



## CANA ZONE III



### **Eastern Africa Swimming Confederation (CANA ZONE 3)**



CANA Zone 3 Championships  
(Swimming)  
28 November – 1 December 2019  
Nairobi, Kenya

## **Rules and Regulations**



## Table of Contents

<b>1. INTRODUCTION</b> .....	<b>3</b>
1.1 ZONE 3 .....	3
<b>2. LOC CONTACT DETAILS</b> .....	<b>3</b>
<b>3. KEY DATES</b> .....	<b>4</b>
<b>4. ACCOMMODATION</b> .....	<b>4</b>
<b>5. PAYMENT FOR ACCOMMODATION &amp; ENTRIES</b> .....	<b>5</b>
<b>6. ACCREDITATION</b> .....	<b>6</b>
<b>7. GENERAL RULES</b> .....	<b>6</b>
<b>8. COMPETITION FORMAT</b> .....	<b>6</b>
<b>9. TRAINING</b> .....	<b>9</b>
9.1 Training Venues .....	9
9.1 Training Sessions.....	9
<b>10. COMPETITION VENUE</b> .....	<b>9</b>
10.2Field of play .....	9
10.3Warm-Up and Cool Down Area .....	8
10.4 Change Rooms .....	9
<b>11. THE ROLES AND RESPONSIBILITIES OF ZONE III MEMBERS AND PARTICIPATING COUNTRIES</b> <b>VENUE</b> .....	<b>9</b>
<b>12. PARTICIPANTS</b> .....	<b>10</b>
<b>13. TECHNICAL OFFICIALS</b> .....	<b>12</b>
<b>14. ENTRIES</b> .....	<b>12</b>
14.1 Entry Forms.....	12
14.2 Entry Fees .....	12
14.3 Swimming Entry Criteria .....	13
<b>15. PRE-COMPETITION PROCEDURES</b> .....	<b>14</b>
15.1 Warm up .....	14
15.2 Call Table.....	14
15.3 Equipment Baskets .....	14
<b>16. COMPETITION PROCEDURE</b> .....	<b>14</b>
16.1 Start Lists .....	14
16.2 Relay Forms .....	14
<b>17. TEAM LEADERS MEETING</b> .....	<b>15</b>
<b>18. PROTESTS</b> .....	<b>16</b>
<b>19. JURY OF APPEAL</b> .....	<b>16</b>
<b>20. DOPING CONTROL</b> .....	<b>17</b>
<b>21. CEREMONIES</b> .....	<b>18</b>
21.1 Dress Code .....	18
21.2 Opening Ceremony .....	18
21.3 Medal Presentations.....	19
21.4 Closing Ceremony .....	19
21.5 After Event Function.....	19
<b>22. COMPETITION SCORING</b> .....	<b>20</b>
22.1 Swimming Point .....	20
22.2 Medals .....	20
22.3 Trophies .....	20
<b>23. RESULTS</b> .....	<b>21</b>
<b>24. SWIMMING PROGRAM</b> .....	<b>22</b>



## 1. INTRODUCTION

CANA Zone 3 is one of the four zones under the auspices of the African Swimming Federation (CANA). The inaugural CANA zone 3 championships were held in Kampala Uganda in 2015. The second edition was held in the city of Kigali Rwanda 2016, the third in Dar es salaam in 2017 and fourth in Khartoum in 2018. The fifth edition will be held in Nairobi Kenya in 2019. The sixth edition is expected to be held in Kampala Uganda in 2020.

The following CANA Affiliated countries fall in this zone:

### 1.1. ZONE 3

- 1.1.1. Burundi
- 1.1.2. Djibouti
- 1.1.3. Eritrea
- 1.1.4. Ethiopia
- 1.1.5. Kenya
- 1.1.6. Rwanda
- 1.1.7. Somalia
- 1.1.8. South Sudan
- 1.1.9. Sudan
- 1.1.10. Tanzania
- 1.1.11. Uganda

## 2. LOC CONTACT DETAILS

2.1. ALL forms / confirmation, enquiries etc. should be sent to:

2.1.1. LOC Chair: Jen Maina – [jen.maina@kenyaswimmingfederation.org](mailto:jen.maina@kenyaswimmingfederation.org)

Entries Chair: [entries@kenyaswimmingfederation.org](mailto:entries@kenyaswimmingfederation.org)

2.2.1.2019 CANA Zone 3 LOC secretariat at :

[2019cananbi@kenyaswimmingfederation.org](mailto:2019cananbi@kenyaswimmingfederation.org)



### 3. KEY DATES

3.1. The 2019 CANA Zone 3 Swimming Championships will be held in Nairobi from 28 November 2019 to 1 December 2019.

3.2. The Key Dates are as follows:

<b>Technical Meeting</b>	<b>Wednesday – 28<sup>th</sup> November 2019</b>	<b>16:00</b>
<b>Opening Ceremony</b>	<b>Thursday – 29<sup>th</sup> November 2019</b>	
<b>First Day of Swimming Competition</b>	<b>Thursday – 29<sup>th</sup> November 2019</b>	
<b>Last Day of Swimming Competition</b>	<b>Saturday – 30<sup>th</sup> November 2019</b>	
<b>Open Water Competition (3KM &amp; 5KM)</b>	<b>Sunday – 1<sup>st</sup> December 2019</b>	
<b>Closing Ceremony</b>	<b>Saturday - 30<sup>th</sup> November 2019</b>	

### 4. ACCOMMODATION & TRANSPORT

- 4.1. All federations MUST complete the necessary forms and return to the organizers by 30<sup>th</sup> October 2019
- 4.2. Accommodation will be provided for teams at newly refurbished Stadion Hotel, within the Moi International Sports Centre Complex
- 4.3. The cost for accommodation is listed in the attached document.
- 4.4. This includes full board (bed, breakfast, lunch and dinner .
- 4.5. Transport will be provided for airport transfers and to/from the Open Water Competition venue (TBC). Accommodation is a walking distance to the competition venue.

### 5. PAYMENT FOR ACCOMMODATION AND ENTRIES



- 5.1 A 50% deposit for accommodation must be paid by not later than <sup>th</sup> October 2019
- 5.2 Full Payments must be made by not later than 15<sup>th</sup> of November 2019
- 5.3 For any countries late with payments, the LOC will NOT be able to GUARANTEE accommodation.

5.4 Bank Details

Payments shall be made by bank or wire transfer to –

Account: Kenya Swimming Federation

Bank: Barclays Bank of Kenya

Branch: Westlands Branch

Account Number: 2039106488

Swift Code: BARCKENX

**Ref: Cana Z3 – “Federation Name”**

- 5.5 ALL TRANSFERS MUST INDICATE THE COUNTRY’S NAME and all remittances should include banking charges to be paid for by the sender when they process the transfer. Please email a scanned copy of the payment instructions and confirmation to:



## **6. ACCREDITATION**

- 6.1. All entry to Competition pool and the team hotel will be by an accreditation card ONLY.
- 6.2. Kindly send an electronic passport size photograph for each participant, with the participant's full name and surname as the name for the picture file, indicating SW – swimmer; OWS – Open Water Swimmer; WP – Water Polo player or TM – team management, e.g. SW Jonathan Water.jpeg (please make sure in jpeg format, MAXIMUM size 400 x 525 pixels)
- 6.3. Please send these with your FINAL ENTRY FORMS on the 30th October 2019

## **7. GENERAL RULES**

- 7.1. The competition is held under the control of the Confederation Africaine de Natation Zone III (CANA Zone 3), Regulations of CANA Zone III, Regulations of CANA and the Technical Rules of the Federation Internationale de Natation (FINA) respectively.
- 7.2. In cases of conflict in interpreting the rules, the English text shall prevail.
- 7.3. The working language of CANA is English and where there is a difference in the translation, the English version shall prevail.
- 7.4. In cases where CANA does not provide for the rules, FINA Rules will apply.
- 7.5. The CANA Zone III Bureau – consisting of the President, Secretary General, and Bureau Members (Total 6) or its delegate(s) – shall have complete control of all swimming events at the CANA Zone III Swimming Championships.

## **8. COMPETITION FORMAT**

- 8.1. The Championships shall be governed by the (FINA) Rules, (CANA) Constitution and Rules and Regulations and CANA Zone III Constitution and Rules and Regulations.
  - 8.1.2. All competitions will be run in accordance with the rules set out by FINA in their current Handbook and the CANA/ CANA Zone III rules. The Official language for the Competition will be English.
  - 8.1.3. It will be a four-day program and all events will be timed finals.



8.1.4. Any country wishing to arrive earlier or have additional team members will be liable for the same cost per day as during the competition.

8.1.5 The swimming competition will commence on the Friday and end on the Sunday.

8.2. There shall be a Water Polo Exhibition Game on Saturday 30th November at the competition pool. Details will be communicated at a later date.

8.3. The Swimming competition consists of the following events:

<b><u>Women's Events</u></b>	<b><u>Men's Events</u></b>
<b>50m Freestyle</b>	50m Freestyle
<b>100m Freestyle</b>	100m Freestyle
<b>200m Freestyle (O)</b>	200m Freestyle (O)
<b>400m Freestyle (O)</b>	400m Freestyle (O)
<b>800 Freestyle (O)</b>	800 Freestyle (O)
<b>50m Backstroke</b>	50m Backstroke
<b>100m Backstroke</b>	100m Backstroke
<b>200m Backstroke (O)</b>	200m Backstroke (O)
<b>50m Breaststroke</b>	50m Breaststroke
<b>100m Breaststroke</b>	100m Breaststroke
<b>200m Breaststroke (O)</b>	200m Breaststroke (O)
<b>50m Butterfly</b>	50m Butterfly
<b>100m Butterfly</b>	100m Butterfly
<b>200 Butterfly</b>	200Butterfly
<b>200m Individual Medley (O)</b>	200m Individual Medley (O)
<b>400Individual Medley (O)</b>	400 Individual Medley (O)



**4 x 50m Freestyle Relay**

4 x 50m Freestyle Relay

**4 x 100m Freestyle Relay**

4 x 100m Freestyle Relay

**4x50 Medley Relay**

**Medley Relay**

**4 x 100m Medley Relay**

4 x 100m Medley Relay

**4x50 Mixed Freestyle Relay**

**4x100 Mixed Medley Relay**





8.4. All events will be swum as timed finals.

8.5 All 200M, 400M and 800M events will be swam in the following age groups:

- 14 & Under
- 15 & Over

8.6 Medals in the Open events will be awarded in accordance with the age groups in 8.5

## **9. TRAINING**

### **9.1. Training Venues**

9.1.1. The training venue will be at the Competition Swimming Pool.

### **9.2. Training Sessions**

9.2.1. Training sessions will be scheduled pre-competition at the competition pool with effect from November 26<sup>th</sup>, 2019 .

## **10. COMPETITION VENUE**

10.1. The venue will be the Kasarani Aquatic Centre

### **10.2. Field of Play**

10.2.1. The Swimming Competition Pool is 8-lane, 50m facility.

### **10.3. Warm-up and Cool down Area**

10.3.1. The warm-up will be done in the competition pool before the competition starts

10.3.2. A second 6-lane 25M warm-up and cool-down pool will be available for competitors whilst events are in progress.

### **10.4. Change Rooms**

10.4.1. Change rooms for male and female athletes will be provided with facilities including showers, toilets, toiletries and change areas.

## **11. THE ROLES AND RESPONSIBILITIES OF ZONE III MEMBERS AND PARTICIPATING COUNTRIES**

11.1. Comply with response deadlines as set out by CANA Zone III and the LOC,

11.2. Appoint a representative to liaise with the LOC

11.3. Monitor and ensure the order and discipline of their delegation.

11.4. Submit at least 2 Technical Officials for the Event by November 15<sup>th</sup>, 2019. Technical Officials may not serve as Team Officials. The LOC shall organize for subsidized accommodation for all confirmed Technical Officials at the Team Hotel.



- 11.5. Ensure all payments are made within the required time and before the start of the competition.
- 11.6. Ensure only legitimate Team officials and competitors are accredited and have access to facilities and transport provided for the official event.
- 11.7. All visitors, parents and other spectators will not be provided with accreditation and will not have access to facilities and transport provided for the competition.

Number of competitors	Number of Team Officials
1-2	1
3-5	2
6-10	4
11 – 20	6
Over 21 competitors	8

## 12. PARTICIPANTS

- 12.1. Any athlete who participates in the championship's events will be accredited using the CANA Zone III Championships Accreditation Specifications.
- 12.2. All competitors must be residents of a CANA Zone III member country and must represent such member country of which the athlete is a resident. The Affiliate which the athlete represents must be a fully paid-up bona fide member of CANA Zone III.
- 12.3. All athletes shall present to the CANA Zone III Technical Committee their copies of individual passports and or resident card issued by the Authorities of their respective CANA Zone 3 Nationality together with a clearance by the National Federation to compete.
- 12.4. Affiliates which are not fully paid-up bona fide members of CANA Zone III shall not be allowed to enter athletes for the competitions of the CANA Zone III Swimming



Championships. Other CANA Zones members shall be invited and allowed to compete at the Championships.

12.5. The validity of a swimming event shall depend on the number of athletes entered for the event;

12.5.1. There shall be at least Three (3) member entries in all events in order for an event to proceed. (including team A and B of host Country).

12.5.2. Where this criterion is not met, the event may be cancelled at the discretion of the CANA Zone III Bureau.

12.8. Each member participating country may enter two athletes per event.

12.9. Each country may enter Two (2) teams in each relay event. However, only one team can score points and win medal for the member country per age category.

12.10. The host country may enter a B team up to a maximum of 2 swimmers per event; however, this team does not score points, nor are the swimmers eligible for medals.



### **13. TECHNICAL OFFICIALS**

- 13.1. Any Qualified, Experienced Technical Officials from visiting countries wishing to officiate at this event, must submit their request to the LOC and CANA Zone III Secretariat, by the due date of October 25, 2019 (they should first be confirmed by their NF then names MUST be submitted by the Secretary General of the NF and not directly).
- 13.2. The appointment of Technical Officials will be done by the LOC in consultation with the CANA Zone III Secretariat.
- 13.3. Each member federation of CANA Zone III is required to provide two (2) Swimming Technical Officials who are either qualified Judges and / or Referees for the event.
- 13.4. Coaches and Managers of teams are not allowed to participate as technical officials.
- 13.5. During Competitions all officials must adhere to the Dress Code established by the LOC.

### **14. ENTRIES**

#### **14.1. Entry Forms**

13.1.1. The following Forms are to be submitted by the countries wishing to take part, to LOC.

14.1.1.1.	Intention to Compete	Due – 15 October 2019
14.1.1.2.	Preliminary team/50% Deposit	due – 30 October 2019
14.1.1.3.	Accommodation requirements	due – 30 October 2019
14.1.1.4.	Travel Arrangements	due – 30 October 2019
14.1.1.5.	Team Entries	due – 14 November 2019

14.1.2. The Forms are attached.

14.1.3. All Entry Forms must be submitted to LOC to arrive before the closing date.

14.1.4. If a participating has HyTek facilities then entries may be submitted using the Team Manager Entry procedure, in this case an event file will be sent to the countries indicating their Intention to Compete.

#### **14.2. Entry Fees**

14.2.1. Swimming Entry Fee: US\$2 p/athlete p/event, US\$4 p/relay team p/event can be paid in USD.

14.2.2. Entry fees must be paid before the commencement of the competition.



### **14.3. Swimming Entry Criteria**

- 14.3.1. Age of the athlete will be as at the first day of the competition
- 14.3.2. Age groups in the individual events shall be : 11-12, 13-14, 15-16, 17 and over  
Age groups in the relay events shall be 14 & Under and 15 and over.
- 14.3.3. All events shall be swum as timed finals, ENTRY TIMES ARE THEREFORE ESSENTIAL for seeding purposes. Entries with No Times will **not** be accepted.
- 14.3.4. Entries should be submitted on Team Manager TM ZIP Entry File.
- 14.3.5. Each Country may enter two (2) swimmers per age group per event for individual event and one relay team per relay event. Swimmers may swim up in the relay events.
- 14.3.6. The names relay entry forms must be submitted 1 hour before the start of the session where the event will be swum
- 14.3.7. All swimmers must be Residents of the participating country.
- 14.3.8. The host country may enter a “B” Team. This team will comply with all competition rules and requirements. However, it will not be eligible for points or medals at the event.



## **15. PRE-COMPETITION**

### **PROCEDURE 15.1. Warm-up**

15.1.1. Prior to competition, the competition pool is available for warm-up from 07:00 to 08:45 in the morning session.

### **15.2. Call Table**

15.2.1. Athletes have to report to the Call Tent with their accreditation cards and equipment 15 minutes prior to the official start time of the event or at least three (5) heats before their heat is due to start.

15.2.2. Prior to each event/heat, Athletes' Escorts lead the athletes from the Call Tent in single file onto the pool deck.

15.2.3. When introduced, athletes are asked to stand near their starting block and acknowledge the spectators.

### **15.3. Equipment Baskets**

15.3.1. Equipment baskets will be situated on the pool deck beside each lane.

15.3.2. Athletes are expected to put their belongings into the basket prior to the start of their race.

15.3.3. Volunteers will collect the baskets after the start of each race and take the baskets to a location off the Field of Play.

## **16. COMPETITION**

### **PROCEDURE**

#### **16.1. Start Lists**

16.1.1. Preliminary Entry list by event will be available to Teams on 18 November 2019 (hytek files are due by November 14 2019)

16.1.2. Team Leaders must check athletes' names spelling.

#### **16.2. Relay Forms**

16.2.1. Relay forms shall be available from the Sport Information Desk.



16.2.2. Teams are reminded that the names of athletes competing in relay events, must be submitted to the Technical Table on the pool deck no later than one (1) hour before the start of the session in which the relay takes place.

16.2.3. Relay Forms must list the athletes' names in the order they are to participate.

## **17. TEAM LEADERS MEETING**

17.1. The Technical Meeting for swimming will be held on Wednesday 27 November 2019 at 16:00 at the Kasarani Aquatic Centre Boardroom.

17.2. CANA Zone III will provide the agenda for this meeting. Attendance by countries is mandatory. Maximum of Two (2) representatives from each country are welcome to attend. During the meeting, each Team Leader must submit the final corrections to the swimming Technical Commission.

17.3. Two important objectives of this meeting are:

17.3.1. To accept final changes to the entry list and

17.3.2. To produce the first official start list for the whole competition.

17.4. Forms for withdrawals, substitutions, corrections and relay entries will be available at the meeting and at the Sport Information Desk at the Competition Venue.



## **18. PROTESTS**

- 18.1. All protests shall be dealt with in accordance with the rules prescribed by FINA GR 9.2 subject to an agreed fee of 100 USD
- 18.2. In the case of a disqualification arising from a decision of fact, the Referee's decision will be final.
- 18.3. Protests arising out of a session must be lodged in writing with the Referee of the Competition, not later than thirty (30) minutes of the incident or after the results of such session have been made available to Affiliated Team Managers.
- 18.4. In the case of a technical disqualification, the referee will reply in writing the reasons for the disqualification or decisions taken. If the decision stands and the disqualification upheld, the matter can be referred to the Jury of Appeal.
- 18.5. All other protests will be dealt with by the Jury of Appeal.

## **19. JURY OF APPEAL**

- 19.1. A Jury of Appeal will be appointed by the Bureau to act during the course of the Competition. This panel should consist of three members who will be present for the duration of the competition; these members may not officiate during this period.
- 19.2. The Jury of Appeal shall be authorised and empowered to deal with all matters of dispute and/or emergency arising out of and/or concerning the proper conduct and running of the Event.
- 19.3. Protests in respect of such dispute or emergency shall be lodged in writing by the Affiliated Member with the Chairman of the Committee /Competition Manager, or his representative at the Competition, not less than two (2) hours before the commencement of the session concerned where the reason for such protest is known in advance.
- 19.4. The Jury of Appeal shall hear all such evidence as may be presented to it by parties concerned.
- 19.5. The Committee shall convey its decision to the Referee and/or any other Official concerned with the dispute and/ or emergency.
- 19.6. The procedure at the hearing of the Jury of Appeal shall be that which is commonly practiced by the disciplinary and/or similar Committee.





19.7. The maxim of the “adi alteram partem” rule should at all times be applied in the conduct of the Committee, and any party who may be the subject of an enquiry may have the right to be represented by the President/Secretary and/or Manager of the team of the Affiliated Member of which he/she is a member.

19.8. All decisions of the Jury of Appeal will be final.

## **20. DOPING CONTROL**

20.1. A Doping Control Programme will be implemented in collaboration with Anti Doping Agency of Kenya (ADAK) during the Period of the Championships, in compliance with the World Anti-doping code (WADC), FINA Regulations and its relevant International Standards.

20.2. Doping control will be conducted on all days of the Championship defined as the “the period commencing



on the date of the opening of the Championships, date 28 November 2019 up until and including the day of the Closing Ceremony of the Championships, date December 1, 2019

20.3. Any athlete who is part of the Championship may be selected to undergo a Doping Control during the Period of the Championship.

20.4. Selected athletes will be informed by means of a notification form served by an official Doping Control Chaperone.

20.5. The athlete must report to the Doping Control Station, accompanied by a team official, within one (1) hour of receiving the form.

20.6. Doping Control includes pre-competition testing and in-competition testing.

20.7. All samples collected during the period of the Championship will be screened for the substances and methods listed in the WADC latest Prohibited list.

20.8. Sample collected during the Championship will be analyzed in the WADA accredited Laboratory of the Region. The analysis report will be directly provided to the CANA Zone III Secretary General and the Competition Manager.

## **21. CEREMONIES**

### **21.1. Dress Code**

21.1.1. Competitors must be neatly attired in uniform at the Opening, Closing and Presentation Ceremonies.

21.1.2. Teams with athletes who are not appropriately attired at the respective Ceremonies will incur an automatic fine of 100 USD

### **21.2. Opening Ceremony**

21.2.1. Each team shall march into the arena in alphabetical sequence past the ceremonial dais.

21.2.2. The winning Country of the previous year's Championships shall lead the parade and the Host Country contingent shall bring up the rear.

21.2.3. In certain instances, it will suffice to replace the team by the captain or an official flag bearer.

21.2.4. The flag bearers and team managers or leaders will take up their position as directed at the Team Leaders Meeting.



### **21.3. Medal Presentations**

- 21.3.1. The presentation will take place as published.
- 21.3.2. Once the Presentation is announced, all medal winners, followed by the bearers of the medals, will proceed to the podium.
- 21.3.3. The medal winners will take their position behind the victory podium and when announced, the third place winner will step onto the third place podium, then second place and then the winner.
- 21.3.4. Competitors who do not present themselves on time for medal presentations in the correct attire will forfeit their medals and points and the team will incur an automatic 100USD Fine.
- 21.3.5. The medal winners, and/or the finalists, shall be marched on to the podium, with musical accompaniment.
- 21.3.6. After all presentations are made, the finalists march away from the podium, passing in front of at least half the spectators.

### **21.4. Closing Ceremony**

- 21.4.1. The winner will be determined by points for the top fifteen places.
- 21.4.2. Each Age Group will receive a trophy, determined by points given for 1st, 2nd and 3rd places

### **21.5. After Event Function**

- 21.5.1. An after event Function with limited entertainment will be arranged for the visiting teams



## **22. COMPETITION SCORING**

### **22.1 Swimming Point**

22.1.1. Points will be allocated for places 1 – 15.

22.1.2. The points will be as follows:

1st place – 18 points,

2nd place – 16 points,

3rd place – 14 points,

4th place – 12 points

5th place – 11 points,

6th place – 10 points,

7th place – 9 points,

8th place – 8 points,

9th place – 7 points,

10th place – 6 points,

11th place – 5 points,

12th place – 4 points,

13th place – 3 points,

14th place – 2 points,

15th place – 1 point

22.1.3 The winning country will be determined by the most points.

22.1.4. The Host B Team will not score points

### **22.2. Medals**

22.2.1. Medals, supplied either by the Host Member or the Sponsor, will be presented to

22.2.1.1.	First Place	Gold
22.2.1.2.	Second Place	Silver
22.2.1.3.	Third Place	Bronze

### **22.3. Trophies**

22.3.1. Floating Trophy will be presented to the winning country based on the points as in 22.1.2. The winning country will be responsible for suitably engraving the trophy

22.3.2. The winner victor / Victrix Ludorum trophies to be supplied by the Host Country in each age group will be determined Points as per 22.1.2.



## **23. RESULTS**

- 23.1. All competing countries will receive a full set of results at the end of the Championships in both PDF and Zip format.



## 24. SWIMMING PROGRAM

<b>ORDER OF EVENTS:</b>			
<b>Day 1 – November 28, 2019</b>			
<b>Morning Session – Start: 9.00 am</b>			
<b>EVENT NO.</b>	<b>GENDER</b>	<b>AGE</b>	<b>EVENT</b>
1.	Girls	14 & Under	800m Freestyle
2.	Boys	14 & Under	800m Freestyle
3.	Girls	15 & Over	800m Freestyle
4.	Boys	15 & Over	800m Freestyle
5.	Girls	11- 12	50m Breaststroke
6.	Boys	11-12	50m Breaststroke
7.	Girls	13-14	50m Breaststroke
8.	Boys	13-14	50m Breaststroke
9.	Girls	15-16	50m Breaststroke
10.	Boys	15-16	50m Breaststroke
11.	Girls	17 & Over	50m Breaststroke
12.	Boys	17 & Over	50m Breaststroke
13.	Girls	14 & Under	400 Individual Medley
14.	Boys	14 & Under	400 Individual Medley
15.	Girls	15 & Over	400 Individual Medley
16.	Boys	15 & Over	400 Individual Medley
17.	Girls	14 & Under	4x50m Medley Relay
18.	Girls	15 & Over	4x50 Medley Relay
19.	Boys	14& Under	4x50 Medley Relay
20	Boys	15 & Over	4x50m Medley Relay
<b>OPENING CEREMONY</b>			
<b>MEDAL CEREMONY FOR EVENT 1-18</b>			
<b>LUNCH BREAK</b>			
21	Girls	14 & Under	200m Breaststroke
22	Boys	14 & Under	200m Breaststroke
23	Girls	15 & Over	200m Breaststroke
24	Boys	15 & Over	200m Breaststroke
25	Girls	11-12	100m Butterfly
26	Boys	11-12	100m Butterfly
27	Girls	13-14	100m Butterfly
28	Boys	13-14	100m Butterfly
29	Girls	15-16	100m Butterfly
30	Boys	15-16	100m Butterfly
31	Girls	17 & Over	100m Butterfly
32	Boys	17 & Over	100m Butterfly



33	Girls	14 & Under	4x100 Mixed Medley Relay
34	Boys	14 & Under	4x100 Mixed Medley Relay
35	Girls	15 & Over	4x100 Mixed Medley Relay
36	Boys	15 & Over	4x100 Mixed Medley Relay
<b>MEDAL CEREMONY FOR EVENT 19-34</b> <b>Day 2 – NOVEMBER 29, 2019</b> <b>Morning Session – Start 9:00am</b>			
35	Girls	14 & Under	400m Freestyle
36	Boys	14 & Under	400m Freestyle
37	Girls	15 & Over	400m Freestyle
38	Boys	15 & Over	400m Freestyle
39	Girls	11-12	50m Butterfly
40	Boys	11-12	50m Butterfly
41	Girls	13-14	50m Butterfly
42	Boys	13-14	50m Butterfly
43	Girls	15-16	50m Butterfly
44	Boys	15-16	50m Butterfly
45	Girls	17 & Over	50m Butterfly
46	Boys	17 & Over	50m Butterfly
47	Girls	14 & Under	200m Backstroke
48	Boys	14 & Under	200m Backstroke
49	Girls	15 & Over	200m Backstroke
50	Boys	15 & Over	200m Backstroke
51	Girls	14 & Under	4x50 Mixed Medley Relay
52	Boys	14 & Under	4x50 Mixed Medley Relay
53	Girls	15 & Over	4x50 Mixed Medley Relay
54	Boys	15 & Over	4x50 Mixed Medley Relay
<b>MEDAL CEREMONY FOR EVENT 35-54</b> <b>LUNCH BREAK</b>			
55	Girls	14 & Under	200 Freestyle
56	Boys	15 & Over	200 Freestyle
57	Girls	14 & Under	200 Freestyle
58	Boys	15 & Over	200 Freestyle



59	Girls	11-12	50m Backstroke
60	Boys	11-12	50m Backstroke
61	Girls	13-14	50m Backstroke
62	Boys	13-14	50m Backstroke
63	Girls	15-16	50m Backstroke
64	Boys	15-16	50m Backstroke
65	Girls	17 & Over	50m Backstroke
66	Boys	17 & Over	50m Backstroke
67	Girls	11-12	100m Breaststroke
68	Boys	11-12	100m Breaststroke
69	Girls	13-14	100m Breaststroke
70	Boys	13-14	100m Breaststroke
71	Girls	15-16	100m Breaststroke
72	Boys	15-16	100m Breaststroke
73	Girls	17 & Over	100m Breaststroke
74	Boys	17 & Over	100m Breaststroke
75	Girls	14 & Under	4x100m Freestyle Relay
76	Boys	14 & Under	4x100m Freestyle Relay
77	Girls	15 & Over	4x100m Freestyle Relay
78	Boys	15 & Over	4x00m Freestyle Relay
<b>MEDAL CEREMONY FOR EVENT 55-78</b>			
<b>Day 3 – NOVEMBER 30, 2019</b>			
<b>Moring Session – Start 9:00am</b>			
79	Girls	14 & Under	200m Butterfly
80	Boys	14 & Under	200m Butterfly
81	Girls	15 & Over	200m Butterfly
82	Boys	15 & Over	200m Butterfly
83	Girls	11-12	100m Freestyle
84	Boys	11-12	100m Freestyle
85	Girls	13-14	100m Freestyle
86	Boys	13-14	100m Freestyle
87	Girls	15-16	100m Freestyle
88	Boys	15-16	100m Freestyle
89	Girls	17 & Over	100m Freestyle
90	Boys	17 & Over	100m Freestyle
91	Girls	14 & Under	200m IM
92	Boys	14 & Under	200m IM





93	Girls	15 & Over	200m IM
94	Boys	15 & Over	200m IM
95	Girls	14 & Under	4x100 Medley Relay
96	Boys	14 & Under	4x100 Medley Relay
97	Girls	15 & Over	4x100 Medley Relay
98	Boys	15 & Over	4x100 Medley Relay
<b>MEDAL CEREMONY FOR EVENT 79-98</b> <b>LUNCH BREAK</b>			
99	Girls	11-12	50m Freestyle
100	Boys	11-12	50m Freestyle
101	Girls	13-14	50m Freestyle
102	Boys	13-14	50m Freestyle
103	Girls	15-16	50m Freestyle
104	Boys	15-16	50m Freestyle
105	Girls	17 & Over	50m Freestyle
106	Boys	17 & Over	50m Freestyle
107	Girls	11-12	100m Backstroke
108	Boys	11-12	100m Backstroke
109	Girls	13-14	100m Backstroke
110	Boys	13-14	100m Backstroke
111	Girls	15-16	100m Backstroke
112	Boys	15-16	100m Backstroke
113	Girls	17 & Over	100m Backstroke
114	Boys	17 & Over	100m Backstroke
115	Girls	14 & Under	4x50m Freestyle Relay
116	Boys	14 & Under	4x50m Freestyle Relay
117	Girls	15 & Over	4x50m Freestyle Relay
118	Boys	15 & Over	4x50m Freestyle Relay
<b>MEDAL CEREMONY FOR EVENT 99-118</b> <b>&amp;</b> <b>FINAL AWARDS CEREMONY</b> <b>CLOSING CEREMONY</b> <b>DAY 4 – DECEMBER 1 2019</b> <b>OPEN WATER</b>			



## ACCOMMODATION REQUIREMENTS FORM

To be returned by 30th October 2019 to [2019cananbi@kenyaswimmingfederation.org](mailto:2019cananbi@kenyaswimmingfederation.org)

Federation Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email Address: \_\_\_\_\_

### Room Requirements:

Type of Room	Rate per Night	Check in date	Check out date	No. of rooms
Twin Sharing	80 USD p/p/day			
Single	100 USD p/p/day			

Teams include (athletes and support staff):

Number of Males: \_\_\_\_\_ Number of Females: \_\_\_\_\_

Room No.	Name	Surname	Name	Surname
1				
2				
3				
4				
5				
6				
7				
8				

Any Special Meal Requirements: \_\_\_\_\_

**Official Accommodation and Transport will commence on the 26th November 2019 and end on the 2<sup>nd</sup> December 2019.**

**50% Payment must be made by 30th October 2019.**

**Failure to do so will result in the cancellation of accommodation booking.**

Authorizing Signature: \_\_\_\_\_



## **PRELIMINARY TEAM ENTRY FORM**

(to be returned by 30<sup>th</sup> October 2019 to [2019cananbi@kenyaswimmingfederation.org](mailto:2019cananbi@kenyaswimmingfederation.org))

**Federation Name :**

**[The team will consist of:](#)**

**Head of Delegation:**

**Coaches:**

**Male Swimmers:**

**Date of birth**

**Female Swimmers:**

**Date of birth**



## TRAVEL INFORMATION FORM

Federation Name: \_\_\_\_\_

### Arrival at JKIA International Airport

Flight Details:	Date	Time of Arrival	Carrier	Flight No.	No. of Persons
1 <sup>st</sup> Group					
2 <sup>nd</sup> Group					
3 <sup>rd</sup> Group					

### Arrival in Nairobi by Road

Flight Details:	Date	Time of Arrival	Carrier	Vessel No.	No. of Persons
1 <sup>st</sup> Group					
2 <sup>nd</sup> Group (if applicable)					

### <sup>25.</sup> Departure from JKIA International Airport

Flight Details:	Date	Time of Arrival	Carrier	Flight No.	No. of Persons
1 <sup>st</sup> Group					
2 <sup>nd</sup> Group					
3 <sup>rd</sup> Group					

### Departure from Nairobi by road

Flight Details:	Date	Time of Arrival	Carrier	Vessel No.	No. of Persons
1 <sup>st</sup> Group					
2 <sup>nd</sup> Group (if applicable)					



Signature (President or General Secretary): \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

INDICATE POSITION: \_\_\_\_\_

All Federations should complete the above forms and return them to the KENYA SWIMMING FEDERATION NOT **LATER** than **October 30, 2019**.