



**2018 KSF Short Course Nationals Swimming Championships**  
**October 19-21, 2018**  
**Oshwal Academy, off Beach Road, Nyali**  
**Mombasa, Kenya**

- General** The 2018 Kenya Short Course Nationals Swimming Championships is a Short Course competition which is governed by the current FINA Swimming technical rules (Competition Rules or procedures and hosted by the Kenya Swimming Federation (KSF).
- This competition is open to all registered swimmers in Kenya or FINA registered foreign swimmers and who also meet the qualifying standards for the meet.
- Selection:** This meet will be one of the selection meets for 14<sup>th</sup> FINA World Swimming Championships (25M) scheduled to be held in Hangzhou, China on December 11-16<sup>th</sup>, 2018.
- Foreign Swimmers:** Foreign Swimmers must provide a letter from FINA Swimming affiliated Federation confirming they are a registered member in good standing.
- Venue:** Oshwal Academy  
Off Beach Road, Nyali  
Mombasa, Nairobi, Kenya
- Pool:** 8 lane 25m competition pool
- Sanction:** Competition is approved by KSF; FINA and FINA Swimming Technical rules apply.
- Technical Organizing Committee:** CMC Meet Coordinator: Jen Maina  
Officials' Coordinator: Mrs Muli  
Meet Entries Coordinator: Andrew Nderu



- Registration:** All Team representatives and/or coaches are required to register their club at the registration desk to receive accreditation.
- Teams will receive one coach accreditation per 10 swimmers entered. Additional coach accreditations must be requested prior to the competition and granted at meet management discretion.
- Technical Meeting:** Thursday, October 18, 2018, 4:15pm at the marshalling tent at Oshwal Academy
- Meet Standards:** Meet Qualifying Standards in Long Course Meters (LCM) and Short Course Meters (SCM) and can be found in Appendix 1. Swimmers may qualify in single age categories but will compete in combined age groups as defined in this package. Proof of Time is required with entry submission from sanctioned competitions or events.
- Entry Process:** All entries must be submitted via Zip files to [nderuam@yahoo.com](mailto:nderuam@yahoo.com) and [compmngt@gmail.com](mailto:compmngt@gmail.com)

**SWIMMERS ARE LIMITED TO 7 EVENTS. 100IM is a bonus event for all swimmers without any MQTs**

Following the meet entry deadline, all participating Teams will receive an email invoice for fees owing. This invoice must be paid before the beginning of the first event of day one (October 19) in order for the entries to be considered final. Please note the team that enters the swimmer is responsible for paying the swimmer's entries fees.

**Cheques are payable to Kenya Swimming Federation**

No team will be allowed to participate before the Meet Entry fees are received for all swimmers.

Entries must be submitted using the athletes' best LC or SC time. Estimated times or NT will **NOT** be accepted.

Any club submitting entries for non-qualified swimmers will be subject to a Kes. 500 fine per non-qualified swimmer payable before the start of the competition. The non qualified swimmer WILL BE REMOVED from the competition at meet management discretion.



Meet Management reserves the right to exclude any club that does not make payment of any fines imposed under this section.

Changes and corrections may be made up to the meet entry deadline without penalty. Following meet entry deadline, changes and corrections to entries may only be made until the start of the Technical Meeting and subject to the above fines.

**Entry Fees:** Kes. 400 per individual event and deck entries  
Kes. 600 per relay event  
Kes. 1000 for a No Show for a final or timed final  
Kes. 800 per deck entry  
Fees are payable to **Kenya Swimming Federation.**

**Entry Deadline:** October 12, 2018  
Late entries may be accepted until the start of the technical meeting but will be assessed at the deck entry fee rate.

**Warm up/Start Times:** Prelim Warm Up: 7:30 am – 8:15 am  
Preliminaries: 8:30 am – time out  
Finals Warm Up: 3:00 pm – 3:45 pm  
Finals: 4:00 pm – 6:00pm

**Proof of Time:** Any non-validated times in your meet entry submission report must be proven by the meet entry deadline. Meet Management may challenge any entry time before or during the competition.  
It is the responsibility of the club to prove any entry times if requested. Unproven entry times will be declined.  
Foreign swimmers and foreign-based swimmers are required to provide Proof of Time at registration at the latest.

**Psych Sheets:** Psyche sheets will be published following the final meet entry deadline.

**Rules:** The meet will be conducted under published FINA rules and regulations supplemented by published FINA rules interpretations and the Published KSF Rules.

**Protests:** All protests must be submitted within 30 minutes of the publication of the results. A fee of Kes. 5000.00 must be paid before a protest can be accepted. Competition



Management Committee shall constitute a Jury of Appeal of at least 3 most senior officials to consider all protests. The decision of the Jury of Appeal shall be final and binding.

**Scratch Rule:** Coaches are requested to submit any known scratches to the meet manager prior to the start of the technical meeting via email.  
Scratch Deadline and Penalties for Preliminaries:  
Following the start of the Technical Meeting, email scratches will not be accepted and meet scratch card is required.

Preliminary and Timed Finals Events:  
Friday Preliminaries and timed finals events: 30 minutes following the Technical Meeting.  
Saturday and Sunday Preliminaries and Timed Finals: 30 minutes after the finish of the finals session.

After entries close, any swimmer that is a No-Show for an event will be fined Kes. 500.00 (with the exception of medical scratches). Fine must be paid to Meet Management before the swimmer competes in any other events.

**Effective Date:** For both Individual and Relay Categories  
Effective date of the meet is October 19, 2018.

**Competition Format:** Age Categories for individual and relay events: 10-11, 12-13, 14-15, 16 & over.  
**Swimmers must have achieved 10years of age as of the effective date to be allowed to participate in the meet.**

All preliminaries will swim regardless of entries and will be circle seeded slow to fast irrespective of age category.

There will be ONE FINAL per age group PER EVENT per gender for top 8 swimmers.

**Distance Events:** All distance events (400 Free, 400IM, 800 Freestyle & 1500 Freestyle) will be swum as Timed Finals, fastest to slowest.

**Super Finals Events:** 200 Back, 200 Breast and 200 Butterfly events will have one Super Final for the top 8 swimmers. There must be a minimum of 4 swimmers to run a super final otherwise the event will be considered to have been swam as a Timed Final in Preliminaries.



**Penalty for all missed finals and final events will be Kes.1000, which must be paid before the swimmer is allowed to participate in their next event.**

- Name Change Deadlines for** Individual names for relays must be submitted to the Competition Secretary 30 minutes prior to the start of the session in which the relay event is scheduled.
- Relays:** Any changes in relays names must be provided to the Competition Secretary 30 minutes prior to the start of the first relay event, regardless of which age or gender event.  
Only one relay team allowed per team/club per age group.  
Mixed relays must comprise of 2 male and 2 female swimmers.
- Results:** The full and final results will be available via email from the Competition Secretary after the competition.  
Signed results will be available and posted at the competition venue and on Meet Mobile (unofficial)
- Team Points** Points will be awarded as 9, 7, 6, 5, 4, 3, 2 and 1 for individual events and for Relays 18, 14, 12, 10, 8, 6, 4 and 2. No points will be awarded if qualifying times are not attained.
- Awards:** Individual Events  
Medals will be awarded to the top three swimmers in each event.  
Relay Events  
Medals will be awarded to the top three teams in each event.  
Overall Team Trophy for the top scoring aggregate team based on accumulated team points.  
Top scoring male and female team will be awarded a Banner.
- Marshalling:** Swimmers must pay attention to Marshalling calls over the P.A. Swimmers must report to the marshalling area **15 minutes** before the start of their event. Once marshalled, swimmers should remain in the marshal area until their race is called. Relay teams will not be marshalled if the 4 swimmers are not physically present.



**MEET PROGRAM**  
**2018 KSF SHORT COURSE NATIONALS CHAMPIONSHIPS**

<b>PRELIMINARIES</b> <b>WARM UP 7:30AM – 8:15AM</b> <b>START 8:30AM</b>				<b>FINALS</b> <b>WARM UP 3:00PM – 3:45PM</b> <b>START 4:00PM</b>	
<b>Friday October 19</b>					
	<b>Prelims</b>			<b>Finals</b>	
101	1500Free	102	103	100Breast	104
103	100Breast	104	105	200m Free	106
105	200m Free	106	107	200m Fly	108
107	200m Fly	108	109	50m Back	110
109	50m Back	110	111	400 I.M.	112
111	400 I.M.	112	113	4 x 50 Free Relay	114
<b>Saturday October 20</b>					
	<b>Prelims</b>			<b>Finals</b>	
201	800Free	202	213	4x100 Free Relay	214
203	200m Back	204	203	200m Back	204
205	50m Breast	206	205	50m Breast	206
207	100m Fly	208	207	100m Fly	208
209	200m I.M.	210	209	200m I.M.	210
211	100m Free	212	211	100m Free	212
			215	4 x 50 Medley Relay	216
<b>Sunday October 21</b>					
	<b>Prelims</b>			<b>Finals</b>	
301	400Free	302	301	400Free	302
302	100IM	304	302	100IM	304
305	200m Breast	306	305	200m Breast	306
307	50m Fly	308	307	50m Fly	308
309	100m Back	310	309	100m Back	310
311	50m Free	312	37	50m Free	312
			313	4 x 100 Medley Relay	314

