



# SENIORS' MEET SUMMONS & PROGRAM



fitconnect  
swim series  
2025



THE 2025

## CALENDAR OF SWIMMING EVENTS



1ST FEB



29TH MAR



17TH MAY



14TH JUN



15TH SEP

powered by  
fitconnect  
by CITIMODE LTD



Invitation Letter & Meet Summons

# Meet 3: Seniors Meet

Forest View Mall  
Ngong' Road  
+254 115 766 686

[www.fitkonnnect.com/events](http://www.fitkonnnect.com/events)  
[entries@fitkonnnect.com](mailto:entries@fitkonnnect.com)



fitkonnnect  
swim  
series

fitkonnnect  
by FITBRIDGE LTD

sponsored by

THE FITKONNECT  
AFTER WAVE





# GREETINGS!

We are pleased to invite you to the FitKconnect Seniors' Meet, which will be held on the 17th of May 2025. This event will feature swimmers who are 10 years and above and will be a great opportunity to showcase emerging talent. Swimmers at this event will receive medals, certificates, merchandise and team trophies.

As a sports marketing and event management firm, Fitbridge primarily focuses on swimming-related activities. Since the beginning of last year, we have successfully organized a series of swimming galas under the FitKconnect brand, attracting over 1200 swimmers from more than 40 schools and swimming clubs.

FitKconnect continues to nurture talent as it promotes health and fitness among diverse communities. We will be excited for you to join this cause and experience the fun and excitement of swimming competition.

We have waived all spectator fees in the new season and hope this will encourage your parents, guardians and other fans of the sport to come and support our swimmers. All swimmers at this event will receive certificates of participation, medals if they finish top 3 in their events, team trophies, and other awards in their age groups.

The competition is open to all and attracts an entry fee of KSh. 2,000/ per swimmer. All entries should indicate the events the swimmers will take part in and should include their date of birth. You can make any other enquiries through [entries@fitkconnect.com](mailto:entries@fitkconnect.com) or +254 115 766 686.

Looking forward to hosting you!

Regards,



Bellarmino Bulinda



fitkconnect  
swim  
series

fitkconnect  
by FITBRIDGE LTD

sponsored by

THE FITKCONNECT  
AFTER WAVE





# The FitKonnnect Swim Series: 2025

## SERIES GUIDELINES

<b>ELIGIBILITY &amp; ENTRY:</b>	<p>The events in the FitKonnnect 2025 Seniors will be open to all swimmers, and no qualifying times will be observed. All entries are subject to payment and submission of entries to <b>entries@fitkonnnect.com</b> on or before <b>May 14, 2025</b>. By submitting entries, participants agree to the conditions of entry for the competition and the FitKonnnect Swim</p> <p>Series Terms and Conditions, including those around publishing results and photography. No changes will be made at the poolside when the gala is running. All corrections must be made 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).</p>								
<b>FEES:</b>	<p><b>KSh.2,000.00</b> per swimmer for up to <b>5 events</b> and <b>KSh.2,000.00</b> per relay event. Anyone doing more than five events will have to pay an additional <b>KSh.500.00</b> for the additional events. All entries should be made with copies of payment confirmation slips/receipts.</p> <table><tr><td><b>Cheque:</b></td><td><b>Fitbridge Limited</b></td></tr><tr><td><b>KSh. Account:</b></td><td>KCB Bank A/c No. <b>1339 204 762</b></td></tr><tr><td><b>USD Account:</b></td><td>NCBA Bank A/c No. <b>48879 40029</b></td></tr><tr><td><b>MPesa:</b></td><td>Pay bill No. <b>4076285</b> A/c No. Team/ Swimmer's Name</td></tr></table>	<b>Cheque:</b>	<b>Fitbridge Limited</b>	<b>KSh. Account:</b>	KCB Bank A/c No. <b>1339 204 762</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>Cheque:</b>	<b>Fitbridge Limited</b>								
<b>KSh. Account:</b>	KCB Bank A/c No. <b>1339 204 762</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>	<p><i>Free Entry for All Spectators—All spectators must RSVP through a spectator link shared seven days before the event.</i></p>								
<b>TIME SCHEDULE:</b>	<p>All swimmers will swim between 8 AM and 5 PM depending on the placement of their events on the program. The FitKonnnect Swim reserves the right to vary the program according to circumstances at his discretion. All entrants will be required to adhere to any changes to the program to accommodate prevailing circumstances.</p>								
<b>THE START:</b>	<p>The two-start rule shall apply at this meet.</p>								
<b>MARSHALLING:</b>	<p>Swimmers must pay attention to marshaling calls made over the public address system. Once marshaled, the swimmers fall under the marshal's control. 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 at the marshaling area.</p>								



<b>RESULTS:</b>	<p>The full and final results will be available at the end of the meet; however, the results may be published on FitKonnnect social media platforms, the meet mobile application or designated boards around the competition venue. All swimmers, parents, and legal guardians consent to the personal details of their swimmers, including names, ages, and images, being published for the purpose of disseminating results and other highlights from the FitKonnnect Swim Series by entering for the meet.</p> <p>All queries regarding results will be addressed through the <b>FitKonnnect Technical Action Team (TAT)</b>. The secretariat will not receive any inquiries regarding results through non-recognized team officials or athlete representatives.</p>
<b>NO SHOWS:</b>	Swimmers who do not show up for their race will be fined KSh.1,000.00 for individual events and KSh.1,000.00 per relay for relay events. The swimmer may not compete in any other event until this fine has been paid.
<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 or entering the FitKonnnect Swim Series as <i>swimmers/coaches/parents/spectators/vendors/partners</i> , you:
<b>I.</b>	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 media now or hereafter known.
<b>II.</b>	The <i>swimmers/coaches/parents/spectators/vendors/partners</i> also permit the use of any printed material in connection therewith. The <i>swimmers/coaches/parents/spectators/vendors/partners</i> also waive any 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.
<b>III.</b>	Furthermore, the <i>swimmers/coaches/parents/spectators/vendors/partners</i> release, discharge, and agree 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 swimmers/ coaches/ parents/ spectators/ vendors/ partners named therein for advertising, publicity, and other association purposes, including the right to interview, reproduce and publish them.
<b>IV.</b>	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 <i>swimmers/coaches/parents/spectators/vendors/partners</i> .



fitkonnnect  
swim  
series

fitkonnnect  
by FITBRIDGE LTD

sponsored by

THE FITKONNECT  
AFTER WAVE



fitkonnnect



V.	No unauthorized 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. No person may use a camera or any other device capable of recording still or video images 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 event organizer, has the right to invite <i>swimmers/coaches/parents/spectators/vendors/partners</i> to be interviewed by a media house, so long as the content is within the scope of the swimming competition.
AWARDS:	All swimmers at this meet will receive certificates of participation. Outstanding swimmers at this meet will receive medals for the top three positions in every event. Team trophies will be awarded to the top three teams overall.
ACCREDITATION:	All teams/clubs must submit the names of all swimmers entered in FitKonnnect Swim Series meets, along with their date of birth and a contact person per team (phone and email), as well as the accompanying team officials. The names and details of team officials will be shared through a link shared seven days before the meet.
DISCLAIMER:	<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, including death, which may occur before, during or after the event.



fitkonnnect  
swim  
series

fitkonnnect  
by FITBRIDGE LTD

sponsored by

THE FITKONNECT  
AFTER WAVE





# Program

Program Details: Seniors' Meet		
#	Event	Race
1	Girls	200 IM
2	Boys	200 IM
3	Girls 10 & Over	25 Backstroke
4	Boys 10 & Over	25 Backstroke
5	Girls	200 Butterfly
6	Boys	200 Butterfly
7	Girls 10 & Over	25 Breaststroke
8	Boys 10 & Over	25 Breaststroke
9	Girls	200 Backstroke
10	Boys	200 Backstroke
11	Girls 10 & Over	25 Butterfly
12	Boys 10 & Over	25 Butterfly
13	Girls	200 Freestyle
14	Boys	200 Freestyle
15	Girls 10 & Over	25 Freestyle
16	Boys 10 & Over	25 Freestyle
17	Girls	200 Breaststroke
18	Boys	200 Breaststroke
19	Girls	100 Medley Relay
20	Boys	100 Medley Relay

21	Girls 10 & Over	100 IM
22	Boys 10 & Over	100 IM
23	Girls 10 & Over	50 Breaststroke
24	Boys 10 & Over	50 Breaststroke
25	Girls 10 & Over	100 Freestyle
26	Boys 10 & Over	100 Freestyle
27	Girls 10 & Over	50 Backstroke
28	Boys 10 & Over	50 Backstroke
29	Girls 10 & Over	100 Butterfly
30	Boys 10 & Over	100 Butterfly
31	Girls 10 & Over	50 Freestyle
32	Boys 10 & Over	50 Freestyle
33	Girls 10 & Over	100 Backstroke
34	Boys 10 & Over	100 Backstroke
35	Girls 10 & Over	50 Butterfly
36	Boys 10 & Over	50 Butterfly
37	Girls 10 & Over	100 Breaststroke
38	Boys 10 & Over	100 Breaststroke
39	Mixed	100 Medley Relay
40	Girls	100 Freestyle Relay
41	Boys	100 Freestyle Relay



fitconnect  
swim  
series

fitconnect  
by FITBRIDGE LTD

sponsored by

THE FITCONNECT  
AFTER WAVE







# COMMUNITY EVENTS

## 2025



fitconnect  
swim series  
2025



### THE 2025 HIKES & TRAILS, TRIATHLON, COMMUNITY EVENTS



THE FOREST  
HIKE

26TH APR



TIGONI NATURE  
TRAIL

2ND AUG



NAIROBI  
TRIATHLON

2ND OCT



AWARDS  
DINNER

2ND NOV



MT. KILIMAMBOGO  
HIKE

29TH NOV

powered by  
fitconnect  
by CITIMOBILE LTD