



THE CHAMPIONSHIP SUMMONS & PROGRAM



THE 2025 CALENDAR OF SWIMMING EVENTS



SEASON
PRELUDE

1ST FEB



MINNOWS
MEET

29TH MAR



SENIOR
MEET

17TH MAY



COUNTY
STANDARD

12TH JUL



THE
CHAMPIONSHIP

27TH SEP

powered by
fitkonnnect
by CITIMEDIA LTD

Invitation Letter & Meet Summons

Meet 5: The Championship

Forest View Mall
Ngong' Road
+254 115 766 686

www.fitkonnnect.com/events
entries@fitkonnnect.com



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GREETINGS!

We are pleased to invite you to the FitKonnnect Championship, which will be held on the 27th of September 2025 at Kiota School, Denis Pritt Road. This event will feature swimmers of all age groups 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 FitKonnnect brand, attracting over 1200 swimmers from more than 60 schools and swimming clubs.

FitKonnnect 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. 2,000.00/ 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@fitkonnnect.com or +254 115 766 686.

Looking forward to hosting you!

Regards,



Bellarmino Bulinda

The FitKonnnect Swim Series: 2025

SERIES GUIDELINES

ELIGIBILITY & ENTRY:	The events in the FitKonnnect 2025 Championship will be open to all swimmers, and no qualifying times will be observed. All entries are subject to payment and submission of entries to entries@fitkonnnect.com on or before 24th September, 2025 . By submitting entries, participants agree to the conditions of entry for the competition and the FitKonnnect Swim 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 two (2) hours before the start of every session in writing (a scratch does not mean an entry has been deleted from the system).	
FEES:	KSh.2,000.00 per swimmer for up to 5 events and KSh.2,000.00 per relay event. Anyone doing more than five events will have to pay an additional KSh.500.00 for the additional events. All entries should be made with copies of payment confirmation slips/receipts.	
	Cheque:	Fitbridge Limited
	KSh. Account:	KCB Bank A/c No. 1339 204 762
	USD Account:	NCBA Bank A/c No. 48879 40029
	MPesa:	Pay bill No. 522533 A/c No. 7976778
SPECTATORS:	<i>Free Entry for All Spectators—All spectators must RSVP through a spectator link shared seven days before the event.</i>	
TIME SCHEDULE:	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.	
THE START:	The two-start rule shall apply at this meet.	
MARSHALLING:	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.	

RESULTS:	<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 FitKonnnect Technical Action Team (TAT). The secretariat will not receive any inquiries regarding results through non-recognized team officials or athlete representatives.</p>
NO SHOWS:	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.
PHOTOGRAPHS:	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/pectators/vendors/partners</i> , 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 media now or hereafter known.
II.	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.
III.	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.
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 <i>swimmers/coaches/parents/spectators/vendors/partners</i> .



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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:	ENTRY IS ENTIRELY AT YOUR OWN RISK. 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.



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Program

Program Details: The Championship

#	Event	Race
101	Girls	200 IM
102	Boys 200	200 IM
103	Girls 9 & Under	100 Breaststroke
103	Girls 10-11	100 Breaststroke
103	Girls 12-13	100 Breaststroke
103	Girls 14-15	100 Breaststroke
103	Girls 16 & Over	100 Breaststroke
104	Boys 9 & Under	100 Breaststroke
104	Boys 10-11	100 Breaststroke
104	Boys 12-13	100 Breaststroke
104	Boys 14-15	100 Breaststroke
104	Boys 16 & Over	100 Breaststroke
105	Girls 7 & Under	50 Butterfly
105	Girls 8-9	50 Butterfly
105	Girls 10-11	50 Butterfly
105	Girls 12-13	50 Butterfly
105	Girls 14-15	50 Butterfly
105	Girls 16 & Over	50 Butterfly
106	Boys 7 & Under	50 Butterfly
106	Boys 8-9	50 Butterfly
106	Boys 10-11	50 Butterfly
106	Boys 12-13	50 Butterfly
106	Boys 14-15	50 Butterfly
106	Boys 16 & Over	50 Butterfly
107	Girls 7 & Under	25 Freestyle
107	Girls 8-9	25 Freestyle
107	Girls 10-11	25 Freestyle
107	Girls 12-13	25 Freestyle
107	Girls 14-15	25 Freestyle
107	Girls 16 & Over	25 Freestyle
108	Boys 7 & Under	25 Freestyle
108	Boys 8-9	25 Freestyle
108	Boys 10-11	25 Freestyle

108	Boys 12-13	25 Freestyle
108	Boys 14-15	25 Freestyle
108	Boys 16 & Over	25 Freestyle
109	Girls 200	Backstroke
110	Boys 200	Backstroke
111	Girls 8-9	100 Freestyle
111	Girls 10-11	100 Freestyle
111	Girls 12-13	100 Freestyle
111	Girls 14-15	100 Freestyle
111	Girls 16 & Over	100 Freestyle
112	Boys 8-9	100 Freestyle
112	Boys 10-11	100 Freestyle
112	Boys 12-13	100 Freestyle
112	Boys 14-15	100 Freestyle
112	Boys 16 & Over	100 Freestyle
113	Girls 7 & Under	50 Backstroke
113	Girls 8-9	50 Backstroke
113	Girls 10-11	50 Backstroke
113	Girls 12-13	50 Backstroke
113	Girls 14-15	50 Backstroke
113	Girls 16 & Over	50 Backstroke
114	Boys 7 & Under	50 Backstroke
114	Boys 8-9	50 Backstroke
114	Boys 10-11	50 Backstroke
114	Boys 12-13	50 Backstroke
114	Boys 14-15	50 Backstroke
114	Boys 16 & Over	50 Backstroke
115	Girls 7 & Under	25 Breaststroke
115	Girls 8-9	25 Breaststroke
115	Girls 10-11	25 Breaststroke
115	Girls 12-13	25 Breaststroke
115	Girls 14-15	25 Breaststroke
115	Girls 16 & Over	25 Breaststroke
116	Boys 7 & Under	25 Breaststroke
116	Boys 8-9	25 Breaststroke



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Program: Continued

116	Boys 10-11	25 Breaststroke
116	Boys 12-13	25 Breaststroke
116	Boys 14-15	25 Breaststroke
116	Boys 16 & Over	25 Breaststroke
117	Girls 200	Freestyle
118	Boys 200	Freestyle
119	Girls 8-9	100 Butterfly
119	Girls 10-11	100 Butterfly
119	Girls 12-13	100 Butterfly
119	Girls 14-15	100 Butterfly
119	Girls 16 & Over	100 Butterfly
120	Boys 8-9	100 Butterfly
120	Boys 10-11	100 Butterfly
120	Boys 12-13	100 Butterfly
120	Boys 14-15	100 Butterfly
120	Boys 16 & Over	100 Butterfly
201	Girls 8-9	100 IM
201	Girls 10-11	100 IM
201	Girls 12-13	100 IM
201	Girls 14-15	100 IM
201	Girls 16 & Over	100 IM
202	Boys 8-9	100 IM
202	Boys 10-11	100 IM
202	Boys 12-13	100 IM
202	Boys 14-15	100 IM
202	Boys 16 & Over	100 IM
203	Girls 7 & Under	25 Backstroke
203	Girls 8-9	25 Backstroke
203	Girls 10-11	25 Backstroke
203	Girls 12-13	25 Backstroke
203	Girls 14-15	25 Backstroke
203	Girls 16 & Over	25 Backstroke
204	Boys 7 & Under	25 Backstroke
204	Boys 8-9	25 Backstroke
204	Boys 10-11	25 Backstroke

204	Boys 12-13	25 Backstroke
204	Boys 14-15	25 Backstroke
204	Boys 16 & Over	25 Backstroke
205	Girls 7 & Under	25 Butterfly
205	Girls 8-9	25 Butterfly
205	Girls 10-11	25 Butterfly
205	Girls 12-13	25 Butterfly
205	Girls 14-15	25 Butterfly
205	Girls 16 & Over	25 Butterfly
206	Boys 7 & Under	25 Butterfly
206	Boys 8-9	25 Butterfly
206	Boys 10-11	25 Butterfly
206	Boys 12-13	25 Butterfly
206	Boys 14-15	25 Butterfly
206	Boys 16 & Over	25 Butterfly
207	Girls 7 & Under	50 Freestyle
207	Girls 8-9	50 Freestyle
207	Girls 10-11	50 Freestyle
207	Girls 12-13	50 Freestyle
207	Girls 14-15	50 Freestyle
207	Girls 16 & Over	50 Freestyle
208	Boys 7 & Under	50 Freestyle
208	Boys 8-9	50 Freestyle
208	Boys 10-11	50 Freestyle
208	Boys 12-13	50 Freestyle
208	Boys 14-15	50 Freestyle
208	Boys 16 & Over	50 Freestyle
209	Girls 7 & Under	50 Breaststroke
209	Girls 8-9	50 Breaststroke
209	Girls 10-11	50 Breaststroke
209	Girls 12-13	50 Breaststroke
209	Girls 14-15	50 Breaststroke
209	Girls 16 & Over	50 Breaststroke
210	Boys 7 & Under	50 Breaststroke
210	Boys 8-9	50 Breaststroke



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Program: Continued

210	Boys 10-11	50 Breaststroke
210	Boys 12-13	50 Breaststroke
210	Boys 14-15	50 Breaststroke
210	Boys 16 & Over	50 Breaststroke
211	Girls 8-9	100 Backstroke
211	Girls 10-11	100 Backstroke
211	Girls 12-13	100 Backstroke
211	Girls 14-15	100 Backstroke
211	Girls 16 & Over	100 Backstroke
212	Boys 8-9	100 Backstroke
212	Boys 10-11	100 Backstroke
212	Boys 12-13	100 Backstroke
212	Boys 14-15	100 Backstroke
212	Boys 16 & Over	100 Backstroke
213	Girls 200	Breaststroke
214	Boys 200	Breaststroke
215	Girls 13 & Under	100 Freestyle
215	Girls 14 & Over	100 Freestyle
216	Boys 13 & Under	100 Freestyle
216	Boys 14 & Over	100 Freestyle
217	Girls 13 & Under	100 Medley
217	Girls 14 & Over	100 Medley
218	Boys 13 & Under	100 Medley
218	Boys 14 & Over	100 Medley
219	Girls 13 & Under	100 Freestyle
219	Boys 13 & Under	100 Freestyle
219	Women 14 & Over	100 Freestyle
219	Men 14 & Over	100 Freestyle



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COMMUNITY EVENTS

2025



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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

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