



**fitkonnnect**  
swim series  
2024

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**Invitation Letter & Meet Summons**

**Meet 3**





Dear Swimming Coaches/ Swimmers/ Parents,  
**THE FITKONNECT SWIM SERIES: 2024 CIRCUIT**

We wish to welcome you to the 2024 circuit of the FitKconnect Series. We have included the 5 years' and under and 7-6 years' age brackets due to popular demand. The subsequent meets will accommodate both individual and team participants. After a successful first meet of the circuit on 3rd February 2024, we are delighted to invite you to our meets on the following dates:

<b>Meet</b>	<b>Date</b>	<b>Venue</b>
Meet 3	25 May 2024	Bellevue School
Meet 4	27 July 2024	Bellevue School
Meet 5	14 September 2024	Bellevue School
Meet 6	12 October 2024	Bellevue School

The 2024 circuit promises to bring together top swimming talent nationwide and in the region. The **FitKconnect Swim Series** is competitive, fun and rewarding. The FitKconnect swim series will award medals to the top three swimmers in individual events, the top three teams in relay events, team trophies according to the medal count table, and scholarships of up to **KSh.250,000.00** for the top swimmers in every age group.

We encourage swimmers to swim in as many meets as possible to win the grand scholarship awards at the end of the circuit.

The events will start at precisely 8:00 a.m. and are expected to end at around 4:00 p.m. on all meet days. All meet communications should be done via [entries@fitkconnect.com](mailto:entries@fitkconnect.com) and copied to **go@fitkconnect.com**. Entry submissions should be made one week before the meet dates. We have attached guidelines detailing entry and other requirements for all the meets in the 2024 circuit. We look forward to hosting you and your team.

Regards,

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## The FitKonnnect Swim Series: 2024 Circuit

### SERIES GUIDELINES

<b>ELIGIBILITY &amp; ENTRY:</b>	The events in the 2024 series circuit are open to all swimmers (including masters swimmers). There are no qualifying times for the competitions. All entries are subject to payment and submission of entries to <b>entries@fitkonnnect.com</b> . By submitting entries, participants agree to the conditions of entry for the competition and the FitKonnnect Swim Series Terms and Conditions. No changes will be made at the poolside when the gala is running. All corrections must be done within 12 hours before the meet starts. Scratches will be accepted one (1) hour before the start of every session in writing (a scratch does not mean an entry has been deleted from the system).
<b>FEES:</b>	<b>KSh.500</b> per individual event and <b>KSh.1,000</b> per relay events. All entries should be made with copies of payment confirmation slips/ receipts to;
	<b>Cheque:</b> <b>Fitbridge Limited</b>
	<b>KSh. Account:</b> NCBA Bank A/c No. <b>48879 40013</b>
	<b>USD Account:</b> NCBA Bank A/c No. <b>48879 40029</b>
<b>MPesa:</b> Pay bill No. <b>4076285</b> A/c No. Team/ Swimmer's Name	
<b>SPECTATORS:</b>	Gate entry Fee for Spectators is <b>KSh.1000</b> per day and a discounted rate of <b>KSh.5,000</b> for the entire season.
<b>TIME SCHEDULE:</b>	All FitKonnnect Swim Series events have an 8:00 a.m. start and are expected to end at around 4.00 p.m. The FitKonnnect Swim reserves the right to vary the program according to circumstances at his discretion. There is no fixed ending time.
<b>THE START:</b>	The two-start rule shall apply at this meet.
<b>MARSHALLING:</b>	Swimmers must pay attention to marshaling calls made over the public address system. Once marshaled, the swimmers fall under the control of the marshal. Relay teams will only be marshaled if the four swimmers are physically present. Once the marshaling for the race is closed, no other swimmers will be accepted for the race. Parents are not allowed in the marshaling tent.
<b>RESULTS:</b>	The full and final results will be available at the end of the meet; however, the results will be available via the meet mobile app. The Secretariat is out of bounds to all swimmers and non-designated team officials.
<b>NO SHOWS:</b>	Swimmers who do not show up for their race will be fined <b>KSh.500</b> and <b>KSh.1,000</b> for relays, the swimmer may not compete in any other event until this fine has been paid.





<b>AWARDS &amp; AGE:</b>	The FitKonnnect Swim Series will award medals to the top three swimmers in individual events, the top three teams in relay events, team trophies according to the medal count table, and scholarships of up to <b>KSh.250,000</b> for the top swimmers in every age group. The operative date is the first day of the meet. Swimmers will swim and get awarded in the following age groups;	
	<b>Medals</b>	
	5 years & under all individual events	
	6 years – 7 years all individual events	Gold, Silver, Bronze
	8 years – 9 years all individual events	Gold, Silver, Bronze
	10 years – 11 years all individual events	Gold, Silver, Bronze
	12 years – 13 years all individual events	Gold, Silver, Bronze
	14 years – 15 years all individual events	Gold, Silver, Bronze
	16 years – 24 years all individual events	Gold, Silver, Bronze
	Masters (25 years & over) all individual events	Gold, Silver, Bronze
	The Medal Awards Ceremony will take place as indicated in the meet program. Only the designated Swimmers will be allowed in the awards area. Medals to the top three finishers in each event.	
	<b>Relays</b>	
	9 & under relay events	Gold, Silver, Bronze
	10 years & over relay events	Gold, Silver, Bronze
	No swim-ups will be allowed. One Relay entry per club per event. The names must be received in the correct order. Each team in the mixed relay events will be composed of two (2) male and two (2) female swimmers. One (1) relay team per age group, per event. Only swimmers entered, for individual events in this competition, may swim in relays.	
	<b>Scholarships</b>	
	11 & under all individual events	Top male points + top female points
	12 years – 17 years all individual events	Top male points + top female points
	<b>Cash Awards</b>	
	18 years and over all individual events	Top male points + top female points
<b>Team Trophies</b>		
1st Runners Up	3rd on medal count table	
2nd Runners Up	2nd on medal count table	
Winner	1st on medal count table	
<b>PHOTOGRAPHS:</b>	The FitKonnnect Swim Series will occasionally use swimmers’ personal information and pictures on its website, programs and brochures to promote swimming and the achievements of swimmers. By registering as a swimmer in the FitKonnnect Swim Series, coaches/ swimmers/ spectators, you:	





I.	Authorize The FitKonnnect Swim Series, and those acting under its authority and with its permission, the right and authorization (on a non-exclusive basis) to invite a swimmer to take an interview with a media house, use, reuse, copyright, publish, and re-publish, the swimmer’s name, video graphic, photographic and electronic portraits, pictures, films, videos and story material of the swimmer (singularly “Work” and collectively “Works”), or in which the swimmer may be included, intact or in part, for advertising, publicity, and for other association purposes, including the right to reproduce and publish any work or works without restriction through any and all media now or hereafter known.								
II.	The parent and/or swimmer also permit the use of any printed material in connection therewith. The parent and/or swimmer also waives any and all rights that he or she may have to examine or approve any finished work or works or the advertising copy or printed matter that may be used in connection therewith or the use to which it may be applied.								
III.	Furthermore, the parent and/or swimmer releases, discharges and agrees to hold harmless The FitKonnnect Swim Series or its officials, officers, employees, coaches and consultants, and all persons acting under their permission or authority or those for whom they are acting, from all actions, liability, damages, claims, and demands whatsoever arising from any publication or usage of any work or works, including without limitation, any claims for defamation or invasion of privacy, to use, on a non-exclusive basis, the names, pictures, and story material of the swimmer named therein for advertising, publicity, and other association purposes, including the right to interview, reproduce and publish them.								
IV.	This authorization may be revoked upon 30 days prior written notice to The FitKonnnect Swim Series but the revocation will not affect any prior usage or commitments. The revocation of authorization constitutes the non-participation of the swimmer.								
V.	No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to legal authorities or other governmental authorities and/or maybe barred from The FitKonnnect Swim Series events.								
VI.	The FitKonnnect Swim Series as the organizer of the event has the rights to invite a swimmer, coach and parent to be interviewed by a media house, so long as the content is within the scope of the swimming competition.								
<b>ACCREDITATION:</b>	<p>All Teams/ Clubs must submit the names of all swimmers entered in FitKonnnect Swim Series meets, with their date of birth and a contact person per team (phone and email), and the accompanying team officials subject the swimmer to coach ratio requirements. Only accredited Team Officials will be allowed into the Aquatic centre. Only accredited Team Managers and Coaches may withdraw competitors, lodge objections and or lodge complaints. The following quotas will be used for officials’ accreditation;</p> <table border="1" data-bbox="681 1770 2008 1976"> <thead> <tr> <th data-bbox="681 1770 1294 1823">Swimmers</th> <th data-bbox="1294 1770 2008 1823">Quota</th> </tr> </thead> <tbody> <tr> <td data-bbox="681 1823 1294 1875">1 to 15 swimmers in individual events</td> <td data-bbox="1294 1823 2008 1875">1 x coach 2 x team manager passes</td> </tr> <tr> <td data-bbox="681 1875 1294 1928">16 to 30 swimmers in individual events</td> <td data-bbox="1294 1875 2008 1928">2 x coaches 2 x team manager passes</td> </tr> <tr> <td data-bbox="681 1928 1294 1976">31 + swimmers in individual events</td> <td data-bbox="1294 1928 2008 1976">2 x coaches 3 x team manager passes</td> </tr> </tbody> </table>	Swimmers	Quota	1 to 15 swimmers in individual events	1 x coach 2 x team manager passes	16 to 30 swimmers in individual events	2 x coaches 2 x team manager passes	31 + swimmers in individual events	2 x coaches 3 x team manager passes
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31 + swimmers in individual events	2 x coaches 3 x team manager passes								
<b>DISCLAIMER:</b>	<b>ENTRY IS ENTIRELY AT YOUR OWN RISK.</b> The FitKonnnect Swim Series will not accept responsibility for any incident or accident, injury or loss, which may occur before, during and after the event.								



<b>Program Details</b>			
<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
1	<i>Girls 8-9 200 IM</i>	7	<i>Girls 8-9 25 BACK NOODLE</i>
1	<i>Girls 10-11 200 IM</i>	8	<i>Boys 5 &amp; Under 25 BACK NOODLE</i>
1	<i>Girls 12-13 200 IM</i>	8	<i>Boys 6-7 25 BACK NOODLE</i>
1	<i>Girls 14-15 200 IM</i>	8	<i>Boys 8-9 25 BACK NOODLE</i>
1	<i>Girls 16 &amp; Over 200 IM</i>	9	<i>Girls 9 &amp; Under 100 Medley Relay</i>
2	<i>Boys 8-9 200 IM</i>	9	<i>Boys 9 &amp; Under 100 Medley Relay</i>
2	<i>Boys 10-11 200 IM</i>	9	<i>Women 10 &amp; Over 100 Medley Relay</i>
2	<i>Boys 12-13 200 IM</i>	9	<i>Men 10 &amp; Over 100 Medley Relay</i>
2	<i>Boys 14-15 200 IM</i>	11	<i>Girls 5 &amp; Under 25 Butterfly</i>
2	<i>Boys 16 &amp; Over 200 IM</i>	11	<i>Girls 6-7 25 Butterfly</i>
3	<i>Girls 7 &amp; Under 100 IM</i>	11	<i>Girls 8-9 25 Butterfly</i>
3	<i>Girls 8-9 100 IM</i>	11	<i>Girls 10-11 25 Butterfly</i>
3	<i>Girls 10-11 100 IM</i>	12	<i>Boys 5 &amp; Under 25 Butterfly</i>
3	<i>Girls 12-13 100 IM</i>	12	<i>Boys 6-7 25 Butterfly</i>
3	<i>Girls 14-15 100 IM</i>	12	<i>Boys 8-9 25 Butterfly</i>
3	<i>Girls 16 &amp; Over 100 IM</i>	12	<i>Boys 10-11 25 Butterfly</i>
4	<i>Boys 7 &amp; Under 100 IM</i>	13	<i>Girls 5 &amp; Under 25 Backstroke</i>
4	<i>Boys 8-9 100 IM</i>	13	<i>Girls 6-7 25 Backstroke</i>
4	<i>Boys 10-11 100 IM</i>	13	<i>Girls 8-9 25 Backstroke</i>
4	<i>Boys 12-13 100 IM</i>	13	<i>Girls 10-11 25 Backstroke</i>
4	<i>Boys 14-15 100 IM</i>	14	<i>Boys 5 &amp; Under 25 Backstroke</i>
4	<i>Boys 16 &amp; Over 100 IM</i>	14	<i>Boys 6-7 25 Backstroke</i>
5	<i>Girls 5 &amp; Under 25 FRONT KICKS</i>	14	<i>Boys 8-9 25 Backstroke</i>
5	<i>Girls 6-7 25 FRONT KICKS</i>	14	<i>Boys 10-11 25 Backstroke</i>
5	<i>Girls 8-9 25 FRONT KICKS</i>	15	<i>Girls 5 &amp; Under 25 Breaststroke</i>
6	<i>Boys 5 &amp; Under 25 FRONT KICKS</i>	15	<i>Girls 6-7 25 Breaststroke</i>
6	<i>Boys 6-7 25 FRONT KICKS</i>	15	<i>Girls 8-9 25 Breaststroke</i>
6	<i>Boys 8-9 25 FRONT KICKS</i>	15	<i>Girls 10-11 25 Breaststroke</i>
7	<i>Girls 5 &amp; Under 25 BACK NOODLE</i>	16	<i>Boys 5 &amp; Under 25 Breaststroke</i>
7	<i>Girls 6-7 25 BACK NOODLE</i>	16	<i>Boys 6-7 25 Breaststroke</i>

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
16	<i>Boys 8-9 25 Breaststroke</i>	22	<i>Boys 10-11 100 Backstroke</i>
16	<i>Boys 10-11 25 Breaststroke</i>	22	<i>Boys 12-13 100 Backstroke</i>
17	<i>Girls 5 &amp; Under 25 Freestyle</i>	22	<i>Boys 14-15 100 Backstroke</i>
17	<i>Girls 6-7 25 Freestyle</i>	22	<i>Boys 16 &amp; Over 100 Backstroke</i>
17	<i>Girls 8-9 25 Freestyle</i>	23	<i>Girls 9 &amp; Under 100 Freestyle Relay</i>
17	<i>Girls 10-11 25 Freestyle</i>	23	<i>Boys 9 &amp; Under 100 Freestyle Relay</i>
18	<i>Boys 5 &amp; Under 25 Freestyle</i>	23	<i>Women 10 &amp; Over 100 Freestyle Relay</i>
18	<i>Boys 6-7 25 Freestyle</i>	23	<i>Men 10 &amp; Over 100 Freestyle Relay</i>
18	<i>Boys 8-9 25 Freestyle</i>	25	<i>Girls 7 &amp; Under 50 Butterfly</i>
18	<i>Boys 10-11 25 Freestyle</i>	25	<i>Girls 8-9 50 Butterfly</i>
19	<i>Girls 7 &amp; Under 50 Breaststroke</i>	25	<i>Girls 10-11 50 Butterfly</i>
19	<i>Girls 8-9 50 Breaststroke</i>	25	<i>Girls 12-13 50 Butterfly</i>
19	<i>Girls 10-11 50 Breaststroke</i>	25	<i>Girls 14-15 50 Butterfly</i>
19	<i>Girls 12-13 50 Breaststroke</i>	25	<i>Girls 16 &amp; Over 50 Butterfly</i>
19	<i>Girls 14-15 50 Breaststroke</i>	26	<i>Boys 7 &amp; Under 50 Butterfly</i>
19	<i>Girls 16 &amp; Over 50 Breaststroke</i>	26	<i>Boys 8-9 50 Butterfly</i>
20	<i>Boys 7 &amp; Under 50 Breaststroke</i>	26	<i>Boys 10-11 50 Butterfly</i>
20	<i>Boys 8-9 50 Breaststroke</i>	26	<i>Boys 12-13 50 Butterfly</i>
20	<i>Boys 10-11 50 Breaststroke</i>	26	<i>Boys 14-15 50 Butterfly</i>
20	<i>Boys 12-13 50 Breaststroke</i>	26	<i>Boys 16 &amp; Over 50 Butterfly</i>
20	<i>Boys 14-15 50 Breaststroke</i>	27	<i>Girls 7 &amp; Under 100 Breaststroke</i>
20	<i>Boys 16 &amp; Over 50 Breaststroke</i>	27	<i>Girls 8-9 100 Breaststroke</i>
21	<i>Girls 7 &amp; Under 100 Backstroke</i>	27	<i>Girls 10-11 100 Breaststroke</i>
21	<i>Girls 8-9 100 Backstroke</i>	27	<i>Girls 12-13 100 Breaststroke</i>
21	<i>Girls 10-11 100 Backstroke</i>	27	<i>Girls 14-15 100 Breaststroke</i>
21	<i>Girls 12-13 100 Backstroke</i>	27	<i>Girls 16 &amp; Over 100 Breaststroke</i>
21	<i>Girls 14-15 100 Backstroke</i>	28	<i>Boys 7 &amp; Under 100 Breaststroke</i>
21	<i>Girls 16 &amp; Over 100 Backstroke</i>	28	<i>Boys 8-9 100 Breaststroke</i>
22	<i>Boys 7 &amp; Under 100 Backstroke</i>	28	<i>Boys 10-11 100 Breaststroke</i>
22	<i>Boys 8-9 100 Backstroke</i>	28	<i>Boys 12-13 100 Breaststroke</i>





<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
28	Boys 14-15 100 Breaststroke	33	Girls 14-15 50 Backstroke
28	Boys 16 & Over 100 Breaststroke	33	Girls 16 & Over 50 Backstroke
29	Girls 7 & Under 50 Freestyle	34	Boys 7 & Under 50 Backstroke
29	Girls 8-9 50 Freestyle	34	Boys 8-9 50 Backstroke
29	Girls 10-11 50 Freestyle	34	Boys 10-11 50 Backstroke
29	Girls 12-13 50 Freestyle	34	Boys 12-13 50 Backstroke
29	Girls 14-15 50 Freestyle	34	Boys 14-15 50 Backstroke
29	Girls 16 & Over 50 Freestyle	34	Boys 16 & Over 50 Backstroke
30	Boys 7 & Under 50 Freestyle	35	Girls 9 & Under 100 Medley Relay
30	Boys 8-9 50 Freestyle	35	Girls 10 & Over 100 Medley Relay
30	Boys 10-11 50 Freestyle	36	Boys 9 & Under 100 Medley Relay
30	Boys 12-13 50 Freestyle	36	Boys 10 & Over 100 Medley Relay
30	Boys 14-15 50 Freestyle	37	Girls 7 & Under 100 Butterfly
30	Boys 16 & Over 50 Freestyle	37	Girls 8-9 100 Butterfly
31	Girls 7 & Under 100 Freestyle	37	Girls 10-11 100 Butterfly
31	Girls 8-9 100 Freestyle	37	Girls 12-13 100 Butterfly
31	Girls 10-11 100 Freestyle	37	Girls 14-15 100 Butterfly
31	Girls 12-13 100 Freestyle	37	Girls 16 & Over 100 Butterfly
31	Girls 14-15 100 Freestyle	38	Boys 7 & Under 100 Butterfly
31	Girls 16 & Over 100 Freestyle	38	Boys 8-9 100 Butterfly
32	Boys 7 & Under 100 Freestyle	38	Boys 10-11 100 Butterfly
32	Boys 8-9 100 Freestyle	38	Boys 12-13 100 Butterfly
32	Boys 10-11 100 Freestyle	38	Boys 14-15 100 Butterfly
32	Boys 12-13 100 Freestyle	38	Boys 16 & Over 100 Butterfly
32	Boys 14-15 100 Freestyle	49	Girls 9 & Under 100 Freestyle Relay
32	Boys 16 & Over 100 Freestyle	49	Girls 10 & Over 100 Freestyle Relay
33	Girls 7 & Under 50 Backstroke	50	Boys 9 & Under 100 Freestyle Relay
33	Girls 8-9 50 Backstroke	50	Boys 10 & Over 100 Freestyle Relay
33	Girls 10-11 50 Backstroke	101	Women 25-30 100 IM
33	Girls 12-13 50 Backstroke	101	Women 31-35 100 IM

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
101	<i>Women 36-40 100 IM</i>	105	<i>Women 46-50 50 Breaststroke</i>
101	<i>Women 41-45 100 IM</i>	105	<i>Women 51-55 50 Breaststroke</i>
101	<i>Women 46-50 100 IM</i>	105	<i>Women 56 &amp; Over 50 Breaststroke</i>
101	<i>Women 51-55 100 IM</i>	106	<i>Men 25-30 50 Breaststroke</i>
101	<i>Women 56 &amp; Over 100 IM</i>	106	<i>Men 31-35 50 Breaststroke</i>
102	<i>Men 25-30 100 IM</i>	106	<i>Men 36-40 50 Breaststroke</i>
102	<i>Men 31-35 100 IM</i>	106	<i>Men 41-45 50 Breaststroke</i>
102	<i>Men 36-40 100 IM</i>	106	<i>Men 46-50 50 Breaststroke</i>
102	<i>Men 41-45 100 IM</i>	106	<i>Men 51-55 50 Breaststroke</i>
102	<i>Men 46-50 100 IM</i>	106	<i>Men 56 &amp; Over 50 Breaststroke</i>
102	<i>Men 51-55 100 IM</i>	107	<i>Women 25-30 50 Backstroke</i>
102	<i>Men 56 &amp; Over 100 IM</i>	107	<i>Women 31-35 50 Backstroke</i>
103	<i>Women 25-30 50 Butterfly</i>	107	<i>Women 36-40 50 Backstroke</i>
103	<i>Women 31-35 50 Butterfly</i>	107	<i>Women 41-45 50 Backstroke</i>
103	<i>Women 36-40 50 Butterfly</i>	107	<i>Women 46-50 50 Backstroke</i>
103	<i>Women 41-45 50 Butterfly</i>	107	<i>Women 51-55 50 Backstroke</i>
103	<i>Women 46-50 50 Butterfly</i>	107	<i>Women 56 &amp; Over 50 Backstroke</i>
103	<i>Women 51-55 50 Butterfly</i>	108	<i>Men 25-30 50 Backstroke</i>
103	<i>Women 56 &amp; Over 50 Butterfly</i>	108	<i>Men 31-35 50 Backstroke</i>
104	<i>Men 25-30 50 Butterfly</i>	108	<i>Men 36-40 50 Backstroke</i>
104	<i>Men 31-35 50 Butterfly</i>	108	<i>Men 41-45 50 Backstroke</i>
104	<i>Men 36-40 50 Butterfly</i>	108	<i>Men 46-50 50 Backstroke</i>
104	<i>Men 41-45 50 Butterfly</i>	108	<i>Men 51-55 50 Backstroke</i>
104	<i>Men 46-50 50 Butterfly</i>	108	<i>Men 56 &amp; Over 50 Backstroke</i>
104	<i>Men 51-55 50 Butterfly</i>	109	<i>Women 25-30 50 Freestyle</i>
104	<i>Men 56 &amp; Over 50 Butterfly</i>	109	<i>Women 31-35 50 Freestyle</i>
105	<i>Women 25-30 50 Breaststroke</i>	109	<i>Women 36-40 50 Freestyle</i>
105	<i>Women 31-35 50 Breaststroke</i>	109	<i>Women 41-45 50 Freestyle</i>
105	<i>Women 36-40 50 Breaststroke</i>	109	<i>Women 46-50 50 Freestyle</i>
105	<i>Women 41-45 50 Breaststroke</i>	109	<i>Women 51-55 50 Freestyle</i>





<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
109	<i>Women 56 &amp; Over 50 Freestyle</i>		
110	<i>Men 25-30 50 Freestyle</i>		
110	<i>Men 31-35 50 Freestyle</i>		
110	<i>Men 36-40 50 Freestyle</i>		
110	<i>Men 41-45 50 Freestyle</i>		
110	<i>Men 46-50 50 Freestyle</i>		
110	<i>Men 51-55 50 Freestyle</i>		
110	<i>Men 56 &amp; Over 50 Freestyle</i>		

