

KENYA SWIMMING FEDERATION

CANA Zone 3 and 4 Invitational 2010

It is a great honor to invite you to participate in the CANA Zone 3 and 4 swimming championship previously known as the sub Saharan Invitational. Preparations for the event are well underway and the following countries are invited to send a Team:

South Africa, Angola, Botswana, Lesotho, Malawi, Mozambique, Namibia, Swaziland, Tanzania, Uganda, Zambia, Zimbabwe, Djibouti, Comoros, Burundi, Rwanda, Madagascar, Ethiopia, Mauritius, Congo, Sudan, Somalia and Seychelles

DATES

Swimming Gala – 8th / 9th / 10th January 2010

Swimming Gala / Competition Rules & Regulations.

1. FINA rules shall apply
2. The one start rule shall be applied
3. The competition will take place in a 50m pool
4. Age as on the first day of competition (i.e.: 8th January 2010)
5. Age groups shall be 10 & under, 11/12, 13/14, 15/16, 17 & over
6. The level of the competition shall be more or less that of the SSA level 2 gala.
7. Medals will be awarded to the first 3 positions in each event.
8. Age group trophies will be awarded, as will a trophy for the overall winning team
9. All events shall be swum as timed finals, ENTRY TIMES ARE THEREFORE ESSENTIAL for seeding purposes. Entries with No Times accepted.
10. Each Country may enter two (2) swimmers per age group per event, for relays only one team per Country.
11. All entries are to be sent on either Hytek Meet Manager or on attached Named Entry forms before the 10th December 2009
12. All matters may be referred to Ben Ekumbo – KSF:ekumbub@yahoo.com
13. Intention to compete Entries and 50% deposit (see Finances) by 10th December 2009.
14. Balance for booking fees to be paid by 20th December 2009.
15. Gala Entry fee: US\$ 1p/ swimmer p/event, US\$2 p/ team p/event and be paid in USD. Entries fees must be paid before the commencement of the competition.
16. Find the order of events for the swimming gala attached.

Coaches and Managers meeting will take place at 17:00 on the Wednesday 7th January 2010. Entries will be finalized at this meeting; no late entries will be accepted after this meeting.