THE KENYA SWIMMING FEDERATION

$\frac{\text{MINUTES OF THE 5th MEETING OF INTERIM MANAGEMENT COMMITTEE-}}{\text{WORKING GROUP}}$

MEETING NO.	05							
VENUE	Kasarani Aquatic Stad	dium						
DATE	8th May 2022							
TIME	7.15 pm							
FORMAT	Physical	Virtual	Hybrid ✓					
COMMITTEE ATTENDANCE	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) Other Present Fakhry Mansoor - CWG Team Coach Winnie Kamau - National Olympics Committee-Kenya Njeri Njoroge - Observer Absent with Apologies Zeff Ekumbo - Head - Technical Committee							
AGENDA	Selection - Kenya N Birmingham 2022	ational Swimming	Геат – Commonwealth Game					
MIN 01-08/05/22 OPENING	Birmingham 2022 Meeting was called to order at 7.30pm Introductions were done. 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: □ Jen Maina □ John Wroe □ Conrad Thorpe							
MIN 02-08/05/22 TRIALS RESULTS			rial Meet Ranking Results that had that had ended at approx 6.00pm					

MIN 03-08/05/22 TEAM ANNOUNCEMENT

(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.

(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.

(iii) Background

The following highlights were presented as the background to the process outlined in the selection criteria

- 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.

(iv) Selection Process

- Process consisted of 3 stages:
 - 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.

(v) The team

 Having applied the selection criteria to the trial results, the following top 8 Athletes in ranking order were selected as follows:

	Women	Men
	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
	NOCK.	sults and copy of criteria was presented to the ulated by IMC members and all present
	(vi) Plenary	
	-	equested for copy of results and selection which
	they were given.	
	guaranteed. Ms Njert advised by NOCK. NO present gave a subst follows: That number given that way. The number of the approx. 94 athletes not by NOCK That swimming we federations had be The IMC requested the best swimmers and if consider adding anoth not guarantee.	from the floor was if the number of 8 would be a reiterated that the number was applied as CK representative, Ms Winnie Kamau who was cantiative answer with which she clarified as a was not guaranteed but hoped it would be kept are entire Kenyan contingent was currently at a number dictated solely by the organizers and could be privileged to keep the number as other en forced to reduce their teams significantly. at NOCK maintains that team as they were our possible, should the opportunity present itself, her 2 slots. To which she promised to lobby but in advance for any effort to expand or maintain
	(vii) Appeal	
	included, as required b stipulated period, by an	r informed/reminded that the selection criteria by Sports Act 2013, provision for appeal, within by aggrieved party with regard to the selection.
	0	in congratulated and reminded that, as we route here at home, they too beyond the sport to be 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)	Semifernano	May 28, 2022
Conrad Thorpe (Secretary)	C03 60270	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;
- (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 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

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	Р	Pragassa, Tory	25

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	Р	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	Р	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	Р	Ruchti, Lucia	18
Women	50	Back	1	31.92	L	603	Р	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	Р	Pragassa, Tory	25
Men	50	Fly	1	25.97	L	630	F	Mohamed, Ridhwan	21
Men	100	Fly	1	57.79	L	628	Р	Nyoike, Stephen	18
Men	100	Fly	2	57.88	L	625	F	Mohamed, Ridhwan	21
Men	50	Fly	2	26.19	L	614	Р	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

	Time		P/F/	/S	Name	Age/\	r	
Women	10 & Over	50 Fr	ee					
1	26.33 L		F		Muteti, Emily	23	GCU AZ	
2	26.85 L		F		Brunlehner, Maria	22	GCU AZ	
3	27.65 L		F		Thorpe, Imara-Bella	21	BARAQ ZZ	
4	27.93 L	608	Р		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		Р		Kimani, Jasmin	18	OTTER ZZ	
10	30.29 L		Р		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		F		Kamotho, Cheryl	15	OTTER ZZ	
14	31.22 L	435	F		Baraka, Angela	18	MAKIN ZZ	
15	31.34 L	430	F	*	Lutalo, Natalie	13	AKAM ZZ	
16	32.29 L	393	г Р	'	Kotut, Moige	15	BRSC ZZ	
17	32.38 L	390	F	*1	Mudanye, Amelia	13	AKAM ZZ	
18	32.70 L	379	r P		Thuranira, Natasha	14	BNDRI ZZ	
19	32.77 L	376	Р		Kamotho, Christe	11	OTTER ZZ	
20	32.77 L	370	Р		Wambui, Emma	14	BNDRI ZZ	
21	33.23 L		P			14	MAQ ZZ	
22	33.29 L	359	P		Hassanali, Ilhaam	11	MAQ ZZ	
23		351			Mutinda, Nalwoga			
24	33.54 L 33.59 L	349	P P		Aleyo, Joy Alala, Marion	14	MAQ ZZ UNAT	
25	33.65 L	348	P			11 13	UNATT ZZ	
26	33.72 L	345			Muriuki, Tshomela	13	AKAM ZZ	
27	34.10 L	334	P P		Ba, Raya Inell Kidha, Kahina	13	KENTO ZZ	
28	34.10 L	332	P			13	SAVVY ZZ	
		327			Kingatua, Amana			
29 30	34.33 L 34.63 L	319	P P		Tchoketch, Sarah	11 12	OTTER ZZ UNAT	
31	35.46 L	297	P		Nuru, Azu	11	KENTO ZZ	
		289			Warui, Ariana		POSE ZZ	
32	35.79 L 36.27 L		P P		Kamphuis, Lisa	10	OTTER ZZ	
33 34	37.23 L		P		Kahinju, Nissi	10 11	MAKIN ZZ	
					Hunja, Makena			
35	37.41 L	253	Р		Hicks, Tusekile	11	OTTER ZZ	
36 37	37.64 L 38.66 L		P		Njeri, Erin	10	MAKIN ZZ	
			P -		Chandaria, Aashni	11	KENTO ZZ	
	10 & Over							
1	57.11 L		F		Muteti, Emily	23	GCU AZ	
2	1:00.15 L		F		Brunlehner, Maria	22	GCU AZ	
3	1:00.81 L		F		Thorpe, Imara-Bella	21	BARAQ ZZ	
4	1:01.57 L		F		Ruchti, Lucia	18	OTTER ZZ	
5	1:02.08 L		F		Islam Ali, Lubaina	16	MAQ ZZ	
6	1:03.05 L		F		Okumu, Victoria	17	BRSC ZZ	
7	1:05.09 L		F		Caffini, Duini	14	BNDRI ZZ	
8	1:06.20 L		Р		Kimani, Jasmin	18	OTTER ZZ	
9	1:07.49 L		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	

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

	Time		P/F/	/S Name	Age/Y	Yr
Women	10 & Over	800 F	ree			
1	11:39.77 L		F	Lindkvist, Ruth Wangari	12	KENTO ZZ
Nomen	10 & Over	1500	Free			
1	21:48.89 L		F	Mwige, Tugi	15	MAQ ZZ
Nomon	10 & Over			3, 3		
1	31.92 L		P	Ruchti, Lucia	18	OTTER ZZ
2	32.44 L		Р	Thorpe, Imara-Bella		BARAQ ZZ
3	35.72 L		Р	Langat, Audrey Chebet	14	MAKIN ZZ
4	36.13 L		Р	Karanu, Wairimu	14	OTTER ZZ
5	36.84 L		Р	Alala, Marion	11	UNAT
6	36.99 L		F	Mwige, Tugi	15	MAQ ZZ
7	37.56 L		Р	Irangi, Nina	12	CAVN ZZ
8	37.79 L		F	Shah, Rianna	14	OTTER ZZ
9	37.87 L		Р	Karani, Kario	15	OTTER ZZ
10	38.01 L	357	Р	Kotut, Moige	15	BRSC ZZ
11	38.03 L	357	F	Baraka, Angela	18	MAKIN ZZ
12	38.31 L		Р	Warui, Ariana	11	KENTO ZZ
13	38.71 L	338	Р	*I Ba, Raya Inell	13	AKAM ZZ
14	38.83 L	335	Р	Muyela, Laurie	11	OTTER ZZ
15	40.06 L	305	Р	Muriuki, Tshomela	13	UNATT ZZ
16	40.30 L	300	Р	Wambui, Emma	14	BNDRI ZZ
17	41.21 L	280	Р	Kamotho, Christe	11	OTTER ZZ
18	42.44 L	256	Р	Kahinju, Nissi	10	OTTER ZZ
19	43.95 L	231	Р	Tchoketch, Sarah	11	OTTER ZZ
20	44.30 L	225	Р	Mureithi, Hazel	11	OTTER ZZ
21	44.98 L	215	Р	Chandaria, Aashni	11	KENTO ZZ
22	51.42 L	144	Р	Hunja, Makena	11	MAKIN ZZ
23	54.87 L	118	Р	McAree, Aila	10	BRSC ZZ
Nomen	10 & Over	100 E	Back			
1	1:13.73 L	476	Р	Ruchti, Lucia	18	OTTER ZZ
2	1:17.86 L	404	Р	Mwige, Tugi	15	MAQ ZZ
3	1:19.15 L	384	Р	*I Lycke, Hedvig	14	BRSC ZZ
4	1:21.47 L	352	Р	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		Р	Shah, Rianna	14	OTTER ZZ
8	1:24.59 L		Р	*I Lutalo, Natalie	13	AKAM ZZ
9	1:25.43 L		F	Aleyo, Joy	14	MAQ ZZ
10	1:26.53 L		F	Alala, Marion	11	UNAT
11	1:32.78 L		F	Irungu, Elaine	13	MAKIN ZZ
12	1:32.96 L		Р	Warui, Ariana		KENTO ZZ
13	1:36.72 L		F	Mureithi, Hazel	11	OTTER ZZ
14	1:37.32 L	207	Р	Chandaria, Aashni	11	KENTO ZZ
	10 & Over			01		2222
1	2:43.38 L		P	Okumu, Victoria	17	BRSC ZZ
2	2:50.87 L		F	Mwige, Tugi	15	MAQ ZZ
3	2:55.67 L		F	Lindkvist, Ruth Wangari	12	KENTO ZZ
4	3:00.83 L		F	Alala, Marion	11	UNAT
5	3:03.16 L		F	Irangi, Nina	12	CAVN ZZ
	00100					
6 7	3:04.30 L 3:07.85 L		P P	Shah, Rianna Irungu, Elaine	14 13	OTTER ZZ MAKIN ZZ

	Time		P/F/S	S Name	Age/Yr	
Womer	n 10 & Over	50 Bre	ast			
1	33.84 L	655	F	Kamau, Rebe	cca 22 BRSC ZZ	
2	33.87 L	654	Р	Brunlehner, M	faria 22 GCU AZ	
3	36.71 L	513	Р	Kimani, Jasmi	in 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, Chr	riste 11 OTTER ZZ	
7	39.34 L	417	Р	Wambui, Emn	na 14 BNDRI ZZ	
8	40.24 L	390	F	*I Mudanye, Am	elia 13 AKAM ZZ	
9	40.89 L	371	F	Thuranira, Na	tasha 14 BNDRI ZZ	
10	41.46 L	356	F	*I Ba, Raya Inell	I 13 AKAM ZZ	
11	41.50 L	355	F	*I Lycke, Hedvig	g 14 BRSC ZZ	
12	42.31 L	335	F	Baraka, Angel	la 18 MAKIN ZZ	
13	42.49 L	331	Р	Kamotho, Che	eryl 15 OTTER ZZ	
14	43.01 L	319	Р	Kimani, Kimbe	erly 12 KENTO ZZ	
15	43.32 L	312	F	Alala, Marion	11 UNAT	
16	43.48 L	309	F	Mutinda, Nalw	voga 11 MAQ ZZ	
17	44.66 L	285	F	Kingatua, Ama		
18	48.56 L		Р	Hunja, Maken		
19	49.96 L	203	Р	Warui, Ariana	11 KENTO ZZ	
Womer	10 & Over	100 Br	east			
1	1:14.23 L	644	F	Kamau, Rebe	occa 22 BRSC ZZ	
2	1:15.95 L	602	F	Brunlehner, M	laria 22 GCU AZ	
3	1:20.81 L	499	Р	Kimani, Jasmi	in 18 OTTER ZZ	
4	1:21.47 L	487	Р	Caffini, Duini	14 BNDRI ZZ	
5	1:27.82 L	389	F	Rana, Ameya	15 BRSC ZZ	
6	1:30.45 L	356	Р	Kamotho, Che		
7	1:31.43 L		Р	Thuranira, Na		
8	1:31.80 L		Р	Alala, Marion	11 UNAT	
9	1:32.13 L	337		*I Mudanye, Am		
10	1:35.17 L		Р	Kimani, Kimbe	•	
11	1:35.88 L		F	Wambui, Emn		
12	1:38.53 L		Р	Kingatua, Ama		
13	1:38.87 L		F	Mutinda, Nalw		
14	1:55.65 L		Р	Kahinju, Nissi	10 OTTER ZZ	
Womer	1 10 & Over		east			
1	2:46.72 L	580	Р	Kamau, Rebe	cca 22 BRSC ZZ	
2	3:04.53 L		F	Caffini, Duini	14 BNDRI ZZ	
3	3:04.82 L		F	Rana, Ameya		
4	3:12.01 L			*I Lycke, Hedvig		
5	3:16.64 L		F	Wambui, Emn		
6	3:28.82 L			*I Mudanye, Am		
7	3:29.22 L		F	Thuranira, Na		
8	3:38.90 L		Р	Irungu, Elaine		
9	3:44.45 L 3:55.74 L		P P	Kimani, Kimbe Njeri, Erin	erly 12 KENTO ZZ 10 MAKIN ZZ	
10 11	3:59.63 L		P	Kinyanjui, Zar		
				Kiliyalijui, Zai	IIId II OTTER ZZ	
vvomer 1	1 10 & Over 28.26 L	-	F	Muteti, Emily	23 GCU AZ	
2	28.26 L 28.36 L		F	Thorpe, Imara		
3	30.01 L		F	Ruchti, Lucia	18 OTTER ZZ	
4	30.34 L		P	Islam Ali, Luba		
5	30.92 L		F	Okumu, Victor		
•	-0.02 2	•	•		2	

	Time		P/F/S	S Name	Age/Yr
6	31.95 L	447	Р	Kimani, Jasmin	18 OTTER ZZ
7	32.96 L		F	Caffini, Duini	14 BNDRI ZZ
8*	33.50 L		, F	Karani, Kario	15 OTTER ZZ
	33.50 L				
8*			Р	Langat, Audrey Chebet	
10	34.09 L		F	Echessah, Axela	17 OTTER ZZ
11	34.94 L		P -	Hassanali, Ilhaam	14 MAQ ZZ
12	35.23 L		F	Pendo, Jasmine	14 MAQ ZZ
13	35.28 L		F	Aleyo, Joy	14 MAQ ZZ
14	35.37 L		Р	Alala, Marion	11 UNAT
15	35.38 L		F	Karanu, Wairimu	14 OTTER ZZ
16	36.46 L	300	Р	*I Ba, Raya Inell	13 AKAM ZZ
17	36.95 L	289	Р	Rana, Ameya	15 BRSC ZZ
18	39.12 L	243	Р	Wambui, Emma	14 BNDRI ZZ
19	39.47 L	237	Р	Mutinda, Nalwoga	11 MAQ ZZ
20	39.53 L	236	Р	Warui, Ariana	11 KENTO ZZ
21	40.34 L		Р	Hunja, Makena	11 MAKIN ZZ
22	42.60 L		P	Kahinju, Nissi	10 OTTER ZZ
	n 10 & Over			,	
1	1:02.01 L		r y P	Muteti, Emily	23 GCU AZ
2	1:02.70 L		F	Thorpe, Imara-Bella	21 BARAQ ZZ
3	1:09.48 L		r P	Islam Ali, Lubaina	16 MAQ ZZ
	1:09.48 L 1:09.76 L		P P	Okumu, Victoria	16 MAQ ZZ 17 BRSC ZZ
4					
5	1:24.69 L		F	Hassanali, Ilhaam	14 MAQ ZZ
6	1:27.49 L		F	Alala, Marion	11 UNAT
7	1:30.50 L		Р	*I Ba, Raya Inell	13 AKAM ZZ
	n 10 & Over		-		
1	3:27.95 L		Р	Hassanali, Ilhaam	14 MAQ ZZ
	n 10 & Over				
1	2:23.71 L		F	Kamau, Rebecca	22 BRSC ZZ
2	2:24.32 L		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	*I Mudanye, Amelia	13 AKAM ZZ
8	3:03.82 L	322	Р	Kamotho, Cheryl	15 OTTER ZZ
9	3:05.29 L	315	F	Irungu, Elaine	13 MAKIN ZZ
10	3:05.51 L	314	Р	Karanu, Wairimu	14 OTTER ZZ
11	3:06.39 L		Р	Wambui, Emma	14 BNDRI ZZ
12	3:10.02 L		F	Thuranira, Natasha	14 BNDRI ZZ
13	3:10.78 L			*I Ba, Raya Inell	13 AKAM ZZ
14	3:13.36 L		Р	Mutinda, Nalwoga	11 MAQ ZZ
15	3:14.50 L		Р	Muyela, Laurie	11 OTTER ZZ
16	3:21.61 L		F	Feisal, Nadiya	12 OTTER ZZ
			r P	•	
17	3:26.73 L			Warui, Ariana	11 KENTO ZZ
18	3:30.96 L		F	Kahinju, Nissi	10 OTTER ZZ
	0 & Over 50		F	Talih Swalah	24 PNIDDI 77
1	24.13 L		F	Talib, Swaleh	21 BNDRI ZZ
2	24.72 L		F	Mohamed, Ridhwan	21 BNDRI ZZ
3	25.63 L		P -	Nyoike, Stephen	18 BNDRI ZZ
4	25.93 L		Р	Omondi, Cian	23 MAKIN ZZ
5	26.03 L		F	Masinde, Johari	14 BARAQ ZZ
6	26.42 L	495	F	Onyach, Jesse	16 BRSC ZZ

	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
		F		
14			Otieno, Emmanuel	
15	28.11 L 411	Р	Kalombo, Michael	
16	28.68 L 387	F	Otieno, Adam	15 OTTER ZZ
17	28.95 L 376	Р	Muravvej, Ameir	14 BNDRI ZZ
18	29.00 L 374	Р	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		*I Nyaika, Joel	13 OTTER ZZ
22	30.17 L 332	P -	Echessah, Dante	14 OTTER ZZ
23	30.34 L 327	Р	Sheikh, Hashim	14 BNDRI ZZ
24	30.51 L 321	Р	Abubakar, Riyadh	14 BNDRI ZZ
25	30.62 L 318	Р	Khuweylid, Khunays	13 BNDRI ZZ
26	30.72 L 315	Р	Kombe, Jeremy	13 OTTER ZZ
27	30.91 L 309	Р	Kamphuis, Yannick	13 POSE ZZ
28	31.57 L 290	Р	Rieck, Jeremy	11 LICS
29	31.73 L 286	Р	Bayusuf, Igbaal	13 BNDRI ZZ
30	31.81 L 284	Р	Ochanda, Saffi	14 BRSC ZZ
31	31.89 L 281	Р	Mbugua, Jae	13 BNDRI ZZ
32	32.19 L 274	Р	Thuranira, Nael	11 BNDRI ZZ
33	33.26 L 248	Р	Winyi, Jason	12 OTTER ZZ
34	34.23 L 227	Р	Omar, Abdirahman	12 MAKIN ZZ
35	34.46 L 223	Р	Patel, Mahin	12 BNDRI ZZ
36	37.03 L 180	Р	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	Р	Masinde, Johari	14 BARAQ ZZ
5	57.81 L 534	Р	Nyoike, Stephen	18 BNDRI ZZ
6	59.05 L 501	F	Onyach, Jesse	16 BRSC ZZ
7	59.08 L 500	F	*I 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	Р	Mutinda, Aker	15 MAQ ZZ
13	1:02.03 L 432	Р	Masakha, Joshua	14 MAQ ZZ
14	1:02.46 L 423	Р	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	Р	Kalombo, Michael	15 LSC ZZ
18	1:03.54 L 402	Р	Kioko, Paul	19 BNDRI ZZ
19	1:03.61 L 401	Р	Otieno, Emmanuel	17 OTTER ZZ
20	1:07.56 L 334	Р	Kamphuis, Yannick	13 POSE ZZ
24	1:08.73 L 317	Р	Abubakar, Riyadh	14 BNDRI ZZ
21	1.00.70 L 017		· ··· -··· , · ·· , -· ·· · ,	14 DIADIA EZ
22	1:09.20 L 311		*I Nyaika, Joel	13 OTTER ZZ

	Time	P/F/S	Name	Age/Yr
24	1:11.93 L 277	7 D	Chaikh Hashim	14 PNDDI 77
24			Sheikh, Hashim	14 BNDRI ZZ
25	1:12.25 L 273		Rieck, Jeremy	11 LICS 13 BNDRI ZZ
26	1:13.61 L 258		Bayusuf, Igbaal	
27	1:15.19 L 242 1:17.20 L 224		Khuweylid, Khunays	
28 29	1:17.20 L 224 1:17.33 L 223		Winyi, Jason Omar, Abdirahman	12 OTTER ZZ 12 MAKIN ZZ
30				
31	1:18.02 L 217 1:18.60 L 212		Thuranira, Nael Patel, Mahin	11 BNDRI ZZ 12 BNDRI ZZ
			ratei, Mariiri	12 DINDRI ZZ
) & Over 200 Fre			
1	1:57.51 L 653		Mohamed, Ridhwan	21 BNDRI ZZ
2	2:00.11 L 612		Maina, Monyo	18 OSC ZZ
3	2:10.36 L 479		Frantz, Shad	15 POSE ZZ
4	2:10.89 L 473		De Guzman, Risha	16 BRSC ZZ
5	2:14.89 L 432		Onyach, Jesse	16 BRSC ZZ
6	2:18.84 L 396		Kanja, Evans	17 BRSC ZZ
7	2:23.78 L 357		Masakha, Joshua	14 MAQ ZZ
8	2:28.61 L 323		Muigai, Jomo	17 OTTER ZZ
9	2:29.86 L 315		Abubakar, Riyadh	14 BNDRI ZZ
10	2:30.31 L 312		Kamphuis, Yannick	13 POSE ZZ
11	2:30.38 L 312 2:32.95 L 296		Kioko, Paul	19 BNDRI ZZ 13 OTTER ZZ
12			Nyaika, Joel	
13	2:37.78 L 270 2:40.18 L 258		Kombe, Jeremy	13 OTTER ZZ 12 OTTER ZZ
14 15	2:43.46 L 242		Karia, Palash Bayusuf, Igbaal	13 BNDRI ZZ
15 16	2:46.51 L 229		Karia, Yash	13 OTTER ZZ
17	2:54.58 L 199		Patel, Mahin	12 BNDRI ZZ
18	2:59.22 L 184		Winyi, Jason	12 OTTER ZZ
19	3:06.71 L 163		Bayusuf, Saleh	11 BNDRI ZZ
20	3:08.75 L 157		Thuranira, Nael	11 BNDRI ZZ
			marama, Naci	II DIONI ZZ
	0 & Over 400 Fre		Frants Chad	45 DOCE 77
1	4:45.76 L 456		Frantz, Shad	15 POSE ZZ
2	5:08.73 L 362		Kanja, Evans	17 BRSC ZZ
3	5:10.60 L 355		Nakano, Chikashi	13 POSE ZZ
4	5:28.24 L 301		Abubakar, Riyadh	14 BNDRI ZZ 12 OTTER ZZ
5	5:34.60 L 284		Karia, Palash	
6 7	5:36.29 L 280		Olengo, Neo	11 UNAT 13 OTTER ZZ
, 8	5:38.05 L 275		Karia, Yash	
	6:11.27 L 208		Patel, Mahin	12 BNDRI ZZ
) & Over 800 Fre			
1	9:17.30 L 533		Mohamed, Ridhwan	21 BNDRI ZZ
2	9:54.81 L 439		Frantz, Shad	15 POSE ZZ
3	10:57.89 L 324		Olengo, Neo	11 UNAT
4	11:11.11 L 305		Abubakar, Riyadh	14 BNDRI ZZ
5	13:08.32 L 188		Patel, Mahin	12 BNDRI ZZ
Men 10	& Over 1500 Fr			
1	20:34.71 L 351		Nakano, Chikashi	13 POSE ZZ
2	23:57.68 L 222	2 F	Olengo, Neo	11 UNAT
Men 10	0 & Over 50 Back	k		
1	31.08 L 460) P	Tabuka Bifwoli, Thomas	18 BRSC ZZ
2	31.90 L 425		Masinde, Johari	14 BARAQ ZZ
3	32.54 L 401		Kudwoli, Haniel	16 OTTER ZZ
4	33.50 L 367		Karia, Palash	12 OTTER ZZ
5	33.90 L 354	l P	Kamotho, Curtis	14 OTTER ZZ

	Time	P/F/	S Name	Age/Yr
6	34.07 L 34	49 P	*I Nakano, Chikashi	13 POSE ZZ
7		49 P	Kioko, Paul	19 BNDRI ZZ
8		33 F	Abubakar, Riyadh	14 BNDRI ZZ
9	34.93 L 32		Okumu, Jesse	18 OTTER ZZ
10		24 F 05 F	Muigai, Jomo	17 OTTER ZZ
11		92 P	Omar, Abdilahi	15 MAKIN ZZ
12	37.06 L 27		Bayusuf, Igbaal	13 BNDRI ZZ
13	37.27 L 26		Rieck, Jeremy	11 LICS
14		39 P	Ochanda, Saffi	14 BRSC ZZ
15	41.56 L 19		Thuranira, Nael	11 BNDRI ZZ
16	43.39 L 16		Bayusuf, Saleh	11 BNDRI ZZ
	& Over 100 Ba		24,404., 04.0	2.2 =
1	1:06.78 L 46	68 P	Tabuka Bifwoli, Th	mas 18 BRSC ZZ
2	1:12.94 L 35	59 P	Kudwoli, Haniel	16 OTTER ZZ
3	1:14.14 L 34	42 F	Matimu, Nathan	13 MAKIN ZZ
4	1:14.22 L 34	40 F	Bashir, Ishaq	17 OTTER ZZ
5	1:14.32 L 33	39 F	*I Nakano, Chikashi	13 POSE ZZ
6	1:14.71 L 33	34 F	Kioko, Paul	19 BNDRI ZZ
7	1:22.96 L 24	44 P	Rieck, Jeremy	11 LICS
8	1:24.12 L 23	34 F	Bayusuf, Igbaal	13 BNDRI ZZ
9	1:35.29 L 16	61 P	Bayusuf, Saleh	11 BNDRI ZZ
Men 10	& Over 200 Ba	ack		
1	2:32.25 L 39	97 P	Tabuka Bifwoli, Th	mas 18 BRSC ZZ
2	2:39.77 L 34	43 F	*I Nakano, Chikashi	13 POSE ZZ
3	2:48.77 L 29	91 P	Bashir, Ishaq	17 OTTER ZZ
4	2:49.59 L 28	87 P	Abubakar, Riyadh	14 BNDRI ZZ
5	2:57.34 L 25	51 F	Olengo, Neo	11 UNAT
6	2:58.39 L 24		Karia, Palash	12 OTTER ZZ
7	3:02.01 L 23		Bayusuf, Igbaal	13 BNDRI ZZ
8	3:02.09 L 23	32 P	Rieck, Jeremy	11 LICS
Men 10	& Over 50 Bre	east		
1	30.02 L 64	45 P	Pragassa, Tory	25 POSE ZZ
2	32.11 L 52	27 F	*I De Guzman, Risha	16 BRSC ZZ
3	32.45 L 51	11 F	Kudwoli, Haniel	16 OTTER ZZ
4	33.98 L 44		Kioko, Paul	19 BNDRI ZZ
5	34.08 L 44		Tabuka Bifwoli, Th	
6	34.40 L 42	29 P	Muravvej, Ameir	14 BNDRI ZZ
7		25 P	Sheikh, Mohamme	
8		03 F	*I Frantz, Shad	15 POSE ZZ
9		97 P	Kanja, Evans	17 BRSC ZZ
10	35.87 L 37		Kalombo, Michael	15 LSC ZZ
11		67 F	*I Nyaika, Joel	13 OTTER ZZ
12		59 P	Otieno, Adam	15 OTTER ZZ
13		33 F	Matimu, Nathan	13 MAKIN ZZ
14		24 P	Okumu, Jesse	18 OTTER ZZ
15		06 P	Kombe, Jeremy	13 OTTER ZZ
16 17		85 F	Khuweylid, Khunay	
17	39.99 L 27		Masinde, Johari	14 BARAQ ZZ
18		68 P	Okoth, Andrew	14 BNDRI ZZ
19 20	40.28 L 26 42.07 L 23	67 P 34 P	Echessah, Dante Omar, Abdilahi	14 OTTER ZZ 15 MAKIN ZZ
21		34 P	Karia, Yash	13 OTTER ZZ
21	42.33 L 23 42.75 L 22		Ochanda, Saffi	13 OTTER ZZ 14 BRSC ZZ
22	42.10 L 22	20 F	Odianua, Saili	IH DIVOC ET

	Time	P/F/S	S Name	Age/Yr
23	44.16 L	202 P	Mbugua, Jae	13 BNDRI ZZ
23	45.26 L	188 P	Thuranira, Nael	11 BNDRI ZZ
25	45.92 L	180 P	Rieck, Jeremy	11 LICS
			Meck, Jeremy	II LIOS
	& Over 100		D T	05 DOCE 77
1	1:10.35 L	528 P	Pragassa, Tory	25 POSE ZZ
2	1:11.25 L		*I De Guzman, Risha	16 BRSC ZZ
3	1:14.14 L	451 F	Kudwoli, Haniel	16 OTTER ZZ
4	1:18.38 L 1:18.40 L	382 P 381 F	Muravvej, Ameir *I Frantz, Shad	14 BNDRI ZZ 15 POSE ZZ
5 6	1:10.40 L 1:19.22 L	381 F 370 F	Sheikh, Mohammed	15 POSE ZZ 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	1:24.09 L 1:24.26 L	309 F	Matimu, Nathan	13 MAKIN ZZ
11	1:24.20 L 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		Winyi, Jason	12 OTTER ZZ
			Willyl, Jason	12 OTILICEZ
	& Over 200		5 0 5:1	40 DD00 77
1	2:36.44 L		*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		*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 257 P	Matimu, Nathan	13 MAKIN ZZ 13 OTTER ZZ
9 10	3:18.30 L 3:35.47 L	200 P	Karia, Yash Khuweylid, Khunays	13 BNDRI ZZ
	& Over 50 F		Midweylid, Midriays	10 BINDIN EZ
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

	Time	P/F/S	Name	Age/Yr
25	39.08 L 185	В	Omar, Abdirahman	12 MAKIN ZZ
25 26	39.08 L 185 41.99 L 149	P P	Thuranira, Nael	12 MAKIN ZZ 11 BNDRI ZZ
27	48.24 L 98	P	Bayusuf, Saleh	11 BNDRI ZZ
		F	Dayusui, Saleii	II BNDNI £Z
Men 10	0 & Over 100 Fly			
1	57.79 L 628	Р	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	Р	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	Р	Echessah, Dante	14 OTTER ZZ
11	1:31.84 L 156	Р	Kamphuis, Yannick	13 POSE ZZ
Men 10	0 & Over 200 Fly			
1	2:25.73 L 438	F	Harunani, Maahir	22 MAQ ZZ
Man 40	0 & Over 200 IM		,	
	2:20.45 L 534	F +	D. Currer Diebe	16 BRSC ZZ
1			De Guzman, Risha	
2			Frantz, Shad	
3	2:36.91 L 383	F	Matimu, Nathan	13 MAKIN ZZ
4	2:38.97 L 368	Р	Kalombo, Michael	15 LSC ZZ
5	2:44.56 L 332	Р	Kanja, Evans	17 BRSC ZZ
6	2:45.40 L 327	Р	Bashir, Ishaq	17 OTTER ZZ
7	2:45.63 L 326	P	Otieno, Emmanuel	17 OTTER ZZ
8	2:45.93 L 324		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	0 & 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

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 Men

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	

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	

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

			1			Name	Age		
Women	100 Fly	1	1:01.40 L	737	F	Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
Women	50 Free	1	26.30 L	729	Р	Muteti, Emily	23	15/06/2021	2021 French Swimming Championships
Women	100 Free	1	57.75 L	717	F	Muteti, Emily	23	15/05/2021	YWSF 2021 Long Course Summer Opener
Women	50 Free	2	26.69 L	697	F	Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
Women	200 IM	1	2:22.18 L	697	F	Kamau, Rebecca	22	21/08/2019	12th African Games
Women	100 Free	2	58.39 L	694	F	Brunlehner, Maria	21	21/08/2019	12th African Games
Women	50 Breast	1 2	33.35 L	685	P F	Muteti, Emily	23 21	11/04/2019	2019 KSF Nationals Swimming Trials
Women Women	200 IM 200 Breast	1	2:24.02 L 2:39.37 L	671 665	P	Brunlehner, Maria Kamau. Rebecca	22	21/08/2019 21/08/2019	12th African Games 12th African Games
Women	100 Fly	2	1:03.54 L	665	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	50 Breast	2	33.83 L	656	P	Brunlehner, Maria	21	11/04/2019	2019 KSF Nationals Swimming Trials
Women	100 Breast	1	1:13.99 L	651	F	Kamau, Rebecca	22	21/08/2019	12th African Games
Women	50 Breast	3	34.00 L	646	F	Kamau, Rebecca	22	11/04/2019	2019 KSF Nationals Swimming Trials
Women	50 Free	3	27.40 L	644	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	50 Fly	1	28.47 L	631	F	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	100 Free	3	1:00.39 L	627	F	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
Women	100 Breast	2	1:15.09 L	622	Р	Brunlehner, Maria	21	21/07/2019	18th FINA World Championships
Women	50 Fly	2	28.69 L	617	Р	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
Women	50 Free	4	27.79 L	617	F	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
Women	200 Free	1	2:13.68 L	603	Р	Thorpe, Imara-Bella	20	21/08/2019	12th African Games
Women	50 Back	1	32.01 L	598	P F	Thorpe, Imara-Bella	20 20	29/07/2021	Serbia Summer Championships
Women Women	100 Free 200 Free	4	1:01.50 L 2:15.73 L	594 576	P	Thorpe, Imara-Bella Ruchti, Lucia	20 18	11/04/2019 11/09/2019	2019 KSF Nationals Swimming Trials
Women	200 Free 200 Free	3	2:16.19 L	570	F	Islam Ali, Lubaina	16	11/10/2021	Africa Junior Championships 14th CANA African Junior & Senior and Open Wa
Women	100 Back	1	1:09.42 L	570	P	Thorpe, Imara-Bella	20	29/07/2021	Serbia Summer Championships
Women	50 Fly	3	29.61 L	561	F	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
Women	100 Fly	3	1:07.27 L	560	Р	Kamau, Rebecca	22	11/07/2019	2019 LC IL Senior Swimming Championships
Women	100 Free	5	1:02.74 L	559	F.	Islam Ali, Lubaina	16	11/10/2021	14th CANA African Junior & Senior and Open Wa
Women	50 Free	5	28.79 L	555	F	Okumu, Victoria	17	28/11/2019	2019 CANA Zone 3 Championships
Women	100 Free	6	1:02.97 L	553	Р	Okumu, Victoria	17	11/09/2019	Africa Junior Championships
Men	100 Free	1	52.09 L	730	Р	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Free	2	52.68 L	706	Р	Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
Men	50 Free	1	23.52 L	702	F	Rosafio, Danilo	20	05/06/2021	36 International Swimming Meet of Porto
Men	200 Free	1	1:55.68 L	685	Р	Mohamed, Ridhwan	21	05/06/2021	Mare Nostrum - XLI Barcelona Int'l Trophy
Men	100 Free	3	53.53 L	672	F	Talib, Swaleh	21	12/04/2021	Stirling Time Trial
Men	100 Fly	1	56.60 L	668	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
Men	50 Free	2	24.01 L	660	F	Talib, Swaleh	21	12/04/2021	Stirling Time Trial
Men	50 Breast	1	29.84 L	657	F	Pragassa, Tory	25 18	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
Men Men	50 Fly 200 Free	2	25.66 L 1:58.25 L	653 641	F	Nyoike, Stephen Rosafio, Danilo	20	11/10/2021 13/03/2020	14th CANA African Junior & Senior and Open Wa Millfield and Team Bath AS TYR
Men	50 Free	3	24.31 L	636	F	Mohamed, Ridhwan	21	14/03/2020	Plymouth Leander L1/3 Spring R
Men	100 Fly	2	57.73 L	630	P	Mohamed, Ridhwan	21	15/01/2022	Devon County 2022 Championships / Age Groups
Men	400 Free	1	4:16.88 L	628	Р	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Fly	3	58.08 L	619	Р	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	50 Fly	2	26.16 L	616	Р	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	50 Free	4	24.60 L	614	F	Bifwoli, Tabuka	18	11/09/2019	Africa Junior Championships
Men	100 Free	4	55.30 L	610	F	Nyoike, Stephen	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
Men	800 Free	1	8:53.85 L	607	F	Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
Men	800 Free	2	8:53.99 L	606	Р	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	1500 Free	1	17:12.26 L	600	F	Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships
Men	50 Fly	3	26.39 L	600	Р	Mohamed, Ridhwan	21	11/04/2019	2019 KSF Nationals Swimming Trials
Men	400 Free	2	4:22.00 L	592	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
Men	1500 Free	2	17:17.82 L	591	F	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
Men Men	50 Fly 100 Fly	4	26.55 L 59.04 L	590 589	F F	Bifwoli, Tabuka Maina, Monyo	18 18	11/09/2019 12/02/2022	Africa Junior Championships WEST COAST COLLEGIATE (LC)
Men	100 Fry	5	56.10 L	584	F	Bifwoli, Tabuka	18	11/10/2021	14th CANA African Junior & Senior and Open Wa
Men	200 Free	3	2:02.33 L	579	F	Maina, Monyo	18	04/07/2019	2019 Summer Championships
Men	200 Free	4	2:02.36 L	579	F	Hart, Ivan	15	24/07/2019	South West British Summer Festival (Bath) L1
Men	100 Fly	5	59.42 L	578	P	Bifwoli, Tabuka	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Free	6	56.33 L	577	F	Maina, Monyo	18	11/09/2019	Africa Junior Championships
Men	50 Free	5	25.22 L	569	F	Nyoike, Stephen	18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Men	100 Breast	1	1:08.69 L	567	F	Pragassa, Tory	25	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
Men	200 IM	1	2:17.77 L	566	Р	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
Men	100 Free	7	56.75 L	564	Р	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
Men	50 Breast	2	31.55 L	556	Р	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
Men	50 Fly	5	27.10 L	554	F	Talib, Swaleh	21	11/04/2019	2019 KSF Nationals Swimming Trials
Men	400 IM	1	4:56.87 L	554	Р	Maina, Monyo	18	07/02/2020	Edmonton Open
Men	50 Fly	6	27.16 L	551	F	Maina, Monyo	18	07/08/2021	Western TransMountain Festival II
Men	200 Fly	1	2:15.04 L	551	F	Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships

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

	7			Name	Age		
W	omen 50 F	roo					
1	26.30 L	729	Р	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	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
5	28.79 L	555	F	Okumu, Victoria	17	28/11/2019	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
W	omen 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	Ruchti, 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	Р	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	Р	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
W	omen 200	Free					
1	2:13.68 L	603	Р	Thorpe, Imara-Bella	20	21/08/2019	12th African Games
2	2:15.73 L	576	Р	Ruchti, 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	Р	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	Р	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
W	omen 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	Р	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
W	omen 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	Omoro, Saniyah	12	13/11/2021	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC
W	omen 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
	22:38.91 L	310	F	Mawira, Serah Makenna	14	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
6		304	F	Kagwima, Ashley	14	17/05/2019	Nairobi County Swimming Champi
6 7	22:47.72 L						
	22:47.72 L 23:40.15 L	272	F	Tripathee, Aagya	16	11/04/2019	2019 KSF Nationals Swimming Trials
7				_			

	men 50 E	Back					
1	32.01 L	598	Р	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	Р	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	Р	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		15		
#	37.23 L	380	P	Kiragu, Mariam		30/10/2021	CTA CANA ZONE 4 VIRTUAL CHAMPIONSHIPS 2021
			P	Nelson, Justine	19	11/04/2019	2019 KSF Nationals Swimming Trials
1	men 100 1:09.42 L	570	Р	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	Р	Ruchti, 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	1:15.95 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	
#	1:20.40 L	360	F				16th Botswana National Swimming Championships
			г	Nelson, Justine	19	11/04/2019	2019 KSF Nationals Swimming Trials
	men 200						
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	Р	Kagwima, Ashley	14	11/04/2019	2019 KSF Nationals Swimming Trials
Wo	men 50 E	Breast					
1	33.35 L	685	Р	Muteti, Emily	23	11/04/2019	2019 KSF Nationals Swimming Trials
2	33.83 L	656	Р	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	Р	Ruchti, Lucia	18	11/09/2019	Africa Junior Championships
5	36.85 L	507	Р	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
Wo	men 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
	men 200		*		.5		
1 1	2:39.37 L	665	Р	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
0		010		Irungu, Erica Wangechi		28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
7		345	F	-			
7 8	3:18.30 L	345 325	F F	Mwasha, Maria	16 15		
8	3:18.30 L 3:22.25 L	325	F	Mwasha, Maria Kalombo, Macrine	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8 9	3:18.30 L 3:22.25 L 3:24.41 L	325 315	F F	Kalombo, Macrine	15 12	28/08/2021 13/11/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8 9 #	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L	325 315 312	F		15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8 9 # Wo	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L	325 315 312 Fly	F F	Kalombo, Macrine Lindkvist, Ruth Wangari	15 12 12	28/08/2021 13/11/2021 13/11/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
8 9 # Wo	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L omen 50 F 28.47 L	325 315 312 Fly 631	F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella	15 12 12 20	28/08/2021 13/11/2021 13/11/2021 29/07/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships
8 9 # Wo 1 2	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L omen 50 F 28.47 L 28.69 L	325 315 312 Fly 631 617	F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily	15 12 12 20 23	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials
8 9 # Wo 1 2 3	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L 0men 50 F 28.47 L 28.69 L 29.61 L	325 315 312 Fly 631 617 561	F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia	15 12 12 12 20 23 18	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships
8 9 # Wo 1 2 3 4	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L 0men 50 F 28.47 L 28.69 L 29.61 L 29.88 L	325 315 312 Fly 631 617 561 546	F F P F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca	15 12 12 20 23 18 22	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 11/04/2019	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials
8 9 # Wo 1 2 3 4 5	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L 0men 50 F 28.47 L 28.69 L 29.61 L 29.88 L 31.30 L	325 315 312 Fly 631 617 561 546 475	F F P F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria	15 12 12 20 23 18 22 17	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 11/04/2019 28/11/2019	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships
8 9 # Wo 1 2 3 4 5 6	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L 0men 50 F 28.47 L 28.69 L 29.61 L 29.88 L 31.30 L 31.68 L	325 315 312 Fly 631 617 561 546 475 458	F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina	15 12 12 20 23 18 22 17 16	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 28/11/2019 11/10/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa
8 9 # Wo 1 2 3 3 4 5 6 7	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L omen 50 F 28.47 L 29.61 L 29.88 31.30 L 31.68 L 31.80 L	325 315 312 Fly 631 617 561 546 475 458 453	F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria	15 12 12 20 23 18 22 17 16 15	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 11/04/2019 28/11/2019 11/10/2021 28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP
8 9 # Wo 1 2 3 4 5 6 6 7 8	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L 3:25.05 L 3:25.05 L 29.61 L 29.83 L 31.68 L 31.80 L 32.65 L	325 315 312 Fly 631 617 561 546 475 458 453 418	F F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria Karani, Kario	15 12 12 12 20 23 18 22 17 16 15	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 11/104/2019 28/11/2019 11/10/2021 28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP
8 9 # Wo 1 2 3 4 5 6 7 7 8 9 9	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L men 50 F 28.69 L 29.61 L 29.88 L 31.30 L 31.68 L 31.80 L 32.65 L 32.82 L	325 315 312 Fly 631 617 561 546 475 458 453 418 412	F F F F F F F F F F F F F F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria Karani, Kario Kimani, Jasmin	15 12 12 20 23 18 22 17 16 15 15	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 28/11/2019 11/10/2021 28/08/2021 28/08/2021 28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP
8 9 # Wo 1 2 3 4 5 6 6 7 8	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L 3:26.47 L 28.69 L 29.61 L 29.88 L 31.68 L 31.68 L 31.80 L 32.65 L	325 315 312 Fly 631 617 561 546 475 458 453 418	F F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria Karani, Kario	15 12 12 12 20 23 18 22 17 16 15	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 11/104/2019 28/11/2019 11/10/2021 28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP
8 9 # Wo 1 2 3 4 5 6 6 7 8 9 #	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L men 50 F 28.69 L 29.61 L 29.88 L 31.30 L 31.68 L 31.80 L 32.65 L 32.82 L	325 315 312 631 617 561 546 475 458 453 418 412	F F F F F F F F F F F F F F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria Karani, Kario Kimani, Jasmin	15 12 12 20 23 18 22 17 16 15 15	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 28/11/2019 11/10/2021 28/08/2021 28/08/2021 28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP
8 9 # Wo 1 2 3 4 5 6 6 7 8 9 #	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L men 50 F 28.69 L 29.61 L 29.88 L 31.30 L 31.68 L 31.80 L 32.65 L 32.82 L 33.12 L	325 315 312 631 617 561 546 475 458 453 418 412	F F F F F F F F F F F F F F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria Karani, Kario Kimani, Jasmin	15 12 12 20 23 18 22 17 16 15 15	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 28/11/2019 11/10/2021 28/08/2021 28/08/2021 28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP
8 9 # Wo 1 2 3 4 5 6 6 7 8 8 9 # Wo	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L men 50 F 28.47 L 29.61 L 29.88 L 31.30 L 31.68 L 31.86 L 32.65 L 32.82 L 33.12 L men 100	325 315 312 631 617 561 546 475 458 453 418 412 401	F F F F F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria Karani, Kario Kimani, Jasmin Gore, Reese	15 12 12 20 23 18 22 17 16 15 15 18	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 11/04/2019 28/11/2019 11/10/2021 28/08/2021 28/08/2021 28/08/2021 13/11/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Serior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
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8 9 # Wo 1 2 3 3 4 5 5 6 6 7 8 8 9 # Wo 1 2	3:18.30 L 3:22.25 L 3:24.41 L 3:25.05 L men 50 F 28.47 L 28.69 L 29.61 L 29.88 L 31.30 L 31.68 L 31.80 L 32.65 L 32.82 L 33.12 L men 100 1:01.40 L 1:03.54 L	325 315 312 Fly 631 617 546 475 458 453 418 412 401 Fly 737 665	F F F F F F F F F F F F F F F F F F F	Kalombo, Macrine Lindkvist, Ruth Wangari Thorpe, Imara-Bella Muteti, Emily Ruchti, Lucia Kamau, Rebecca Okumu, Victoria Islam Ali, Lubaina Bianchi, Maria Karani, Kario Kimani, Jasmin Gore, Reese Muteti, Emily Thorpe, Imara-Bella	15 12 12 12 20 23 18 22 17 16 15 15 15 23 20	28/08/2021 13/11/2021 13/11/2021 29/07/2021 11/04/2019 11/09/2019 11/04/2019 28/11/2019 11/10/2021 28/08/2021 28/08/2021 28/08/2021 13/11/2021	2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Serbia Summer Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2019 CANA Zone 3 Championships 14th CANA African Junior & Senior and Open Wa 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) YWSF 2021 Long Course Summer Opener Serbia Summer Championships

6 7 8	1:12.44 L						
		449	F	Islam Ali, Lubaina	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
8	1:14.58 L	411	Р	Mwige, Gakenia	16	11/04/2019	2019 KSF Nationals Swimming Trials
	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
Wo	men 200 Fly	y					
1	2:39.38 L	446	Р	Okumu, Victoria	17	11/04/2019	2019 KSF Nationals Swimming Trials
2	2:41.54 L	428	Р	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	Р	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			F				. ,
	3:16.13 L	239		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)
				2000y, Valinoi air		10/11/2021	116,711,117,117,117,117,117,117,117,117,
	men 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		17		
				Okumu, Victoria		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	Р	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
#			F				
	2:48.56 L	418	۲	Bianchi, Maria	15	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
Wo	men 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
"	X0.00.00 L	100		551515,765411	• • • • • • • • • • • • • • • • • • • •	11700/2010	real objection of the second
1 2	23.52 L 24.01 L	702 660	F F	Rosafio, Danilo Talib, Swaleh	20 21	05/06/2021 12/04/2021	36 International Swimming Meet of Porto 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
				Nyoike, Stephen			
	25.22	569	F		18	28/08/2021	2021 KSE NATIONAL CHAMPIONSHIP
5	25.22 L	569	F		18	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
5	25.70 L	538	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
5			F F				
5	25.70 L	538	F	Muravvej, Aryen	16	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
5 6 7 8	25.70 L 25.77 L 25.94 L	538 534	F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse	16 18 16	04/12/2021 11/04/2019 13/11/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5 6 7 8 9	25.70 L 25.77 L 25.94 L 26.18 L	538 534 523 509	F F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan	16 18 16 15	04/12/2021 11/04/2019 13/11/2021 17/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021
5 6 7 8 9	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L	538 534 523	F F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse	16 18 16	04/12/2021 11/04/2019 13/11/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
5 6 7 8 9	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L	538 534 523 509	F F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan	16 18 16 15	04/12/2021 11/04/2019 13/11/2021 17/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2
5 6 7 8 9	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L	538 534 523 509	F F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan	16 18 16 15	04/12/2021 11/04/2019 13/11/2021 17/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2
5 6 7 8 9 # Me	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L n 100 Free 52.09 L	538 534 523 509 502	F F P F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo	16 18 16 15 18	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS
5 6 7 8 9 # Me 1 2	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L n 100 Free 52.09 L 52.68 L	538 534 523 509 502 730 706	F F P F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan	16 18 16 15 18	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'll Trophy
5 6 7 8 9 # Me 1 2 3	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L n 100 Free 52.09 L 52.68 L 53.53 L	538 534 523 509 502 730 706 672	F F P F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan Talib, Swaleh	16 18 16 15 18 20 21 21	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021 12/04/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'l Trophy Stirling Time Trial
5 6 7 8 9 # Me 1 2 3	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L n 100 Free 52.09 L 52.68 L 53.53 L 55.30 L	538 534 523 509 502 730 706 672 610	F F P F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan Talib, Swaleh Nyoike, Stephen	16 18 16 15 18 20 21 21	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021 12/04/2021 11/10/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'l Trophy Stirling Time Trial 14th CANA African Junior & Senior and Open Wa
5 6 7 8 9 # Me 1 2 3 4 5	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L 100 Free 52.09 L 52.68 L 53.53 L 55.30 L	538 534 523 509 502 730 706 672 610 584	F F P F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan Talib, Swaleh	16 18 16 15 18 20 21 21 18	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021 12/04/2021 11/10/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'l Trophy Stirling Time Trial 14th CANA African Junior & Senior and Open Wa 14th CANA African Junior & Senior and Open Wa
5 6 7 8 9 # Me 1 2 3	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L n 100 Free 52.09 L 52.68 L 53.53 L 55.30 L	538 534 523 509 502 730 706 672 610	F F P F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan Talib, Swaleh Nyoike, Stephen	16 18 16 15 18 20 21 21	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021 12/04/2021 11/10/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'l Trophy Stirling Time Trial 14th CANA African Junior & Senior and Open Wa
5 6 7 8 9 # Me 1 2 3 4 5	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L 100 Free 52.09 L 52.68 L 53.53 L 55.30 L	538 534 523 509 502 730 706 672 610 584	F F P F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan Talib, Swaleh Nyoike, Stephen Bifwoli, Tabuka	16 18 16 15 18 20 21 21 18	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021 12/04/2021 11/10/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'l Trophy Stirling Time Trial 14th CANA African Junior & Senior and Open Wa 14th CANA African Junior & Senior and Open Wa
5 6 7 8 9 # Me 1 2 3 4 5 6 7	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L n 100 Free 52.09 L 52.68 L 53.53 L 55.30 L 56.10 L 56.33 L 56.75 L	538 534 523 509 502 730 706 672 610 584 577 564	F F P F F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan Talib, Swaleh Nyoike, Stephen Bifwoli, Tabuka Maina, Monyo Hart, Ivan	16 18 16 15 18 20 21 21 21 18 18 18	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021 12/04/2021 11/10/2021 11/10/2021 11/10/2021 17/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'l Trophy Stirling Time Trial 14th CANA African Junior & Senior and Open Wa Africa Junior Championships Swim Wales Open Winter Championships 2021
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5 6 7 8 9 # Me 1 2 3 4 5 6 7 8 9	25.70 L 25.77 L 25.94 L 26.18 L 26.30 L n 100 Free 52.68 L 53.53 L 55.30 L 56.10 L 56.75 L 58.38 L 58.41 L	538 534 523 509 502 730 706 672 610 584 577 564 518	F F P F F F	Muravvej, Aryen Opande, Jono Per Onyach, Jesse Hart, Ivan Maina, Monyo Rosafio, Danilo Mohamed, Ridhwan Talib, Swaleh Nyoike, Stephen Bifwoli, Tabuka Maina, Monyo Hart, Ivan Chemirmir, Jabali Opande, Jono Per	16 18 16 15 18 20 21 21 18 18 18 18	04/12/2021 11/04/2019 13/11/2021 17/12/2021 10/05/2019 20/08/2019 05/06/2021 12/04/2021 11/10/2021 11/10/2021 11/10/2019 17/12/2021 11/10/2019	KSF NATIONAL CHAMPIONSHIP LC 4 DEC 2019 KSF Nationals Swimming Trials NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Swim Wales Open Winter Championships 2021 Edmonton Keyano Invitational 2 7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIPS Mare Nostrum - XLI Barcelona Int'l Trophy Stirling Time Trial 14th CANA African Junior & Senior and Open Wa Africa Junior Championships Swim Wales Open Winter Championships 2021 14th CANA African Junior & Senior and Open Wa Africa Junior Championships
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1	800 Fre	е					
	8:53.85 L	607	F	Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
2	8:53.99 L	606	Р	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIP
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		14		KSF NATIONAL CHAMPIONSHIP LC 4 DEC
				Abubakar, Riyadh		04/12/2021	
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 Fi	ee					
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, Siegfred	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	• •	23		NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
				Mwenja, Erick		13/11/2021	
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 Bac	K					
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	Р	Talib, Swaleh	21	21/08/2019	12th African Games
3	31.70 L	433	Р	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials
4	31.91 L	425	Р	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	Р	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
			-	, -			
	100 Ba		_				
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	Р	Hart, Ivan	15	22/01/2022	Somerset ASA 2022 County Championship
4	1:08.17 L	440	Р	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
			F	•			
6	1:09.48 L	415		Maina, Monyo	18	10/05/2019	Edmonton Keyano Invitational 2
7	1:10.49 L	397	Р	Shah, Rushab	18	11/04/2019	2019 KSF Nationals Swimming Trials
8	1:11.01 L	389	Р	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
Mon	200 Ba	n k					
			_			40.00.0000	
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	28/11/2019	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	28/11/2019	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	28/11/2019	2019 CANA Zone 3 Championships
8	2:48.61 L	292	Т	Shivo, Eric	16	28/08/2021	2021 KSF NATIONAL CHAMPIONSHIP
9	2:54.41 L	264	Т	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
	EO Duo						
Men	ou prea	ıst					
Men 1	29.84 L	657	F	Pragassa, Tory	25	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
			F P	Pragassa, Tory Opande, Jono Per	25 18	04/12/2021 11/09/2019	KSF NATIONAL CHAMPIONSHIP LC 4 DEC Africa Junior Championships
1 2	29.84 L 31.55 L	657 556	Р	Opande, Jono Per	18	11/09/2019	Africa Junior Championships
1 2 3	29.84 L 31.55 L 31.85 L	657 556 540	P F	Opande, Jono Per Mohamed, Ridhwan	18 21	11/09/2019 11/04/2019	Africa Junior Championships 2019 KSF Nationals Swimming Trials
1 2 3 4	29.84 L 31.55 L 31.85 L 32.53 L	657 556 540 507	P F P	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen	18 21 18	11/09/2019 11/04/2019 11/09/2019	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships
1 2 3 4 5	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L	657 556 540 507 490	P F P F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh	18 21 18 21	11/09/2019 11/04/2019 11/09/2019 11/04/2019	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials
1 2 3 4 5 6	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L	657 556 540 507 490 462	P F P F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim	18 21 18 21 19	11/09/2019 11/04/2019 11/09/2019 11/04/2019 28/08/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP
1 2 3 4 5	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L	657 556 540 507 490	P F P F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh	18 21 18 21	11/09/2019 11/04/2019 11/09/2019 11/04/2019	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP
1 2 3 4 5 6	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L	657 556 540 507 490 462	P F P F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim	18 21 18 21 19	11/09/2019 11/04/2019 11/09/2019 11/04/2019 28/08/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP
1 2 3 4 5 6 7	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L 33.72 L	657 556 540 507 490 462 455	P F P F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim Mayende, Franklyne	18 21 18 21 19 22	11/09/2019 11/04/2019 11/09/2019 11/04/2019 28/08/2021 13/11/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC)
1 2 3 4 5 6 7 8	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L 33.72 L 33.94 L	657 556 540 507 490 462 455 446	P F F F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim Mayende, Franklyne Kioko, Paul	18 21 18 21 19 22 19	11/09/2019 11/04/2019 11/09/2019 11/04/2019 28/08/2021 13/11/2021 28/08/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 2021 KSF NATIONAL CHAMPIONSHIP
1 2 3 4 5 6 7 8 9	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L 33.72 L 33.94 L 34.24 L 34.50 L	556 540 507 490 462 455 446 435 425	P F F F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim Mayende, Franklyne Kioko, Paul Kudwoli, Haniel	18 21 18 21 19 22 19	11/09/2019 11/04/2019 11/09/2019 11/04/2019 28/08/2021 13/11/2021 28/08/2021 28/08/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP
1 2 3 4 5 6 7 8 9 #	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L 33.72 L 33.94 L 34.24 L 34.50 L	657 556 540 507 490 462 455 446 435 425	P F F F F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim Mayende, Franklyne Kioko, Paul Kudwoli, Haniel Sheikh, Mohammed	18 21 18 21 19 22 19 16	11/09/2019 11/04/2019 11/09/2019 11/04/2019 28/08/2021 13/11/2021 28/08/2021 28/08/2021 04/12/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP KSF NATIONAL CHAMPIONSHIP
1 2 3 4 5 6 7 8 9 # Men	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L 33.72 L 33.94 L 34.24 L 34.50 L 100 Bre 1:08.69 L	657 556 540 507 490 462 455 446 435 425 east 567	P F F F F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim Mayende, Franklyne Kioko, Paul Kudwoli, Haniel Sheikh, Mohammed	18 21 18 21 19 22 19 16 14	11/09/2019 11/04/2019 11/09/2019 11/04/2019 28/08/2021 13/11/2021 28/08/2021 28/08/2021 04/12/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP KSF NATIONAL CHAMPIONSHIP KSF NATIONAL CHAMPIONSHIP LC 4 DEC
1 2 3 4 5 6 7 8 9 # Men 1 2	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L 33.72 L 34.24 L 34.50 L 100 Bre 1:08.69 L 1:11.69 L	657 556 540 507 490 462 455 446 435 425 east 567 499	P F F F F F F F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim Mayende, Franklyne Kioko, Paul Kudwoli, Haniel Sheikh, Mohammed Pragassa, Tory Opande, Jono Per	18 21 18 21 19 22 19 16 14	11/09/2019 11/04/2019 11/04/2019 11/04/2019 28/08/2021 13/11/2021 28/08/2021 28/08/2021 04/12/2021 13/11/2021 11/09/2019	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP KSF NATIONAL CHAMPIONSHIP LC 4 DEC NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Africa Junior Championships
1 2 3 4 5 6 7 8 9 # Men 1 2 3	29.84 L 31.55 L 31.85 L 32.53 L 32.91 L 33.56 L 33.72 L 33.94 L 34.40 L 100 Bre 1:08.69 L 1:11.69 L 1:12.50 L	657 556 540 507 490 462 455 446 435 425 east 567 499 482	P F F F F F	Opande, Jono Per Mohamed, Ridhwan Nyoike, Stephen Talib, Swaleh Omar, Ibrahim Mayende, Franklyne Kioko, Paul Kudwoli, Haniel Sheikh, Mohammed Pragassa, Tory Opande, Jono Per Nyoike, Stephen	18 21 18 21 19 22 19 16 14 25 18	11/09/2019 11/04/2019 11/09/2019 11/09/2019 11/04/2019 28/08/2021 13/11/2021 28/08/2021 28/08/2021 04/12/2021 13/11/2021 11/09/2019 11/10/2021	Africa Junior Championships 2019 KSF Nationals Swimming Trials Africa Junior Championships 2019 KSF Nationals Swimming Trials 2021 KSF NATIONAL CHAMPIONSHIP NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) 2021 KSF NATIONAL CHAMPIONSHIP 2021 KSF NATIONAL CHAMPIONSHIP KSF NATIONAL CHAMPIONSHIP KSF NATIONAL CHAMPIONSHIP LC 4 DEC NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Africa Junior Championships 14th CANA African Junior & Senior and Open Wa
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# Men	3:12.88 L 50 Fly	279	F	Kioko, Paul	19	04/12/2021	KSF NATIONAL CHAMPIONSHIP LC 4 DEC
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	Р	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIP
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
	100 Fly	407		iviasinae, sonai i	14	13/01/2022	Devoir County 2022 Championships / Age Groups
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	Р	Mohamed, Ridhwan	21	15/01/2022	Devon County 2022 Championships / Age Groups
3	58.08 L	619	Р	Rosafio, Danilo	20	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIP
4	59.04 L	589	F	Maina, Monyo	18	12/02/2022	WEST COAST COLLEGIATE (LC)
5	59.42 L	578	Р	Bifwoli, Tabuka	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIP
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	Р	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	450	-	Onyach, Jesse	10	13/11/2021	NOAM INVITATIONAL SWIMMING CHAMPIONSHIPS (LC
1	2:15.04 L	551	F	Maina, Monyo	18	24/07/2019	2019 Canadian Junior Championships
2	2:19.14 L	504	Р	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
3	2:27.24 L	425	F	Khandwalla, Mohamed Igbal	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	92	Г	Michael Maurew	13	17/05/2019	Narrobi County Swiffining Champi
1	2:17.77 L	566	Р	Maina, Monyo	18	20/08/2019	7TH FINA WORLD JUNIOR SWIMMING CHAMPIONSHIF
2	2:21.36 L	524	Р	Talib, Swaleh	21	21/08/2019	12th African Games
3	2:23.15 L	505	Р	Hart, Ivan	15	17/12/2021	Swim Wales Open Winter Championships 2021
4	2:26.29 L	473	Р	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	Р	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	Р	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
.,	400 IM	JU I	г	Onemialii, Nigeri	۷1	11/04/2019	2013 Not Inductions Swittining Illians
1	4:56.87 L	554	Р	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 Igbal	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
	x6:43.96 L	219	F	Maywaka, Owen	17	17/05/2019	Nairobi County Swimming Champi
6	70.70.00 L	210					, , ,
	7·14 QO I	176	F	Mwenia Frick	23		
7	7:14.90 L x7:23.68 L	176 165	F F	Mwenja, Erick Okech, Victor	23 13	13/11/2021 17/05/2019	NCAA INVITATIONAL SWIMMING CHAMPIONSHIPS (LC) Nairobi County Swimming Champi