



fitconnect
swim series
2026

THE 2026 SWIM SERIES CIRCUIT SUMMONS & PROGRAM



THE EVENTS



SEASON
PRELUDE

31ST JAN



SPRINTS &
RELAYS

14TH MAR



JUNIOR &
SENIORS

23RD MAY



DISTANCE
SWIMMING

26TH SEPT

powered by

fitconnect
by 

Invitation Letter & Meet Summons

The Swim Series: *2026 Circuit*

Forest View Mall
Ngong' Road
+254 115 766 686

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

GREETINGS!

We are pleased to invite you to the FitKonnnect Circuit, 2026. Our second meet on 14th March, 2026, will be held at Kiota School, Denis Pritt Road. These events will feature swimmers of all age groups and will be a great opportunity to showcase emerging talent, as we continue to grow and reward gifts and talents. 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 2024, we have successfully organized a series of swimming series under the FitKonnnect brand, attracting over 3200 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 are continuously, engaging and developing more engaging ways to promote an exciting experience for all stakeholders.

As usual, we have waived all spectator fees in this 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 Circuit: 2026 SERIES GUIDELINES

ELIGIBILITY & ENTRY:	The events in the FitKonnnect 2026 Circuit 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 , 5 days, before meet date. 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 series is running. All corrections must be made within 24 hours before the meet starts. Scratches will be accepted two (2) hours before the start of every session in writing (<i>a scratch does not mean an entry has been deleted from the system</i>).								
FEES:	<p>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.</p> <table border="1"> <tr> <td>Cheque:</td> <td>Fitbridge Limited</td> </tr> <tr> <td>KSh. Account:</td> <td>KCB Bank A/c No. 1339 204 762</td> </tr> <tr> <td>USD Account:</td> <td>NCBA Bank A/c No. 48879 40029</td> </tr> <tr> <td>MPesa:</td> <td>Pay bill No. 522533 A/c No. 7976778</td> </tr> </table>	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
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SPECTATORS:	<i>Free Entry for All Spectators—All spectators must RSVP through a spectator link shared seven days before the event.</i>								
TIME SCHEDULE:	<p>All swimmers will swim between 0800HRS and 1700HRS 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> <p>Swimmers below the age of 9 will generally swim before 12 Noon while those above the age of 10 will generally swim after 1.00 PM</p>								
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:	<p>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.</p>
PHOTOGRAPHS:	<p>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:</p>
I.	<p>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.</p>
II.	<p>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.</p>
III.	<p>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.</p>
IV.	<p>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>.</p>

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.

Meet 1: Program/31st January, 2026

The Season's Prelude

Morning Session (9 Years & Under)

Girls	Distance	Event Name	Age Group	Boys
101	100 M	Individual Medley	6 - 7 Yrs, 8 - 9 Yrs	102
103	25 M	Backstroke Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	104
105	50 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	106
107	100 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	108
109	100 M	Mixed Medley Relay	9 Yrs & Under	109
110	25 M	Front Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	111
112	50 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	113
114	100 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	115
116	25 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	117
118	100 M	Mixed Freestyle Relay	9 Yrs & Under	118
119	50 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	120
121	100 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	122
123	25 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	124
125	50 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	126
127	100 M	Medley Relay	9 Yrs & Under	128
129	25 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	130
131	100 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	132
133	25 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	134
135	100 M	Freestyle Relay	9 Yrs & Under	136

Afternoon Session (10 Years & Over)

Girls	Distance	Event Name	Age Group	Boys
201	200 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	202
203	25 M	Freestyle	10 Yrs & Over	204
205	50 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	206
207	100 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	208
209	200 M	Mixed Medley Relay	10 Yrs & Over	209
210	100 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	211
212	50 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	213
214	100 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	215
216	200 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	217
218	200 M	Mixed Freestyle Relay	10 Yrs & Over	218
219	50 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	220
221	100 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	222
223	200 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	224
225	50 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	226
227	200 M	Medley Relay	10 Yrs & Over	228
229	200 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	230
231	100 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	232
233	200 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	234
235	200 M	Freestyle Relay	10 Yrs & Over	236

Meet 2: Program/14th March, 2026

The Sprints & Relays

Morning Session (9 Years & Under)

Girls	Distance	Event Name	Age Group	Boys
101	100 M	Individual Medley	6 - 7 Yrs, 8 - 9 Yrs	102
103	25 M	Backstroke Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	104
105	50 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	106
107	200 M	Mixed Medley Relay	9 Yrs & Under	107
108	25 M	Front Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	109
110	50 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	111
112	25 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	113
114	200 M	Mixed Freestyle Relay	9 Yrs & Under	114
115	50 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	116
116	25 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	118
117	50 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	120
118	200 M	Medley Relay	9 Yrs & Under	122
119	25 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	124
120	25 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	126
121	200 M	Freestyle Relay	9 Yrs & Under	128

Afternoon Session (10 Years & Over)

Girls	Distance	Event Name	Age Group	Boys
201	200 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	202
203	25 M	Freestyle	10 Yrs & Over	204
205	50 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	206
207	100 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	208
209	400 M	Mixed Medley Relay	10 Yrs & Over	209
210	100 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	211
212	50 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	213
214	100 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	215
216	400 M	Mixed Freestyle Relay	10 Yrs & Over	216
217	50 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	218
219	100 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	220
221	50 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	222
223	400 M	Medley Relay	10 Yrs & Over	224
225	100 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	226
227	400 M	Freestyle Relay	10 Yrs & Over	228

Meet 3: Program/23rd May, 2026

The Junior & Senior Championships

Morning Session (9 Years & Under)

Girls	Distance	Event Name	Age Group	Boys
101	100 M	Individual Medley	6 - 7 Yrs, 8 - 9 Yrs	102
103	25 M	Backstroke Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	104
105	50 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	106
107	100 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	108
109	100 M	Mixed Medley Relay	9 Yrs & Under	109
110	25 M	Front Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	111
112	50 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	113
114	100 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	115
116	25 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	117
118	100 M	Mixed Freestyle Relay	9 Yrs & Under	118
119	50 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	120
121	100 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	122
123	25 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	124
125	50 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	126
127	100 M	Medley Relay	9 Yrs & Under	128
129	25 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	130
131	100 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	132
133	25 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	134
135	100 M	Freestyle Relay	9 Yrs & Under	136

Afternoon Session (10 Years & Over)

Girls	Distance	Event Name	Age Group	Boys
201	200 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	202
203	25 M	Freestyle	10 Yrs & Over	204
205	50 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	206
207	100 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	208
209	200 M	Mixed Medley Relay	10 Yrs & Over	209
210	100 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	211
212	50 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	213
214	100 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	215
216	200 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	217
218	200 M	Mixed Freestyle Relay	10 Yrs & Over	218
219	50 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	220
221	100 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	222
223	200 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	224
225	50 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	226
227	200 M	Medley Relay	10 Yrs & Over	228
229	200 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	230
231	100 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	232
233	200 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	234
235	200 M	Freestyle Relay	10 Yrs & Over	236

Meet 4: Program/26th September, 2026

Distance Swimming

Morning Session (9 Years & Under)

Girls	Distance	Event Name	Age Group	Boys
101	200 M	Individual Medley	8 - 9 Yrs	102
103	25 M	Backstroke Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	104
105	50 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	106
107	200 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	108
109	200 M	Mixed Medley Relay	9 Yrs & Under	109
110	25 M	Front Kicks + Aid	3 Yrs & Under, 4 - 5 Yrs, 6 - 7 Yrs, 8 - 9 Yrs	111
112	50 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	113
114	200 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	115
116	25 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	117
118	200 M	Mixed Freestyle Relay	9 Yrs & Under	118
119	50 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	120
121	200 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	122
123	25 M	Breaststroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	124
125	50 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	126
127	200 M	Medley Relay	9 Yrs & Under	128
129	25 M	Backstroke	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	130
131	200 M	Butterfly	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	132
133	25 M	Freestyle	5 Yrs & Under, 6 - 7 Yrs, 8 - 9 Yrs	134
135	200 M	Freestyle Relay	9 Yrs & Under	136

Afternoon Session (10 Years & Over)

Girls	Distance	Event Name	Age Group	Boys
201	400 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	202
203	25 M	Freestyle	10 Yrs & Over	204
205	50 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	206
207	400 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	208
209	400 M	Mixed Medley Relay	10 Yrs & Over	209
210	200 M	Individual Medley	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	211
212	50 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	213
214	100 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	215
216	200 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	217
218	400 M	Mixed Freestyle Relay	10 Yrs & Over	218
219	50 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	220
221	100 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	222
223	200 M	Breaststroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	224
225	50 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	226
227	400 M	Medley Relay	10 Yrs & Over	228
229	400 M	Backstroke	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	230
231	100 M	Butterfly	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	232
233	200 M	Freestyle	10 Yrs - 11 Yrs, 12 Yrs - 13 Yrs, 14 Yrs - 15 Yrs, 16 Yrs & Over	234
235	400 M	Freestyle Relay	10 Yrs & Over	236



COMMUNITY EVENTS

2026



fitconnect
swim series



THE 2026

HIKES & TRAILS, TRIATHLON, COMMUNITY EVENTS



THE FOREST
HIKE

TBA



TIGONI NATURE
TRAIL

TBA



NAIROBI
TRIATHLON

TBA



AWARDS
DINNER

TBA



MT. KILIMAMBOGO
HIKE

TBA

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