



PEAK SPORTS  
P.O BOX 101793 -00100, NAIROBI  
Email: [Peaksportskenya@gmail.com](mailto:Peaksportskenya@gmail.com)  
Tel: 0718 199 614 / 0712 793 795

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## ***SPECIAL EDITION FOR KICKBOARD & NOODLES SWIMMING CHAMPIONSHIPS***

### ***Summons.....***

**Dear School heads, Sports HODs, Swim Coaches, Team managers, Swimmers, and Parents,**

We thank you all for continued support you are giving to the growth of sports in the country. We really appreciate your efforts and ask us to walk this journey together to enable athletes' nature their talents in various sports. Our events are purely meant to give that athlete a chance to showcase various talents in a given arena and aide in transiting from development organized events to County, National and International organized events. We therefore invite your school, club, son or daughter to Special Edition for Kickboard & Noodles Swimming Championships slated for 25<sup>th</sup> January 2025 at All Saints Cathedral Schools, along Raila Odinga Way. This will give swimmers the opportunity to participate in a well-organized skills meet. We hope this will be a fantastic opportunity for all the swimmers and coaches to experience a well-organized swim meet organized by the leading organization in swimming development.

**SPECTATORS WILL BE ALLOWED ON FIRST COME BASIS. ONLY THE FIRST 100  
SPECTATORS WILLBE ALLOWED AT KSH. 1000/- PER HEAD**



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## Under World Aquatics/Kenya Aquatics Swimming Technical Rules

1. **Meet Date:** 25<sup>th</sup> January 2025

2. **Meet Organizer:** PEAK SPORTS KENYA

E-mail: [peaksportskenya@gmail.com](mailto:peaksportskenya@gmail.com)

Phone contacts: 0718 199 614

3. **Meet Venue:** All Saints Cathedral Schools, Raila Odinga Way

4. **Facility Information:**

The All Saints Cathedral School swimming pool is a 8-lane, 25-metre short course pool with a manual timing system. The depth of the water at the deep end is 2.4m and the depth at the shallow end is 1m.

5. **Key Meet contact**

**Entry coordinator:** Bonface Moti

**Phone:** +254 718 199 614

**Meet Manager :** Anne Njogu

**Phone:** +254 720 068 174

6. **Entry Submission:**

i) All entries are to be submitted in writing with full names, date of birth, and event numbers

ii) Entries to be mailed to [njoguanne74@gmail.com](mailto:njoguanne74@gmail.com) and copied to [peaksportskenya@gmail.com](mailto:peaksportskenya@gmail.com)

**Entry Submission Deadline**

i) All Entries are to be sent latest Thursday 23<sup>rd</sup> January 2025

ii) Entries submitted after this date will not be accepted

7. **Entry Fees:**

Entry fees must be paid for each swimmer willing to participate in this meet.

i) Individual entry/activity fee for each individual timed final event/activity per swimmer is **Ksh.500**

ii) Relay entry fees for each relay event is **Ksh.1000.**

iii) There will be NO REFUND (includes deletion) of this charge if such information is not given to the coordinator latest Friday 24<sup>th</sup> January 2025 at 5.00pm. No club or individual will be allowed to participate without clearing the entry fees.

8. **Payments:**

Payments will be accepted in the following forms

i. Cheques to be made payable to: **Peak Sports Organization**

ii. M-pesa money transfer through the **Peak Sports Organization**  
Till no; **4112136**

iii. Cash paid to the accountant at the venue before the gala starts

## 9. Meet Format/Rules:

- i) This meet will be run in accordance with current World Aquatics Technical Rules.
- ii) The two Start rule shall apply.
- iii) This meet will be run on a heat-declared final basis.
- iv) Age for this meet will be calculated as at 25<sup>th</sup> January 2025 for all swimmers.

## 10. Awards

- i) **Medals:** Medals will be awarded the top 3 finalists as gold, silver and bronze for positions 1, 2 and 3 respectively in each event.  
Times for all swimmers in each heat will be fed into the Meet Manager software to get Overall position 1, 2 and 3 each event
- ii) **Certificates:** Certificates of participation will be awarded to all swimmers who will participate in this meet

11. **Team Trophies:** The Age Group Gala Trophies for overall best team, 1st runners up and 2nd runners up will be awarded.

## 12. Scoring:

There will be both individual and team scoring. Points will be awarded to the first 6 positions as follows:

- i) 6, 5, 4, 3, 2 and 1 for individual events.
- ii) 12, 10, 8, 6, 4, and 2 for the relay events.

## 13. Age Groups:

- i) The applicable age groups will be 5 Years & Under, 6-7, 8-9, 10-11, 12-13, 14-15, 16 & Over
- ii) No Swimmer is allowed to swim out of their age group.
- iii) All swimmers must be presented with their dates of birth (D.O.B) during registration for this gala. Schools /clubs will be held responsible for the ages of their swimmers

## 14. Qualifying Times

- i) The PEAK SPORTS UNDER 9 SWIMMING CHAMPIONSHIPS events will have no qualifying times. However, coaches must ascertain that swimmers are entered in events that they will comfortably finish.
- ii) All events will be swum on a heat declared basis.
- iii) Seeding will be done using times from our database.

**15. Warm up procedure:**

- i) All teams will be given a maximum of 30 minutes of warm up.
- ii) All teams will get the same opportunities to use the pool for warm up provided they arrive at the venue early enough to do warm up.
- iii) While doing warm-up, all teams must be accompanied by either the coach or the team manager. No team will be allowed to do warm-up without the coach, his/her assistant or the team manager.
- iv) During warm up the lifeguards will be present to supervise the session/s.

**16. MARSHALLING:** Swimmers should pay attention to marshalling calls through the Public Address system and avail themselves to the marshalling tent. Before reporting, swimmers must ensure they know their event.

**17. Meet Format Waiver:**

The organizers reserve the right to change the format of the meet. These changes would be made to ensure a more efficient swim meet for the swimmers and the organizers. Reasons for these changes may include, without being limited to the following:

- i) To allow more swimmers to participate in the meet.
- ii) To conform to facility capacity limits.

**18. Meet Results:**

Results will be e-mailed to the teams participating in the meet. Results will also be pinned on the notice boards at the venue.

**19. Charges for Heat Sheets and Non-Swimmers:**

- i) **Heat sheets/ programs** will be printed after all scratches have been entered and will be available for Sh. 200 per session.

**20. General Notice:**

You are requested to refrain from littering the pool surroundings.

**21. Emergency and First Aid:**

Qualified and competent medics together with an ambulance will be at the venue. In case of an emergency alert the announcer to call for assistance.



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**22. Disclaimer:**

Although all due care will be taken ENTRY IS ENTIRELY AT OWN RISK. Neither PEAK SPORTS nor All Saints Cathedral School will accept responsibility for any incident or accident, injury or loss, which may occur before, during and after the event. The organizer can use participant's full names, photos and any types of representations of the events for their records without asking permission of the subjects.

**PEAK SPORTS KICKBOARD & NOODLES SWIMMING CHAMPIONSHIPS 2024**

**Saturday 0830hrs**

<b>No.</b>	<b>Age</b>	<b>Girls Events</b>	<b>No.</b>	<b>Boys events</b>
<b>Girls</b>			<b>Boys</b>	
<b>101</b>	5&U,6-7,8-9,10-11,12-13	13m Kickboard Race	<b>102</b>	13m Kickboard Race
<b>103</b>	5&U,6-7,8-9,10-11,12-13	13m Back Noodle Race	<b>104</b>	13m Back Noodle Race
<b>105</b>	5&U,6-7,8-9,10-11,12-13	52m Kickboard Relay	<b>106</b>	52m Kickboard Relay



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### Break

107	5&U,6-7,8-9,10-11,12-13	25m Kickboard Race	108	25m Kickboard Race
109	5&U,6-7,8-9,10-11,12-13--1313	25m Back Noodle Race	110	25m Back Noodle Race
111	5&U,6-7,8-9,10-11,12-13	100m Kickboard Relay	112	100 m Kickboard Relay
113	5& U,6-7,8-9,10-11,12-13	25m Freestyle	114	25m Freestyle

**NB:**

- i. When making entries for your swimmers, kindly use the format below.
- ii. Swimmers with ages and no D.O.Bs will not be registered



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**Name of School/team/club**

No	Name of Swimmer	Gender	Date of Birth/age	Events No. participating in (Do not put relay entries here)
1	David Juma	Male	10/12/2009	104,106,108
2	Tracey Jumwa	Female	4/7/1997	101,107,111

**Relay Entries format**

	Relay No	Relay Name	Age group	Gender	Swimmers in the relay
1	7	52 m Free kick board relay	5&Under	Female	1. Joy Dema 2. AbigaelSifa 3. Tracey Lulu 4. Tracey Numi
2	36	100 m Free Kickboard Relay	10/11	Male	1. Roy Peter 2. Phillip Jacobs 3. Andrews Baraka 4. John Mkenya