77 L 376	P	Kamotho, Christe	11 OTTER ZZ
20	32.96 L 370	P	Wambui, Emma	14 BNDRI ZZ
21	33.23 L 361	P	Hassanali, Ilhaam	14 MAQ ZZ
22	33.29 L 359	P	Mutinda, Nalwoga	11 MAQ ZZ
23	33.54 L 351	P	Aleyo, Joy	14 MAQ ZZ
24	33.59 L 349	P	Alala, Marion	11 UNAT
25	33.65 L 348	P	Muriuki, Tshomela	13 UNATT ZZ
26	33.72 L 345	P *I	Ba, Raya Inell	13 AKAM ZZ
27	34.10 L 334	P	Kidha, Kahina	13 KENTO ZZ
28	34.18 L 332	P	Kingatua, Amana	13 SAVVY ZZ
29	34.33 L 327	P	Tchoketch, Sarah	11 OTTER ZZ
30	34.63 L 319	P	Nuru, Azu	12 UNAT
31	35.46 L 297	P	Warui, Ariana	11 KENTO ZZ
32	35.79 L 289	P	Kamphuis, Lisa	10 POSE ZZ
33	36.27 L 277	P	Kahinju, Nissi	10 OTTER ZZ
34	37.23 L 256	P	Hunja, Makena	11 MAKIN ZZ
35	37.41 L 253	P	Hicks, Tusekile	11 OTTER ZZ
36	37.64 L 248	P	Njeri, Erin	10 MAKIN ZZ
37	38.66 L 229	P	Chandaria, Aashni	11 KENTO ZZ
Women 10 & Over 100 Free				
1	57.11 L 742	F	Muteti, Emily	23 GCU AZ
2	1:00.15 L 635	F	Brunlehner, Maria	22 GCU AZ
3	1:00.81 L 614	F	Thorpe, Imara-Bella	21 BARAQ ZZ
4	1:01.57 L 592	F	Ruchti, Lucia	18 OTTER ZZ
5	1:02.08 L 577	F	Islam Ali, Lubaina	16 MAQ ZZ
6	1:03.05 L 551	F	Okumu, Victoria	17 BRSC ZZ
7	1:05.09 L 501	F	Caffini, Duini	14 BNDRI ZZ
8	1:06.20 L 476	P	Kimani, Jasmin	18 OTTER ZZ
9	1:07.49 L 449	F	Langat, Audrey Chebet	14 MAKIN ZZ
10	1:07.93 L 441	F	Echessah, Axela	17 OTTER ZZ
11	1:08.15 L 436	F *I	Lutalo, Natalie	13 AKAM ZZ
12	1:08.30 L 433	F	Irangi, Nina	12 CAVN ZZ
13	1:09.23 L 416	F	Kamotho, Cheryl	15 OTTER ZZ
14	1:09.25 L 416	F	Mwige, Tugi	15 MAQ ZZ
15	1:10.20 L 399	F	Pendo, Jasmine	14 MAQ ZZ

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr	
16	1:10.36	L	396	P	Baraka, Angela	18 MAKIN ZZ
17	1:11.05	L	385	F	Karanu, Wairimu	14 OTTER ZZ
18	1:11.57	L	377	P	Karani, Kario	15 OTTER ZZ
19	1:11.99	L	370	P	Wambui, Emma	14 BNDRI ZZ
20	1:13.21	L	352	P	Hassanali, Ilhaam	14 MAQ ZZ
21	1:14.19	L	338	P	Aleyo, Joy	14 MAQ ZZ
22	1:15.51	L	321	P	Thuranira, Natasha	14 BNDRI ZZ
23	1:16.13	L	313	P	Irungu, Elaine	13 MAKIN ZZ
24	1:16.60	L	307	P	Mutinda, Nalwoga	11 MAQ ZZ
25	1:16.69	L	306	P	*I Mudanye, Amelia	13 AKAM ZZ
26	1:18.15	L	289	P	Kamotho, Christe	11 OTTER ZZ
27	1:18.27	L	288	P	Muyela, Laurie	11 OTTER ZZ
28	1:18.52	L	285	P	Kidha, Kahina	13 KENTO ZZ
29	1:18.95	L	280	P	Kingatua, Amana	13 SAVVY ZZ
30	1:18.98	L	280	P	Warui, Ariana	11 KENTO ZZ
31	1:19.26	L	277	P	Feisal, Nadiya	12 OTTER ZZ
32	1:21.29	L	257	P	Njeri, Erin	10 MAKIN ZZ
33	1:24.87	L	226	P	Hunja, Makena	11 MAKIN ZZ
34	1:24.96	L	225	P	Mureithi, Hazel	11 OTTER ZZ
35	1:27.34	L	207	P	Chandaria, Aashni	11 KENTO ZZ
Women 10 & Over 200 Free						
1	2:19.24	L	534	F	Ruchti, Lucia	18 OTTER ZZ
2	2:19.99	L	525	F	Okumu, Victoria	17 BRSC ZZ
3	2:32.34	L	407	P	Echessah, Axela	17 OTTER ZZ
4	2:32.80	L	404	P	*I Lutalo, Natalie	13 AKAM ZZ
5	2:37.04	L	372	P	Kotut, Moige	15 BRSC ZZ
6	2:37.38	L	369	F	Lindkvist, Ruth Wangari	12 KENTO ZZ
7	2:39.64	L	354	P	Irangi, Nina	12 CAVN ZZ
8	2:39.83	L	353	P	Hassanali, Ilhaam	14 MAQ ZZ
9	2:40.66	L	347	P	Pendo, Jasmine	14 MAQ ZZ
10	2:41.70	L	341	P	Kamotho, Cheryl	15 OTTER ZZ
11	2:42.73	L	334	P	Wambui, Emma	14 BNDRI ZZ
12	2:44.01	L	326	P	Karani, Kario	15 OTTER ZZ
13	2:49.04	L	298	P	Alala, Marion	11 UNAT
14	2:49.22	L	297	P	Muyela, Laurie	11 OTTER ZZ
15	2:49.30	L	297	P	Rana, Ameya	15 BRSC ZZ
16	2:55.61	L	266	P	Kingatua, Amana	13 SAVVY ZZ
17	2:55.62	L	266	P	Feisal, Nadiya	12 OTTER ZZ
18	2:56.42	L	262	P	Kamotho, Christe	11 OTTER ZZ
19	2:56.65	L	261	P	Karanu, Wairimu	14 OTTER ZZ
20	2:57.89	L	256	P	Njeri, Erin	10 MAKIN ZZ
21	2:59.73	L	248	P	Warui, Ariana	11 KENTO ZZ
22	3:01.40	L	241	P	Kimani, Kimberly	12 KENTO ZZ
23	3:08.74	L	214	P	Hicks, Tusekile	11 OTTER ZZ
24	3:10.18	L	209	P	Chandaria, Aashni	11 KENTO ZZ
Women 10 & Over 400 Free						
1	4:58.33	L	497	F	Okumu, Victoria	17 BRSC ZZ
2	5:06.73	L	458	F	Kimani, Jasmin	18 OTTER ZZ
3	5:21.25	L	398	F	*I Lutalo, Natalie	13 AKAM ZZ
4	5:27.66	L	375	F	Mwige, Tugi	15 MAQ ZZ
5	5:32.85	L	358	F	*I Lycke, Hedvig	14 BRSC ZZ
6	5:38.71	L	340	F	Lindkvist, Ruth Wangari	12 KENTO ZZ
7	6:04.91	L	272	F	Alala, Marion	11 UNAT

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr
Women 10 & Over 800 Free					
1	11:39.77	L 332	F	Lindkvist, Ruth Wangari	12 KENTO ZZ
Women 10 & Over 1500 Free					
1	21:48.89	L 347	F	Mwige, Tugi	15 MAQ ZZ
Women 10 & Over 50 Back					
1	31.92	L 603	P	Ruchti, Lucia	18 OTTER ZZ
2	32.44	L 575	P	Thorpe, Imara-Bella	21 BARAQ ZZ
3	35.72	L 430	P	Langat, Audrey Chebet	14 MAKIN ZZ
4	36.13	L 416	P	Karanu, Wairimu	14 OTTER ZZ
5	36.84	L 392	P	Alala, Marion	11 UNAT
6	36.99	L 388	F	Mwige, Tugi	15 MAQ ZZ
7	37.56	L 370	P	Irangi, Nina	12 CAVN ZZ
8	37.79	L 363	F	Shah, Rianna	14 OTTER ZZ
9	37.87	L 361	P	Karani, Kario	15 OTTER ZZ
10	38.01	L 357	P	Kotut, Moige	15 BRSC ZZ
11	38.03	L 357	F	Baraka, Angela	18 MAKIN ZZ
12	38.31	L 349	P	Warui, Ariana	11 KENTO ZZ
13	38.71	L 338	P *1	Ba, Raya Inell	13 AKAM ZZ
14	38.83	L 335	P	Muyela, Laurie	11 OTTER ZZ
15	40.06	L 305	P	Muriuki, Tshomela	13 UNATT ZZ
16	40.30	L 300	P	Wambui, Emma	14 BNDRI ZZ
17	41.21	L 280	P	Kamotho, Christe	11 OTTER ZZ
18	42.44	L 256	P	Kahinju, Nissi	10 OTTER ZZ
19	43.95	L 231	P	Tchoketch, Sarah	11 OTTER ZZ
20	44.30	L 225	P	Mureithi, Hazel	11 OTTER ZZ
21	44.98	L 215	P	Chandaria, Aashni	11 KENTO ZZ
22	51.42	L 144	P	Hunja, Makena	11 MAKIN ZZ
23	54.87	L 118	P	McAree, Aila	10 BRSC ZZ
Women 10 & Over 100 Back					
1	1:13.73	L 476	P	Ruchti, Lucia	18 OTTER ZZ
2	1:17.86	L 404	P	Mwige, Tugi	15 MAQ ZZ
3	1:19.15	L 384	P *1	Lykke, Hedvig	14 BRSC ZZ
4	1:21.47	L 352	P	Irangi, Nina	12 CAVN ZZ
5	1:21.54	L 351	F	Langat, Audrey Chebet	14 MAKIN ZZ
6	1:22.74	L 336	F	Karanu, Wairimu	14 OTTER ZZ
7	1:24.37	L 317	P	Shah, Rianna	14 OTTER ZZ
8	1:24.59	L 315	P *1	Lutalo, Natalie	13 AKAM ZZ
9	1:25.43	L 306	F	Aleyo, Joy	14 MAQ ZZ
10	1:26.53	L 294	F	Alala, Marion	11 UNAT
11	1:32.78	L 238	F	Irungu, Elaine	13 MAKIN ZZ
12	1:32.96	L 237	P	Warui, Ariana	11 KENTO ZZ
13	1:36.72	L 210	F	Mureithi, Hazel	11 OTTER ZZ
14	1:37.32	L 207	P	Chandaria, Aashni	11 KENTO ZZ
Women 10 & Over 200 Back					
1	2:43.38	L 430	P	Okumu, Victoria	17 BRSC ZZ
2	2:50.87	L 376	F	Mwige, Tugi	15 MAQ ZZ
3	2:55.67	L 346	F	Lindkvist, Ruth Wangari	12 KENTO ZZ
4	3:00.83	L 317	F	Alala, Marion	11 UNAT
5	3:03.16	L 305	F	Irangi, Nina	12 CAVN ZZ
6	3:04.30	L 299	P	Shah, Rianna	14 OTTER ZZ
7	3:07.85	L 283	P	Irungu, Elaine	13 MAKIN ZZ
8	3:12.49	L 263	P	Muyela, Laurie	11 OTTER ZZ

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr	
Women 10 & Over 50 Breast						
1	33.84	L	655	F	Kamau, Rebecca	22 BRSC ZZ
2	33.87	L	654	P	Brunlehner, Maria	22 GCU AZ
3	36.71	L	513	P	Kimani, Jasmin	18 OTTER ZZ
4	37.11	L	497	F	Caffini, Duini	14 BNDRI ZZ
5	38.91	L	431	F	Rana, Ameya	15 BRSC ZZ
6	39.26	L	419	F	Kamotho, Christe	11 OTTER ZZ
7	39.34	L	417	P	Wambui, Emma	14 BNDRI ZZ
8	40.24	L	390	F	*1 Mudanye, Amelia	13 AKAM ZZ
9	40.89	L	371	F	Thuranira, Natasha	14 BNDRI ZZ
10	41.46	L	356	F	*1 Ba, Raya Inell	13 AKAM ZZ
11	41.50	L	355	F	*1 Lycke, Hedvig	14 BRSC ZZ
12	42.31	L	335	F	Baraka, Angela	18 MAKIN ZZ
13	42.49	L	331	P	Kamotho, Cheryl	15 OTTER ZZ
14	43.01	L	319	P	Kimani, Kimberly	12 KENTO ZZ
15	43.32	L	312	F	Alala, Marion	11 UNAT
16	43.48	L	309	F	Mutinda, Nalwoga	11 MAQ ZZ
17	44.66	L	285	F	Kingatua, Amana	13 SAVVY ZZ
18	48.56	L	221	P	Hunja, Makena	11 MAKIN ZZ
19	49.96	L	203	P	Warui, Ariana	11 KENTO ZZ
Women 10 & Over 100 Breast						
1	1:14.23	L	644	F	Kamau, Rebecca	22 BRSC ZZ
2	1:15.95	L	602	F	Brunlehner, Maria	22 GCU AZ
3	1:20.81	L	499	P	Kimani, Jasmin	18 OTTER ZZ
4	1:21.47	L	487	P	Caffini, Duini	14 BNDRI ZZ
5	1:27.82	L	389	F	Rana, Ameya	15 BRSC ZZ
6	1:30.45	L	356	P	Kamotho, Cheryl	15 OTTER ZZ
7	1:31.43	L	345	P	Thuranira, Natasha	14 BNDRI ZZ
8	1:31.80	L	340	P	Alala, Marion	11 UNAT
9	1:32.13	L	337	P	*1 Mudanye, Amelia	13 AKAM ZZ
10	1:35.17	L	305	P	Kimani, Kimberly	12 KENTO ZZ
11	1:35.88	L	299	F	Wambui, Emma	14 BNDRI ZZ
12	1:38.53	L	275	P	Kingatua, Amana	13 SAVVY ZZ
13	1:38.87	L	272	F	Mutinda, Nalwoga	11 MAQ ZZ
14	1:55.65	L	170	P	Kahinju, Nissi	10 OTTER ZZ
Women 10 & Over 200 Breast						
1	2:46.72	L	580	P	Kamau, Rebecca	22 BRSC ZZ
2	3:04.53	L	428	F	Caffini, Duini	14 BNDRI ZZ
3	3:04.82	L	426	F	Rana, Ameya	15 BRSC ZZ
4	3:12.01	L	380	F	*1 Lycke, Hedvig	14 BRSC ZZ
5	3:16.64	L	354	F	Wambui, Emma	14 BNDRI ZZ
6	3:28.82	L	295	F	*1 Mudanye, Amelia	13 AKAM ZZ
7	3:29.22	L	293	F	Thuranira, Natasha	14 BNDRI ZZ
8	3:38.90	L	256	P	Irungu, Elaine	13 MAKIN ZZ
9	3:44.45	L	238	P	Kimani, Kimberly	12 KENTO ZZ
10	3:55.74	L	205	P	Njeri, Erin	10 MAKIN ZZ
11	3:59.63	L	195	P	Kinyanjui, Zanna	11 OTTER ZZ
Women 10 & Over 50 Fly						
1	28.26	L	646	F	Muteti, Emily	23 GCU AZ
2	28.36	L	639	F	Thorpe, Imara-Bella	21 BARAQ ZZ
3	30.01	L	539	F	Ruchti, Lucia	18 OTTER ZZ
4	30.34	L	522	P	Islam Ali, Lubaina	16 MAQ ZZ
5	30.92	L	493	F	Okumu, Victoria	17 BRSC ZZ

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr	
6	31.95	L	447	P	Kimani, Jasmin	18 OTTER ZZ
7	32.96	L	407	F	Caffini, Duini	14 BNDRI ZZ
8*	33.50	L	387	F	Karani, Kario	15 OTTER ZZ
8*	33.50	L	387	P	Langat, Audrey Chebet	14 MAKIN ZZ
10	34.09	L	368	F	Echessah, Axela	17 OTTER ZZ
11	34.94	L	341	P	Hassanali, Ilhaam	14 MAQ ZZ
12	35.23	L	333	F	Pendo, Jasmine	14 MAQ ZZ
13	35.28	L	332	F	Aleyo, Joy	14 MAQ ZZ
14	35.37	L	329	P	Alala, Marion	11 UNAT
15	35.38	L	329	F	Karanu, Wairimu	14 OTTER ZZ
16	36.46	L	300	P	*1 Ba, Raya Inell	13 AKAM ZZ
17	36.95	L	289	P	Rana, Ameya	15 BRSC ZZ
18	39.12	L	243	P	Wambui, Emma	14 BNDRI ZZ
19	39.47	L	237	P	Mutinda, Nalwoga	11 MAQ ZZ
20	39.53	L	236	P	Warui, Ariana	11 KENTO ZZ
21	40.34	L	222	P	Hunja, Makena	11 MAKIN ZZ
22	42.60	L	188	P	Kahinju, Nissi	10 OTTER ZZ
Women 10 & Over 100 Fly						
1	1:02.01	L	716	P	Muteti, Emily	23 GCU AZ
2	1:02.70	L	692	F	Thorpe, Imara-Bella	21 BARAQ ZZ
3	1:09.48	L	509	P	Islam Ali, Lubaina	16 MAQ ZZ
4	1:09.76	L	503	P	Okumu, Victoria	17 BRSC ZZ
5	1:24.69	L	281	F	Hassanali, Ilhaam	14 MAQ ZZ
6	1:27.49	L	254	F	Alala, Marion	11 UNAT
7	1:30.50	L	230	P	*1 Ba, Raya Inell	13 AKAM ZZ
Women 10 & Over 200 Fly						
1	3:27.95	L	200	P	Hassanali, Ilhaam	14 MAQ ZZ
Women 10 & Over 200 IM						
1	2:23.71	L	675	F	Kamau, Rebecca	22 BRSC ZZ
2	2:24.32	L	667	F	Brunlehner, Maria	22 GCU AZ
3	2:45.25	L	444	F	Caffini, Duini	14 BNDRI ZZ
4	2:55.97	L	368	F	Echessah, Axela	17 OTTER ZZ
5	2:57.54	L	358	F	Lindkvist, Ruth Wangari	12 KENTO ZZ
6	2:58.36	L	353	F	Rana, Ameya	15 BRSC ZZ
7	3:03.15	L	326	F	*1 Mudanye, Amelia	13 AKAM ZZ
8	3:03.82	L	322	P	Kamotho, Cheryl	15 OTTER ZZ
9	3:05.29	L	315	F	Irungu, Elaine	13 MAKIN ZZ
10	3:05.51	L	314	P	Karanu, Wairimu	14 OTTER ZZ
11	3:06.39	L	309	P	Wambui, Emma	14 BNDRI ZZ
12	3:10.02	L	292	F	Thuranira, Natasha	14 BNDRI ZZ
13	3:10.78	L	288	P	*1 Ba, Raya Inell	13 AKAM ZZ
14	3:13.36	L	277	P	Mutinda, Nalwoga	11 MAQ ZZ
15	3:14.50	L	272	P	Muyela, Laurie	11 OTTER ZZ
16	3:21.61	L	244	F	Feisal, Nadiya	12 OTTER ZZ
17	3:26.73	L	227	P	Warui, Ariana	11 KENTO ZZ
18	3:30.96	L	213	F	Kahinju, Nissi	10 OTTER ZZ
Men 10 & Over 50 Free						
1	24.13	L	650	F	Talib, Swaleh	21 BNDRI ZZ
2	24.72	L	605	F	Mohamed, Ridhwan	21 BNDRI ZZ
3	25.63	L	543	P	Nyoike, Stephen	18 BNDRI ZZ
4	25.93	L	524	P	Omondi, Cian	23 MAKIN ZZ
5	26.03	L	518	F	Masinde, Johari	14 BARAQ ZZ
6	26.42	L	495	F	Onyach, Jesse	16 BRSC ZZ

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr	
7	26.56	L	487	F	Masakha, Joshua	14 MAQ ZZ
8	26.87	L	471	F	Nahdy, Ali	15 MAQ ZZ
9	26.98	L	465	F	Okumu, Jesse	18 OTTER ZZ
10	27.09	L	459	F	Kudwoli, Haniel	16 OTTER ZZ
11	27.35	L	446	P	Sheikh, Mohammed	15 BNDRI ZZ
12	27.54	L	437	F	Mutinda, Aker	15 MAQ ZZ
13	27.65	L	432	F	Kioko, Paul	19 BNDRI ZZ
14	27.81	L	425	F	Otieno, Emmanuel	17 OTTER ZZ
15	28.11	L	411	P	Kalombo, Michael	15 LSC ZZ
16	28.68	L	387	F	Otieno, Adam	15 OTTER ZZ
17	28.95	L	376	P	Muravvej, Ameir	14 BNDRI ZZ
18	29.00	L	374	P	Irungu, Roy	13 BRSC ZZ
19	29.14	L	369	P	Omar, Abdilahi	15 MAKIN ZZ
20	29.71	L	348	P	Waziri, Nick	15 BRSC ZZ
21	29.93	L	340	P	*1 Nyaika, Joel	13 OTTER ZZ
22	30.17	L	332	P	Echessah, Dante	14 OTTER ZZ
23	30.34	L	327	P	Sheikh, Hashim	14 BNDRI ZZ
24	30.51	L	321	P	Abubakar, Riyadh	14 BNDRI ZZ
25	30.62	L	318	P	Khuweylid, Khunays	13 BNDRI ZZ
26	30.72	L	315	P	Kombe, Jeremy	13 OTTER ZZ
27	30.91	L	309	P	Kamphuis, Yannick	13 POSE ZZ
28	31.57	L	290	P	Rieck, Jeremy	11 LICS
29	31.73	L	286	P	Bayusuf, Igbaal	13 BNDRI ZZ
30	31.81	L	284	P	Ochanda, Saffi	14 BRSC ZZ
31	31.89	L	281	P	Mbugua, Jae	13 BNDRI ZZ
32	32.19	L	274	P	Thuranira, Nael	11 BNDRI ZZ
33	33.26	L	248	P	Winyi, Jason	12 OTTER ZZ
34	34.23	L	227	P	Omar, Abdirahman	12 MAKIN ZZ
35	34.46	L	223	P	Patel, Mahin	12 BNDRI ZZ
36	37.03	L	180	P	Bayusuf, Saleh	11 BNDRI ZZ
Men 10 & Over 100 Free						
1	53.35	L	679	F	Mohamed, Ridhwan	21 BNDRI ZZ
2	53.72	L	665	F	Maina, Monyo	18 OSC ZZ
3	54.08	L	652	F	Talib, Swaleh	21 BNDRI ZZ
4	57.78	L	535	P	Masinde, Johari	14 BARAQ ZZ
5	57.81	L	534	P	Nyoike, Stephen	18 BNDRI ZZ
6	59.05	L	501	F	Onyach, Jesse	16 BRSC ZZ
7	59.08	L	500	F	*1 Frantz, Shad	15 POSE ZZ
8	59.14	L	499	F	Nahdy, Ali	15 MAQ ZZ
9	59.33	L	494	F	Omondi, Cian	23 MAKIN ZZ
10	59.77	L	483	F	Kanja, Evans	17 BRSC ZZ
11	1:00.91	L	456	F	Sheikh, Mohammed	15 BNDRI ZZ
12	1:01.30	L	448	P	Mutinda, Aker	15 MAQ ZZ
13	1:02.03	L	432	P	Masakha, Joshua	14 MAQ ZZ
14	1:02.46	L	423	P	Muigai, Jomo	17 OTTER ZZ
15	1:02.59	L	420	F	Bashir, Ishaq	17 OTTER ZZ
16	1:02.92	L	414	F	Okumu, Jesse	18 OTTER ZZ
17	1:03.02	L	412	P	Kalombo, Michael	15 LSC ZZ
18	1:03.54	L	402	P	Kioko, Paul	19 BNDRI ZZ
19	1:03.61	L	401	P	Otieno, Emmanuel	17 OTTER ZZ
20	1:07.56	L	334	P	Kamphuis, Yannick	13 POSE ZZ
21	1:08.73	L	317	P	Abubakar, Riyadh	14 BNDRI ZZ
22	1:09.20	L	311	P	*1 Nyaika, Joel	13 OTTER ZZ
23	1:10.46	L	295	P	Muravvej, Ameir	14 BNDRI ZZ

Individual Top Times

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	Time		P/F/S	Name	Age/Yr	
24	1:11.93	L 277	P	Sheikh, Hashim	14	BNDRI ZZ
25	1:12.25	L 273	P	Rieck, Jeremy	11	LICS
26	1:13.61	L 258	P	Bayusuf, Igbaal	13	BNDRI ZZ
27	1:15.19	L 242	P	Khuweyid, Khunays	13	BNDRI ZZ
28	1:17.20	L 224	P	Winyi, Jason	12	OTTER ZZ
29	1:17.33	L 223	P	Omar, Abdirahman	12	MAKIN ZZ
30	1:18.02	L 217	P	Thuranira, Nael	11	BNDRI ZZ
31	1:18.60	L 212	P	Patel, Mahin	12	BNDRI ZZ
Men 10 & Over 200 Free						
1	1:57.51	L 653	F	Mohamed, Ridhwan	21	BNDRI ZZ
2	2:00.11	L 612	F	Maina, Monyo	18	OSC ZZ
3	2:10.36	L 479	F *I	Frantz, Shad	15	POSE ZZ
4	2:10.89	L 473	P *I	De Guzman, Risha	16	BRSC ZZ
5	2:14.89	L 432	P	Onyach, Jesse	16	BRSC ZZ
6	2:18.84	L 396	P	Kanja, Evans	17	BRSC ZZ
7	2:23.78	L 357	P	Masakha, Joshua	14	MAQ ZZ
8	2:28.61	L 323	P	Muigai, Jomo	17	OTTER ZZ
9	2:29.86	L 315	P	Abubakar, Riyadh	14	BNDRI ZZ
10	2:30.31	L 312	P	Kamphuis, Yannick	13	POSE ZZ
11	2:30.38	L 312	P	Kioko, Paul	19	BNDRI ZZ
12	2:32.95	L 296	P *I	Nyaika, Joel	13	OTTER ZZ
13	2:37.78	L 270	P	Kombe, Jeremy	13	OTTER ZZ
14	2:40.18	L 258	P	Karia, Palash	12	OTTER ZZ
15	2:43.46	L 242	P	Bayusuf, Igbaal	13	BNDRI ZZ
16	2:46.51	L 229	P	Karia, Yash	13	OTTER ZZ
17	2:54.58	L 199	P	Patel, Mahin	12	BNDRI ZZ
18	2:59.22	L 184	P	Winyi, Jason	12	OTTER ZZ
19	3:06.71	L 163	P	Bayusuf, Saleh	11	BNDRI ZZ
20	3:08.75	L 157	P	Thuranira, Nael	11	BNDRI ZZ
Men 10 & Over 400 Free						
1	4:45.76	L 456	F *I	Frantz, Shad	15	POSE ZZ
2	5:08.73	L 362	F	Kanja, Evans	17	BRSC ZZ
3	5:10.60	L 355	F *I	Nakano, Chikashi	13	POSE ZZ
4	5:28.24	L 301	F	Abubakar, Riyadh	14	BNDRI ZZ
5	5:34.60	L 284	F	Karia, Palash	12	OTTER ZZ
6	5:36.29	L 280	F	Olengo, Neo	11	UNAT
7	5:38.05	L 275	F	Karia, Yash	13	OTTER ZZ
8	6:11.27	L 208	F	Patel, Mahin	12	BNDRI ZZ
Men 10 & Over 800 Free						
1	9:17.30	L 533	F	Mohamed, Ridhwan	21	BNDRI ZZ
2	9:54.81	L 439	F *I	Frantz, Shad	15	POSE ZZ
3	10:57.89	L 324	F	Olengo, Neo	11	UNAT
4	11:11.11	L 305	F	Abubakar, Riyadh	14	BNDRI ZZ
5	13:08.32	L 188	F	Patel, Mahin	12	BNDRI ZZ
Men 10 & Over 1500 Free						
1	20:34.71	L 351	F *I	Nakano, Chikashi	13	POSE ZZ
2	23:57.68	L 222	F	Olengo, Neo	11	UNAT
Men 10 & Over 50 Back						
1	31.08	L 460	P	Tabuka Bifwoli, Thomas	18	BRSC ZZ
2	31.90	L 425	P	Masinde, Johari	14	BARAQ ZZ
3	32.54	L 401	P	Kudwoli, Haniel	16	OTTER ZZ
4	33.50	L 367	P	Karia, Palash	12	OTTER ZZ
5	33.90	L 354	P	Kamotho, Curtis	14	OTTER ZZ

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr	
6	34.07	L	349	P *1 Nakano, Chikashi	13	POSE ZZ
7	34.50	L	336	P Kioko, Paul	19	BNDRI ZZ
8	34.60	L	333	F Abubakar, Riyadh	14	BNDRI ZZ
9	34.93	L	324	P Okumu, Jesse	18	OTTER ZZ
10	35.63	L	305	F Muigai, Jomo	17	OTTER ZZ
11	36.17	L	292	P Omar, Abdilahi	15	MAKIN ZZ
12	37.06	L	271	P Bayusuf, Igbaal	13	BNDRI ZZ
13	37.27	L	267	F Rieck, Jeremy	11	LICS
14	38.64	L	239	P Ochanda, Saffi	14	BRSC ZZ
15	41.56	L	192	P Thuraira, Nael	11	BNDRI ZZ
16	43.39	L	169	P Bayusuf, Saleh	11	BNDRI ZZ
Men 10 & Over 100 Back						
1	1:06.78	L	468	P Tabuka Bifwoli, Thomas	18	BRSC ZZ
2	1:12.94	L	359	P Kudwoli, Haniel	16	OTTER ZZ
3	1:14.14	L	342	F Matimu, Nathan	13	MAKIN ZZ
4	1:14.22	L	340	F Bashir, Ishaq	17	OTTER ZZ
5	1:14.32	L	339	F *1 Nakano, Chikashi	13	POSE ZZ
6	1:14.71	L	334	F Kioko, Paul	19	BNDRI ZZ
7	1:22.96	L	244	P Rieck, Jeremy	11	LICS
8	1:24.12	L	234	F Bayusuf, Igbaal	13	BNDRI ZZ
9	1:35.29	L	161	P Bayusuf, Saleh	11	BNDRI ZZ
Men 10 & Over 200 Back						
1	2:32.25	L	397	P Tabuka Bifwoli, Thomas	18	BRSC ZZ
2	2:39.77	L	343	F *1 Nakano, Chikashi	13	POSE ZZ
3	2:48.77	L	291	P Bashir, Ishaq	17	OTTER ZZ
4	2:49.59	L	287	P Abubakar, Riyadh	14	BNDRI ZZ
5	2:57.34	L	251	F Olengo, Neo	11	UNAT
6	2:58.39	L	246	F Karia, Palash	12	OTTER ZZ
7	3:02.01	L	232	F Bayusuf, Igbaal	13	BNDRI ZZ
8	3:02.09	L	232	P Rieck, Jeremy	11	LICS
Men 10 & Over 50 Breast						
1	30.02	L	645	P Pragassa, Tory	25	POSE ZZ
2	32.11	L	527	F *1 De Guzman, Risha	16	BRSC ZZ
3	32.45	L	511	F Kudwoli, Haniel	16	OTTER ZZ
4	33.98	L	445	F Kioko, Paul	19	BNDRI ZZ
5	34.08	L	441	F Tabuka Bifwoli, Thomas	18	BRSC ZZ
6	34.40	L	429	P Muravvej, Ameir	14	BNDRI ZZ
7	34.50	L	425	P Sheikh, Mohammed	15	BNDRI ZZ
8	35.11	L	403	F *1 Frantz, Shad	15	POSE ZZ
9	35.28	L	397	P Kanja, Evans	17	BRSC ZZ
10	35.87	L	378	P Kalombo, Michael	15	LSC ZZ
11	36.23	L	367	F *1 Nyaika, Joel	13	OTTER ZZ
12	36.50	L	359	P Otieno, Adam	15	OTTER ZZ
13	37.43	L	333	F Matimu, Nathan	13	MAKIN ZZ
14	37.76	L	324	P Okumu, Jesse	18	OTTER ZZ
15	38.50	L	306	P Kombe, Jeremy	13	OTTER ZZ
16	39.39	L	285	F Khuweyid, Khunays	13	BNDRI ZZ
17	39.99	L	273	P Masinde, Johari	14	BARAQ ZZ
18	40.24	L	268	P Okoth, Andrew	14	BNDRI ZZ
19	40.28	L	267	P Echessah, Dante	14	OTTER ZZ
20	42.07	L	234	P Omar, Abdilahi	15	MAKIN ZZ
21	42.33	L	230	P Karia, Yash	13	OTTER ZZ
22	42.75	L	223	P Ochanda, Saffi	14	BRSC ZZ

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr	
23	44.16	L 202	P	Mbugua, Jae	13	BNDRI ZZ
24	45.26	L 188	P	Thuranira, Nael	11	BNDRI ZZ
25	45.92	L 180	P	Rieck, Jeremy	11	LICS
Men 10 & Over 100 Breast						
1	1:10.35	L 528	P	Pragassa, Tory	25	POSE ZZ
2	1:11.25	L 508	F *I	De Guzman, Risha	16	BRSC ZZ
3	1:14.14	L 451	F	Kudwoli, Haniel	16	OTTER ZZ
4	1:18.38	L 382	P	Muravvej, Ameir	14	BNDRI ZZ
5	1:18.40	L 381	F *I	Frantz, Shad	15	POSE ZZ
6	1:19.22	L 370	F	Sheikh, Mohammed	15	BNDRI ZZ
7	1:20.96	L 346	P	Kioko, Paul	19	BNDRI ZZ
8	1:21.20	L 343	P	Otieno, Adam	15	OTTER ZZ
9	1:24.09	L 309	P	Kombe, Jeremy	13	OTTER ZZ
10	1:24.26	L 307	F	Matimu, Nathan	13	MAKIN ZZ
11	1:28.91	L 261	F	Karia, Yash	13	OTTER ZZ
12	1:29.84	L 253	P	Khuweylid, Khunays	13	BNDRI ZZ
13	1:46.19	L 153	F	Winyi, Jason	12	OTTER ZZ
Men 10 & Over 200 Breast						
1	2:36.44	L 523	F *I	De Guzman, Risha	16	BRSC ZZ
2	3:05.77	L 312	F	Kombe, Jeremy	13	OTTER ZZ
3	3:05.88	L 312	F	Kioko, Paul	19	BNDRI ZZ
4	3:06.01	L 311	F	Muravvej, Ameir	14	BNDRI ZZ
5	3:07.50	L 304	F *I	Nyaika, Joel	13	OTTER ZZ
6	3:08.37	L 300	F	Olengo, Neo	11	UNAT
7	3:15.61	L 268	P	Sheikh, Mohammed	15	BNDRI ZZ
8	3:16.64	L 263	P	Matimu, Nathan	13	MAKIN ZZ
9	3:18.30	L 257	P	Karia, Yash	13	OTTER ZZ
10	3:35.47	L 200	P	Khuweylid, Khunays	13	BNDRI ZZ
Men 10 & Over 50 Fly						
1	25.97	L 630	F	Mohamed, Ridhwan	21	BNDRI ZZ
2	26.19	L 614	P	Nyoike, Stephen	18	BNDRI ZZ
3	27.34	L 540	P	Talib, Swaleh	21	BNDRI ZZ
4	27.83	L 512	P	Masinde, Johari	14	BARAQ ZZ
5	28.16	L 494	F	Mutinda, Aker	15	MAQ ZZ
6	28.20	L 492	F	Masakha, Joshua	14	MAQ ZZ
7	28.21	L 491	P	Onyach, Jesse	16	BRSC ZZ
8	28.33	L 485	P	Nahdy, Ali	15	MAQ ZZ
9	29.80	L 417	F	Muigai, Jomo	17	OTTER ZZ
10	30.30	L 397	F	Adede, Kevin	22	MAKIN ZZ
11	30.38	L 393	P	Kioko, Paul	19	BNDRI ZZ
12	30.89	L 374	P	Otieno, Emmanuel	17	OTTER ZZ
13	31.12	L 366	P	Otieno, Adam	15	OTTER ZZ
14	31.27	L 361	F	Okumu, Jesse	18	OTTER ZZ
15	31.88	L 340	F	Omar, Abdilahi	15	MAKIN ZZ
16	32.06	L 335	P	Irungu, Roy	13	BRSC ZZ
17	32.34	L 326	P	Echessah, Dante	14	OTTER ZZ
18	32.51	L 321	P	Muravvej, Ameir	14	BNDRI ZZ
19*	33.21	L 301	P	Abubakar, Riyadh	14	BNDRI ZZ
19*	33.21	L 301	P	Sheikh, Mohammed	15	BNDRI ZZ
21	33.97	L 281	P	Kamphuis, Yannick	13	POSE ZZ
22	34.47	L 269	P	Rieck, Jeremy	11	LICS
23	36.68	L 223	P	Bayusuf, Igbaal	13	BNDRI ZZ
24	38.73	L 190	P	Winyi, Jason	12	OTTER ZZ

Individual Top Times

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters

Number of Top Times: All Show Long Course Only - FINA Points

	Time		P/F/S	Name	Age/Yr	
25	39.08	L 185	P	Omar, Abdirahman	12	MAKIN ZZ
26	41.99	L 149	P	Thuranira, Nael	11	BNDRI ZZ
27	48.24	L 98	P	Bayusuf, Saleh	11	BNDRI ZZ
Men 10 & Over 100 Fly						
1	57.79	L 628	P	Nyoike, Stephen	18	BNDRI ZZ
2	57.88	L 625	F	Mohamed, Ridhwan	21	BNDRI ZZ
3	59.02	L 589	F	Maina, Monyo	18	OSC ZZ
4	1:02.00	L 508	F	Harunani, Maahir	22	MAQ ZZ
5	1:03.68	L 469	F	Mutinda, Aker	15	MAQ ZZ
6	1:04.04	L 461	P	Masinde, Johari	14	BARAQ ZZ
7	1:05.57	L 430	F	Nahdy, Ali	15	MAQ ZZ
8	1:07.03	L 402	P *I	Frantz, Shad	15	POSE ZZ
9	1:10.10	L 352	F	Adede, Kevin	22	MAKIN ZZ
10	1:16.86	L 267	P	Echessah, Dante	14	OTTER ZZ
11	1:31.84	L 156	P	Kamphuis, Yannick	13	POSE ZZ
Men 10 & Over 200 Fly						
1	2:25.73	L 438	F	Harunani, Maahir	22	MAQ ZZ
Men 10 & Over 200 IM						
1	2:20.45	L 534	F *I	De Guzman, Risha	16	BRSC ZZ
2	2:25.64	L 479	F *I	Frantz, Shad	15	POSE ZZ
3	2:36.91	L 383	F	Matimu, Nathan	13	MAKIN ZZ
4	2:38.97	L 368	P	Kalombo, Michael	15	LSC ZZ
5	2:44.56	L 332	P	Kanja, Evans	17	BRSC ZZ
6	2:45.40	L 327	P	Bashir, Ishaq	17	OTTER ZZ
7	2:45.63	L 326	P	Otieno, Emmanuel	17	OTTER ZZ
8	2:45.93	L 324	P *I	Nyaika, Joel	13	OTTER ZZ
9	2:58.28	L 261	P	Bayusuf, Igbaal	13	BNDRI ZZ
10	3:01.71	L 246	F	Kamphuis, Yannick	13	POSE ZZ
11	3:05.01	L 233	F	Rieck, Jeremy	11	LICS
12	3:19.38	L 186	F	Thuranira, Nael	11	BNDRI ZZ
13	3:20.52	L 183	F	Winyi, Jason	12	OTTER ZZ
Men 10 & Over 400 IM						
1	5:43.02	L 359	F	Nyoike, Stephen	18	BNDRI ZZ
2	5:56.01	L 321	F *I	Nakano, Chikashi	13	POSE ZZ



SELECTION CRITERIA FOR LONG LIST XXII 2022 COMMONWEALTH GAMES - BIRMINGHAM

EVENT DATES: July 28 – August 8, 2022

TEAM SIZE: TBC

ESTIMATED COST: Government of Kenya Funded

Please note this is a Selection Criteria for the Long List. The Final Selection Criteria of the team shall be developed after the team quota is determined and received from NOCK.

1.0 OBJECTIVE

The purpose of this document is to set out the criteria that will be used by KSF, Working Group (WG) to select the long list of athletes, coaches and officials for the Birmingham 2022 Commonwealth Games (Games). The objective of the WG is to select a team of the Top ranked swimmers that will best represent the country at this quadrennial event. This criterion is not to be interpreted as providing a guarantee to athletes, coaches and team officials of final nomination to the team that will compete and participate at the Games.

2.0 ELIGIBILITY

- i) A Swimmer must be able to represent Kenya in accordance with the eligibility requirement rules set out by FINA and on the first day of the competition must hold a Kenyan passport which expires no earlier than December 31, 2022.
- ii) A Swimmer must declare him/herself eligible for selection prior to February 22, 2022;
- iii) Selected Swimmers must sign the KSF Code of Conduct and Athlete Participant Agreement by February 28, 2022. Where the Swimmer is under the age of 18 years, the Swimmer's parent or guardian must also sign the Code of Conduct and Athlete Participant agreement.
- iv) A swimmer must declare and commit to availability to participate at select qualification events and other team events including but not exclusively anti-doping education sessions, anti-doping testing, strength and conditioning training, nutrition, physiotherapy and mental skills training as are determined by the Working Group in consultation with NOCK and other experts.
- v) A swimmer must commit and undertake to provide periodic reports as may be set by the WG and/or NOCK.
- vi) A swimmer must commit to follow all the guidelines and protocols as may be set by the organizers/NOCK, government authorities. Swimmer must be willing to comply with and sign any agreement and waivers as it relates to the prevention of the spread of Covid 19 including but not exclusive to the requirement to undergoing Covid 19 testing and or vaccination requirements.



3.0 CRITERIA

- (i) Any swimmer that has achieved a minimum of 600 FINA points in a long course (LCM) event;
- (ii) The times in (i) above to be used for selections must have been achieved at Long Course meters (LCM) events not earlier than 1st April 2019 and no later than 15th February 2022.
- (iii) The swimmer must have participated at a swimming competition (LCM/SCM/SCY) in the 2021 calendar year and demonstrate competitive readiness to be eligible for selection. The times achieved at such competition must have been submitted to the National Database. SCY times should be submitted to demonstrate competitive activity must be verifiable from a listed NCAA sanctioned competition. SCY times **SHALL NOT** be converted and/or uploaded into the National Database

4.0 COMPETITIVE READINESS

- i) "Competitive readiness" is defined as the ability of the athlete to achieve equal or superior performance(s) at the scheduled event, as compared to the performance(s) the athlete achieved in qualifying Long Course Competitions.
- ii) Athletes must submit the attached Competitive Readiness fully completed Form (signed by both athlete/guardian and coach) on or before February 28, 2022 to be eligible for selection.
- iii) Athletes who do not demonstrate competitive readiness by reason of lack of fitness, injury, or illness may be removed from the team. Athletes and their personal coaches are required to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level at the competition to the WG in writing via email (competitions@kenyaswimmingfederation.org);
- iii) The final decision on competitive readiness will be made in concert with the swimmers' coach, the WG, designated team physician, therapist or such other professional who may have knowledge of the swimmers specific circumstances and/or an expert in sports injuries.

5.0 REMOVAL OF SWIMMER

- i) The WG may, at any time, disqualify an athlete from being considered for selection to the Kenya Team or remove an athlete after selection based on current or past behaviour of the athlete that is inconsistent with KSF's Team Rules, Regulations and Code of Conduct.
- ii) An athlete will be removed from being considered for selection to the Kenya Team or removed after selection if he/she is found to be in violation of any anti-doping policy or procedure as outlined by Anti-Doping Agency of Kenya, FINA and World Anti-Doping Agency (WADA).

6.0 UNFORESEEN CIRCUMSTANCES

- i) Should the WG determine that unforeseen or unusual circumstances have arisen during the process of applying these Criteria, the WG shall have the full and absolute discretion to resolve the matter as it sees fit, considering factors and circumstances that it deems relevant, fair and appropriate.
- ii) Any such exercise of discretion shall be subject to the principles of fairness and good sportsmanship.



7.0 TEAM OFFICIALS

Where possible gender balance Team Officials. At a minimum, there must be one female team official.

7.1 TEAM COACH

To be eligible for selection:

- (i) Must be a fully registered coach and member in good standing;
- (ii) Must submit a current Certificate of Good Conduct;
- (iii) Must declare him/herself eligible for selection prior to February 28, 2022;
- (v) Must be a Kenyan citizen hold a Kenyan passport, which expires no earlier than December 31, 2022;
- (iv) Must have attained a minimum of Level 3 FINA Coach qualification or equivalent;
- (v) Must have previous experience of having placed a swimmer(s) on the National team;
- (vi) Must have coached at least one swimmer on the Birmingham 2022 Commonwealth Games, Kenya team;
- (vii) S/he has no past, current or pending disciplinary action taken against her/him on matters regarding management of athletes or such other action; and
- (viii) Must sign the KSF Code of Conduct and the Duties and Responsibilities of Team Official on or before February 28, 2022 and any other document and requirements as may be set by KSF and or NOCK. (ix) WG reserves the right to exercise its discretion to appoint personal coaches of swimmers selected on the national team subject to restrictions and the swimmer/officials ratio as set by the Organizers/NOCK.

7.2 TEAM MANAGER AND OTHER TEAM OFFICIALS (e.g. Therapist, Doctor)

- i) Must submit a current Certificate of Good Conduct.
- ii) Previous experience of managing a national team to an international competition of equivalent level.
- iii) Must be a Kenyan Citizen and hold a valid Kenyan passport which expires no earlier than December 31, 2022.
- iv) Must have a good understanding and technical know-how of the Sport or a subject matter expert.
- v) Must have good and demonstrable administrative or other professional skills and experience.
- vi) Must have previous experience of managing or providing technical support to a National team.
- vii) S/he has no past, current or pending disciplinary action taken against her/him on matters regarding management of athletes, minors, or such other action as it relates to sports.
- viii) S/he must have a current licence of his licencing authority for her/his area of expertise.
- ix) Must sign the KSF Code of Conduct, Roles and Responsibilities Form on or before February 28, 2022 and any other document and requirements as may be set by KSF and/or NOCK.

8.0 APPEAL PROCESS



Selection results from the WG final selection will be published on the KSF website on February 18, 2022. Appeal against non-selection by WG must be made in writing within 2 days (48 hours) of the announcement of the athletes selected for the Championships, via email to competitions@kenyaswimmingfederation.org

The grounds for any appeal shall be:

- i) The athlete's omission was a result of a failure by WG to properly apply the eligibility and selection criteria set out in this policy;
- ii) The athlete's omission was a result of a failure by WG to adhere to the terms set out in this selection criteria; and
- iii) The athlete's omission was a result of existence of fresh and compelling evidence and/or data, which had not been submitted, in the initial nomination.

The Working Group shall consider and deliberate the appeal and, if deemed justifiable, will hear the appeal by the athlete concerned and provide the final decision within 72 hours of receipt of the Appeal. Any further appeal shall lie with Sports Disputes Tribunal.

The Working Group shall have the full and absolute discretion for selection of the Team Coach and Team Officials.

The Working Group reserves the right to amend this criteria and the amended criteria will be recirculated and published on the KSF website.

KSF, Working Group

These criteria were duly created and approved by the KSF, WG, which by its terms of reference have been properly delegated to perform this task by the Sports Disputes Tribunal.

February 15, 2022

Attachments:

Athletes competitive readiness form

Individual Top Times

LONG LIST FOR COMMONWEALTH GAMES

Times since: 01-Apr-19 Times until: 15-Feb-22

Number of Top Times: 10 Show Long Course Only - FINA Points Age actual

- female swimmers achieving min 600 FINA points
- female swimmers achieving between 550 and 599 FINA points - RESERVE
- male swimmers achieving min 600 FINA points
- male swimmers achieving between 550 and 599 FINA points - RESERVE

WOMEN

Name	Age
Muteti, Emily	23
Brunlehner, Maria	21
Kamau, Rebecca	22
Thorpe, Imara-Bella	20
Ruchti, Lucia	18
Islam Ali, Lubaina	16
Okumu, Victoria	17

Men

Name	Age on 31/12/2022
Rosafio, Danilo	20
Mohamed, Ridhwan	21
Talib, Swaleh	21
Nyoike, Stephen	18
Pragassa, Tory	25
Maina, Monyo	18
Bifwoli, Tabuka	18
Hart, Ivan	15
Opande, Jono Per	18

Individual Top Times

LONG LIST FOR COMMONWEALTH GAMES

Times since: 01-Apr-19 Times until: 15-Feb-22

Number of Top Times: 10 Show Long Course Only - FINA Points Age actual

- female swimmers achieving min 600 FINA points
- female swimmers achieving between 550 and 599 FINA points
- male swimmers achieving min 600 FINA points
- male swimmers achieving between 550 and 599 FINA points

					Name	Age		
Women 50 Free								
1	26.30	L	729	P	Muteti, Emily	23	15/06/2021	2021 French Swimming Championships
2	26.69	L	697	F	Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
3	27.40	L	644	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
4	27.79	L	617	F	Ruchtli, Lucia	18	11/09/2019	Africa Junior Championships
5	28.79	L	555	F	Okumu, Victoria	17	28/11/2020	2019 CANA Zone 3 Championships
6	29.26	L	529	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	29.37	L	523	F	Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
8	30.01	L	490	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
9	30.26	L	478	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	30.32	L	475	F	Langat, Audrey Chebet	13	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women 100 Free								
1	57.75	L	717	F	Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
2	58.39	L	694	F	Brunlehner, Maria	21	21/08/2019	12th African Games
3	1:00.39	L	627	F	Ruchtli, Lucia	18	11/09/2019	Africa Junior Championships
4	1:01.50	L	594	F	Thorpe, Imara-Bella	20	11/04/2019	2019 KSF Nationals Swimming Trials
5	1:02.74	L	559	F	Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
6	1:02.97	L	553	P	Okumu, Victoria	17	11/09/2019	Africa Junior Championships
7	1:03.78	L	532	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:04.14	L	524	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
9	1:06.74	L	465	P	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
#	1:06.97	L	460	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Women 200 Free								
1	2:13.68	L	603	P	Thorpe, Imara-Bella	20	21/08/2019	12th African Games
2	2:15.73	L	576	P	Ruchtli, Lucia	18	11/09/2019	Africa Junior Championships
3	2:16.19	L	570	F	Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
4	2:17.93	L	549	F	Okumu, Victoria	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:22.43	L	499	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
6	2:24.16	L	481	F	Kimani, Jasmin	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	2:24.48	L	478	P	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
8	2:27.96	L	445	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
9	2:29.72	L	429	P	Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
#	2:30.57	L	422	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women 400 Free								
1	4:52.42	L	528	F	Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	4:54.24	L	519	P	Okumu, Victoria	17	11/09/2019	Africa Junior Championships
3	4:57.85	L	500	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
4	4:59.41	L	492	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	5:03.13	L	474	F	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
6	5:16.65	L	416	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
7	5:21.15	L	399	F	Bagha, Nurayn	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	5:25.81	L	382	F	Tripathee, Aagya	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	5:26.70	L	379	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	5:31.85	L	361	F	Kagwima, Ashley	14	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women 800 Free								
1	10:03.25	L	519	F	Islam Ali, Lubaina	16	11/09/2019	Africa Junior Championships
2	10:48.76	L	417	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
3	10:59.71	L	396	F	Williams, Angel	13	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
4	11:01.76	L	393	F	Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	11:12.91	L	373	F	Kiragu, Mariam	15	22/11/2019	14th UB Gala 2019
6	11:19.70	L	362	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	11:28.88	L	348	F	Tripathee, Aagya	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	11:36.39	L	337	F	Kagwima, Ashley	14	11/04/2019	2019 KSF Nationals Swimming Trials
9	11:40.55	L	331	F	Mawira, Serah Makenna	14	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	12:17.71	L	283	F	Omor, Saniyah	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women 1500 Free								
1	19:34.13	L	481	F	Islam Ali, Lubaina	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
2	20:23.80	L	425	F	Okumu, Victoria	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
3	20:48.04	L	401	F	Williams, Angel	13	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
4	21:17.40	L	374	F	Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	22:28.12	L	318	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
6	22:38.91	L	310	F	Mawira, Serah Makenna	14	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	22:47.72	L	304	F	Kagwima, Ashley	14	17/05/2019	Nairobi County Swimming Champi
8	23:40.15	L	272	F	Tripathee, Aagya	16	11/04/2019	2019 KSF Nationals Swimming Trials
9	23:44.21	L	269	F	Irungu, Megan Wanja	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	24:25.13	L	247	F	Umi Njeri, Josette	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 50 Back

1	32.01	L	598	P	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
2	34.33	L	485	F	Jamal, Bianca	14	16/01/2022	City of Derby 18th Level 1 Long Course
3	34.73	L	468	F	Okumu, Victoria	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
4	34.81	L	465	F	Mwige, Gakenia	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	35.37	L	443	P	Hart, Alexandra	13	17/12/2021	Swim Wales Open Winter Championships 2021
6	36.31	L	410	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	36.56	L	401	P	Williams, Angel	13	15/12/2020	Western Cape Long Course Championships 2020
8	36.63	L	399	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	36.76	L	395	F	Kiragu, Mariam	15	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
#	37.23	L	380	P	Nelson, Justine	19	11/04/2019	2019 KSF Nationals Swimming Trials

Women 100 Back

1	1:09.42	L	570	P	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
2	1:12.06	L	509	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
3	1:13.51	L	480	P	Ruchtli, Lucia	18	11/09/2019	Africa Junior Championships
4	1:13.95	L	471	P	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
5	1:15.24	L	447	F	Mwige, Gakenia	16	11/04/2019	2019 KSF Nationals Swimming Trials
6	1:15.68	L	440	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
7	1:18.47	L	394	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:19.15	L	384	F	Kagwima, Ashley	14	28/11/2019	2019 CANA Zone 3 Championships
9	1:20.40	L	367	F	Kiragu, Mariam	15	09/12/2021	16th Botswana National Swimming Championships
#	1:20.88	L	360	F	Nelson, Justine	19	11/04/2019	2019 KSF Nationals Swimming Trials

Women 200 Back

1	2:38.84	L	468	F	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
2	2:40.60	L	453	F	Jamal, Bianca	14	16/01/2022	City of Derby 18th Level 1 Long Course
3	2:42.51	L	437	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
4	2:48.25	L	394	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	2:48.37	L	393	F	Mwige, Gakenia	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	2:52.17	L	367	F	Islam Ali, Lubaina	16	28/11/2019	2019 CANA Zone 3 Championships
7	2:56.11	L	343	F	Irungu, Erica Wangechi	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	2:57.06	L	338	F	Kiragu, Mariam	15	09/12/2021	16th Botswana National Swimming Championships
9	2:58.19	L	331	F	Shah, Rianna	14	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	* 2:58.27	L	331	F	Lindkvist, Ruth Wangari	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	* 2:58.27	L	331	P	Kagwima, Ashley	14	11/04/2019	2019 KSF Nationals Swimming Trials

Women 50 Breast

1	33.35	L	685	P	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
2	33.83	L	656	P	Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
3	34.00	L	646	F	Kamau, Rebecca	22	11/04/2019	2019 KSF Nationals Swimming Trials
4	36.82	L	509	P	Ruchtli, Lucia	18	11/09/2019	Africa Junior Championships
5	36.85	L	507	P	Kimani, Jasmin	18	11/09/2019	Africa Junior Championships
6	37.65	L	476	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	39.11	L	424	F	Jamal, Bianca	14	16/01/2022	City of Derby 18th Level 1 Long Course
8	39.58	L	409	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	39.76	L	404	F	Ameya, Rana	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	39.86	L	401	F	Kamotho, Christe	11	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Women 100 Breast

1	1:13.99	L	651	F	Kamau, Rebecca	22	21/08/2019	12th African Games
2	1:15.09	L	622	P	Brunlehner, Maria	21	21/07/2019	18th FINA World Championships
3	1:20.83	L	499	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	1:22.11	L	476	F	Kimani, Jasmin	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	1:23.45	L	453	F	Jamal, Bianca	14	24/07/2021	London Region Festival of Swimming Meet 2021
6	1:25.74	L	418	F	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
7	1:27.52	L	393	F	Ameya, Rana	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:27.67	L	391	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	1:30.11	L	360	F	Mwige, Tugi	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	1:30.71	L	353	F	Mwasha, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

Women 200 Breast

1	2:39.37	L	665	P	Kamau, Rebecca	22	21/08/2019	12th African Games
2	2:58.35	L	474	P	Kimani, Jasmin	18	11/09/2019	Africa Junior Championships
3	3:00.52	L	457	F	Williams, Angel	13	07/12/2021	Western Cape LC-A Championship 2021 v2
4	3:08.71	L	400	F	Jamal, Bianca	14	24/07/2021	London Region Festival of Swimming Meet 2021
5	3:10.87	L	387	F	Caffini, Duini	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	3:13.12	L	373	F	Ameya, Rana	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	3:18.30	L	345	F	Irungu, Erica Wangechi	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	3:22.25	L	325	F	Mwasha, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	3:24.41	L	315	F	Kalombo, Macrine	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	3:25.05	L	312	F	Lindkvist, Ruth Wangari	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 50 Fly

1	28.47	L	631	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
2	28.69	L	617	P	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
3	29.61	L	561	F	Ruchtli, Lucia	18	11/09/2019	Africa Junior Championships
4	29.88	L	546	F	Kamau, Rebecca	22	11/04/2019	2019 KSF Nationals Swimming Trials
5	31.30	L	475	F	Okumu, Victoria	17	28/11/2019	2019 CANA Zone 3 Championships
6	31.68	L	458	F	Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
7	31.80	L	453	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	32.65	L	418	F	Karani, Kario	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	32.82	L	412	F	Kimani, Jasmin	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	33.12	L	401	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)

Women 100 Fly

1	1:01.40	L	737	F	Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
2	1:03.54	L	665	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
3	1:07.27	L	560	P	Kamau, Rebecca	22	11/07/2019	2019 LC IL Senior Swimming Championships
4	1:11.44	L	468	F	Okumu, Victoria	17	28/11/2019	2019 CANA Zone 3 Championships
5	1:11.56	L	466	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP

6	1:12.44	L	449	F	Islam Ali, Lubaina	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:14.58	L	411	P	Mwige, Gakenia	16	11/04/2019	2019 KSF Nationals Swimming Trials
8	1:18.04	L	359	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
9	1:19.05	L	345	F	Williams, Angel	13	30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
#	1:19.56	L	339	F	Bagha, Nurayn	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women 200 Fly								
1	2:39.38	L	446	P	Okumu, Victoria	17	11/04/2019	2019 KSF Nationals Swimming Trials
2	2:41.54	L	428	P	Islam Ali, Lubaina	16	11/09/2019	Africa Junior Championships
3	2:56.44	L	329	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
4	3:00.94	L	305	P	Bagha, Nurayn	17	11/04/2019	2019 KSF Nationals Swimming Trials
5	3:08.07	L	271	F	Kagwima, Ashley	14	21/06/2019	Hamilton Aquatics Summer Sizzler
6	3:09.92	L	263	F	Gore, Reese	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
7	3:16.13	L	239	F	Muriithi, Rachel Michelle	17	27/11/2020	Harare Senior Championships
8	3:41.13	L	167	F	Mwasha, Maria	15	17/05/2019	Nairobi County Swimming Champi
9	3:56.00	L	137	F	Shah, Diva	14	17/05/2019	Nairobi County Swimming Champi
#	4:07.64	L	119	F	Leboy, Vahkenah	11	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Women 200 IM								
1	2:22.18	L	697	F	Kamau, Rebecca	22	21/08/2019	12th African Games
2	2:24.02	L	671	F	Brunlehner, Maria	21	21/08/2019	12th African Games
3	2:33.95	L	549	F	Thorpe, Imara-Bella	20	22/01/2022	City of Sunderland ASC New Year Meet 2022
4	2:36.90	L	519	F	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:40.00	L	489	F	Okumu, Victoria	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	2:40.60	L	484	F	Jamal, Bianca	14	29/01/2022	Middlesex County Championships 2022
7	2:41.33	L	477	F	Islam Ali, Lubaina	16	11/09/2019	Africa Junior Championships
8	2:41.68	L	474	P	Kimani, Jasmin	18	11/09/2019	Africa Junior Championships
9	2:45.12	L	445	P	Ruchti, Lucia	18	11/04/2019	2019 KSF Nationals Swimming Trials
#	2:48.56	L	418	F	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Women 400 IM								
1	5:59.53	L	406	F	Islam Ali, Lubaina	16	28/11/2019	2019 CANA Zone 3 Championships
2	6:02.45	L	396	F	Hart, Alexandra	13	22/01/2022	Somerset ASA 2022 County Championship
3	6:10.90	L	370	F	Jamal, Bianca	14	08/02/2020	The 2020 Middlesex County Championships
4	6:15.74	L	356	F	Lindkvist, Ruth Wangari	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	6:29.54	L	319	F	Kiragu, Mariam	15	04/04/2019	2nd DMSS Gators Annual Swim Ga
6	6:38.58	L	298	P	Kagwima, Ashley	14	11/04/2019	2019 KSF Nationals Swimming Trials
7	6:39.01	L	297	F	Maina, Wangechi	13	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	6:44.24	L	286	F	Muriithi, Rachel Michelle	17	20/11/2020	Harare 5th Seeded
9	6:46.96	L	280	F	Mwasha, Maria	15	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	x8:05.35	L	165	F	Ochoro, Xolani	14	17/05/2019	Nairobi County Swimming Champi
Men 50 Free								
1	23.52	L	702	F	Rosafio, Danilo	20	05/06/2021	36 International Swimming Meet of Porto
2	24.01	L	660	F	Talib, Swaleh	21	12/04/2021	Stirling Time Trial
3	24.31	L	636	F	Mohamed, Ridhwan	21	14/03/2020	Plymouth Leander L1/3 Spring R
4	24.60	L	614	F	Bifwoli, Tabuka	18	11/09/2019	Africa Junior Championships
5	25.22	L	569	F	Nyoyke, Stephen	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	25.70	L	538	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	25.77	L	534	F	Opande, Jono Per	18	11/04/2019	2019 KSF Nationals Swimming Trials
8	25.94	L	523	F	Onyach, Jesse	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
9	26.18	L	509	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
#	26.30	L	502	F	Maina, Monyo	18	10/05/2019	Edmonton Keyano Invitational 2
Men 100 Free								
1	52.09	L	730	P	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
2	52.68	L	706	P	Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
3	53.53	L	672	F	Talib, Swaleh	21	12/04/2021	Stirling Time Trial
4	55.30	L	610	F	Nyoyke, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
5	56.10	L	584	F	Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
6	56.33	L	577	F	Maina, Monyo	18	11/09/2019	Africa Junior Championships
7	56.75	L	564	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
8	58.38	L	518	F	Chemirmir, Jabali	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
9	58.41	L	518	P	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
#	58.66	L	511	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men 200 Free								
1	1:55.68	L	685	P	Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
2	1:58.25	L	641	F	Rosafio, Danilo	20	13/03/2020	Millfield and Team Bath AS TYR
3	2:02.33	L	579	F	Maina, Monyo	18	04/07/2019	2019 Summer Championships
4	2:02.36	L	579	F	Hart, Ivan	15	24/07/2021	South West British Summer Festival (Bath) L1
5	2:12.26	L	458	F	Bifwoli, Tabuka	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	2:13.78	L	443	F	Chemirmir, Jabali	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
7	2:16.21	L	419	P	Onyach, Jesse	16	11/09/2019	Africa Junior Championships
8	2:17.35	L	409	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
9	* 2:20.60	L	381	F	Mwamisi, Trevor	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	* 2:20.60	L	381	F	Kanja, Evans	17	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men 400 Free								
1	4:16.88	L	628	P	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
2	4:22.00	L	592	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
3	4:57.23	L	405	F	Katumwa, Siegfried	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	5:00.81	L	391	F	Mwamisi, Trevor	17	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	5:02.20	L	386	F	Bagha, Abdul	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	5:07.22	L	367	F	Matimu, Nathan	13	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	5:07.25	L	367	P	Bashir, Ishaq	16	11/09/2019	Africa Junior Championships
8	5:16.94	L	334	F	Abubakar, Riyadh	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	5:30.00	L	296	F	Kioko, Jesse	14	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	5:51.64	L	245	F	Sheikh, Hashim	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 800 Free

1	8:53.85	L	607	F	Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
2	8:53.99	L	606	P	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
3	10:45.52	L	343	F	Bachelani, Samir	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	11:06.29	L	312	F	Werangai, Lenny	13	17/05/2019	Nairobi County Swimming Champi
5	11:13.22	L	302	F	Bashir, Ishaq	16	11/04/2019	2019 KSF Nationals Swimming Trials
6	11:35.71	L	274	F	Abubakar, Riyadh	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	11:59.31	L	248	F	Anjichi, Daryl Anambo	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	12:13.77	L	233	F	Paul, John	22	17/05/2019	Nairobi County Swimming Champi
9	12:14.79	L	232	F	Sheikh, Hashim	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
#	13:11.87	L	186	F	Kalombo, Michael	15	17/05/2019	Nairobi County Swimming Champi

Men 1500 Free

1	17:12.26	L	600	F	Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships
2	17:17.82	L	591	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
3	20:07.18	L	375	F	Katumwa, Siegfried	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	26:11.82	L	170	F	Kipkorir, Colinreece	20	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	26:30.51	L	164	F	Mwenja, Erick	23	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	26:44.97	L	159	F	Kalombo, Michael	15	17/05/2019	Nairobi County Swimming Champi
7	29:24.69	L	120	F	Amor, James	15	17/05/2019	Nairobi County Swimming Champi

Men 50 Back

1	29.49	L	539	F	Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	29.50	L	538	P	Talib, Swaleh	21	21/08/2019	12th African Games
3	31.70	L	433	P	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials
4	31.91	L	425	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
5	31.96	L	423	P	Muravvej, Aryen	16	11/09/2019	Africa Junior Championships
6	31.99	L	422	F	Khandwalla, Mohamed Iqbal	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	32.11	L	417	P	Hart, Ivan	15	29/07/2019	Swim Wales Summer Open Meet 2019
8	33.21	L	377	F	Chemirmir, Jabali	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
9	33.27	L	375	F	Maina, Monyo	18	10/05/2019	Edmonton Keyano Invitational 2
#	33.35	L	372	F	Blunsum, Carlo	15	28/11/2019	2019 CANA Zone 3 Championships

Men 100 Back

1	1:05.15	L	504	F	Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	1:05.45	L	497	F	Talib, Swaleh	21	04/07/2019	30th Summer Universiade 2019 (FISU Games)
3	1:06.54	L	473	P	Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
4	1:08.17	L	440	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
5	1:08.34	L	436	F	Khandwalla, Mohamed Iqbal	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	1:09.48	L	415	F	Maina, Monyo	18	10/05/2019	Edmonton Keyano Invitational 2
7	1:10.49	L	397	P	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials
8	1:11.01	L	389	P	Muravvej, Aryen	16	11/09/2019	Africa Junior Championships
9	1:11.17	L	386	F	Blunsum, Carlo	15	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
#	1:12.24	L	369	F	Chemirmir, Kigen	21	11/04/2019	2019 KSF Nationals Swimming Trials

Men 200 Back

1	2:29.70	L	417	F	Hart, Ivan	15	13/03/2020	Millfield and Team Bath AS TYR
2	2:31.65	L	401	F	Khandwalla, Mohamed Iqbal	19	28/11/2021	2019 CANA Zone 3 Championships
3	2:37.87	L	356	F	Shah, Rushab	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	2:37.99	L	355	F	Bifwoli, Tabuka	18	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	2:38.83	L	349	F	Chemirmir, Jabali	18	28/11/2021	2019 CANA Zone 3 Championships
6	2:40.72	L	337	F	Bagha, Abdul	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	2:41.45	L	333	F	Blunsum, Carlo	15	28/11/2021	2019 CANA Zone 3 Championships
8	2:48.61	L	292	T	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	2:54.41	L	264	T	Kamotho, Curtis	13	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	2:56.76	L	253	F	Bitok, Shawn	17	06/07/2019	The Manchester Non National Me

Men 50 Breast

1	29.84	L	657	F	Pragassa, Tory	25	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
2	31.55	L	556	P	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
3	31.85	L	540	F	Mohamed, Ridhwan	21	11/04/2019	2019 KSF Nationals Swimming Trials
4	32.53	L	507	P	Nyoike, Stephen	18	11/09/2019	Africa Junior Championships
5	32.91	L	490	F	Talib, Swaleh	21	11/04/2019	2019 KSF Nationals Swimming Trials
6	33.56	L	462	F	Omar, Ibrahim	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	33.72	L	455	F	Mayende, Franklyne	22	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	33.94	L	446	F	Kioko, Paul	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	34.24	L	435	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
#	34.50	L	425	F	Sheikh, Mohammed	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 100 Breast

1	1:08.69	L	567	F	Pragassa, Tory	25	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
2	1:11.69	L	499	P	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
3	1:12.50	L	482	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
4	1:14.55	L	444	F	Kunyiha, Kirunda	21	28/11/2019	2019 CANA Zone 3 Championships
5	1:16.50	L	411	F	Kudwoli, Haniel	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
6	1:16.75	L	407	F	Omar, Ibrahim	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7	1:17.08	L	401	P	Maina, Monyo	18	07/02/2020	Edmonton Open
8	1:18.49	L	380	F	Kioko, Paul	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	1:20.20	L	356	F	Mugera, Munene	18	11/04/2019	2019 KSF Nationals Swimming Trials
#	1:20.32	L	355	F	Muravvej, Ameir	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC

Men 200 Breast

1	2:42.91	L	463	F	Pragassa, Tory	25	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
2	3:00.06	L	343	F	Shah, Dhilan	17	06/07/2019	The Manchester Non National Me
3	3:00.31	L	342	F	Bachelani, Samir	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
4	3:01.20	L	337	F	Maywaka, Owen	17	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5	3:02.40	L	330	F	Kudwoli, Haniel	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	3:03.04	L	327	F	Sheikh, Mohammed	14	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
7	3:04.87	L	317	F	Muravvej, Ameir	13	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
8	3:05.83	L	312	F	Mugera, Munene	18	11/04/2019	2019 KSF Nationals Swimming Trials
9	3:11.63	L	285	P	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials

#	3:12.88	L	279	F	Kioko, Paul	19	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men 50 Fly								
1	25.66	L	653	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	26.16	L	616	P	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
3	26.39	L	600	P	Mohamed, Ridhwan	21	11/04/2019	2019 KSF Nationals Swimming Trials
4	26.55	L	590	F	Bifwoli, Tabuka	18	11/09/2019	Africa Junior Championships
5	27.10	L	554	F	Talib, Swaleh	21	11/04/2019	2019 KSF Nationals Swimming Trials
6	27.16	L	551	F	Maina, Monyo	18	07/08/2021	Western TransMountain Festival II
7	28.01	L	502	F	Opande, Jono Per	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	28.19	L	493	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
9	28.27	L	488	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
#	28.30	L	487	F	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
Men 100 Fly								
1	56.60	L	668	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
2	57.73	L	630	P	Mohamed, Ridhwan	21	15/01/2022	Devon County 2022 Championships / Age Groups
3	58.08	L	619	P	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
4	59.04	L	589	F	Maina, Monyo	18	12/02/2022	WEST COAST COLLEGIATE (LC)
5	59.42	L	578	P	Bifwoli, Tabuka	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
6	1:01.50	L	521	F	Opande, Jono Per	18	11/04/2019	2019 KSF Nationals Swimming Trials
7	1:01.81	L	513	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
8	1:04.57	L	450	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
9	1:05.39	L	433	F	Khandwalla, Mohamed Iqbal	19	28/11/2019	2019 CANA Zone 3 Championships
#	1:05.54	L	430	F	Onyach, Jesse	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men 200 Fly								
1	2:15.04	L	551	F	Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships
2	2:19.14	L	504	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
3	2:27.24	L	425	F	Khandwalla, Mohamed Iqbal	19	28/11/2019	2019 CANA Zone 3 Championships
4	2:36.34	L	355	F	Katumwa, Siegfred	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	2:38.80	L	339	P	Masinde, Johari	14	15/01/2022	Devon County 2022 Championships / Age Groups
6	3:16.72	L	178	F	Okech, Victor	13	17/05/2019	Nairobi County Swimming Champi
7	3:20.52	L	168	F	Shivo, Eric	16	17/05/2019	Nairobi County Swimming Champi
8	3:23.49	L	161	F	Lwanya, Warren	14	17/05/2019	Nairobi County Swimming Champi
9	3:51.60	L	109	F	Matimu, Nathan	13	17/05/2019	Nairobi County Swimming Champi
#	4:05.18	L	92	F	Michuki, Matthew	13	17/05/2019	Nairobi County Swimming Champi
Men 200 IM								
1	2:17.77	L	566	P	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
2	2:21.36	L	524	P	Talib, Swaleh	21	21/08/2019	12th African Games
3	2:23.15	L	505	P	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
4	2:26.29	L	473	P	Bifwoli, Tabuka	18	11/04/2019	2019 KSF Nationals Swimming Trials
5	2:30.00	L	438	F	Nyoike, Stephen	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6	2:30.97	L	430	P	Opande, Jono Per	18	11/04/2019	2019 KSF Nationals Swimming Trials
7	2:33.84	L	406	F	Katumwa, Siegfred	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	2:35.07	L	397	F	Khandwalla, Mohamed Iqbal	19	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	2:36.75	L	384	P	Muravvej, Aryen	16	11/09/2019	Africa Junior Championships
#	2:37.18	L	381	F	Chemirmir, Kigen	21	11/04/2019	2019 KSF Nationals Swimming Trials
Men 400 IM								
1	4:56.87	L	554	P	Maina, Monyo	18	07/02/2020	Edmonton Open
2	5:13.68	L	469	F	Hart, Ivan	15	13/03/2020	Millfield and Team Bath AS TYR
3	5:28.22	L	410	F	Khandwalla, Mohamed Iqbal	19	28/11/2019	2019 CANA Zone 3 Championships
4	5:47.47	L	345	F	Katumwa, Siegfred	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	6:38.98	L	228	F	Michuki, Michael	16	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
6	x6:43.96	L	219	F	Maywaka, Owen	17	17/05/2019	Nairobi County Swimming Champi
7	7:14.90	L	176	F	Mwenja, Erick	23	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8	x7:23.68	L	165	F	Okech, Victor	13	17/05/2019	Nairobi County Swimming Champi