



Poseidon Swimming Club Competition Calendar 2023 - 2024



2023 - 2024				
Gala	Dates	Competition	Course	Focus
1	25-27 Aug 23	NCAA Inter Club Gala	SC - Makini	All Swimmers
2	Sat 9 th Sept 23	Super Swim League Rnd 1	SC – Consolata	All Swimmers
3	Sat 30 th Sept 23	Super Swim League Rnd 2	SC - Consolata	All Swimmers
4	Sat 2 nd Dec 23	Super Swim League Rnd 3	SC - Consolata	All Swimmers
5	15,16,17 Feb 2024	Super Swim League Grand Prix	SC	All Swimmers
6 – Main Focus – Tapered.	8-10 March 2024 TBC	KSF National Time Trials TBC	LC - Kasarani	Main Focus – Tapered.
7	Sat 6 th April 24	Super Swim League Rnd 1	SC	All Swimmers
8	Sat 27 th April 24	Super Swim League Rnd 2	SC	All Swimmers
9	Sat 11 th May 24	Super Swim League Rnd 3	SC	All Swimmers
10 – Main Focus – Tapered.	May / June 24 TBC	KSF National Short Course TBC	SC	Main Focus – Tapered.

All dates, competitions and venues are subject to change.

*It is important that training is the main focus and not competitions every weekend.
Keep these weekends above free on your personal calendars – block them out for these competitions.
Poseidon swimmers must learn the importance of when to rest, when to train and when to compete fast,
getting the right balance will make you a better and faster swimmer!
Competitions in **RED** are the main competition focus – International Squad will be tapered for these galas and have a different timetable leading up to them.*

It is expected that all members, should enter the following compulsory events at all competitions Poseidon are entering.

- **200m Individual Medley** (compulsory for swimmers aged 14 and under). For all round stroke development.

Individual swim training pace times and critical speed times are based on the times at competition on these very important events:

- 200m & 100m Freestyle.
- 200m & 100m Form Stroke (Butterfly, Backstroke or Breaststroke).

Swimmers should take the opportunity to compete in the 400m, 800m, 1500m Freestyle and the 400IM events when they appear on the events programme.

- 50m events should be seen as fun and in addition to the events mentioned above.

Gala entries and forms should be made through the Competition Secretary – compsec@poseidonswim.club.

IMPORTANT NOTES

As per the rules of the National Federation, a swimmer can only represent ONE team in the season. Dual membership is not allowed. They can transfer Club's at appointed times in the year.

Membership to Poseidon Swimming Club is made on understanding that the member **must** compete for Poseidon at all **NCAA** and Kenya **National** competitions, at the soonest possible opportunity. Only exception – Children on *swimming* scholarships at school. This condition of membership mean that the Poseidon member will not be able to swim for the School at ANY County or National Championship / gala. The members can swim for school at any inter-school event. Despite what you may be told, our calendar of events are NOT inter-school events but INTER-CLUB EVENTS.

Poseidon will not enter 'every' competition that is being hosted and it is at the discretion of the director of swimming as to which galas the swimmers enter. Poseidon members MUST NOT seek entry into competitions with 'other' clubs or schools, because Poseidon are not entering. Disciplinary action will be taken in these circumstances.

Payments for galas should be made via MPESA – 0702692766 - John Edward Wroe.

(please add withdrawal fee and the admin fee of 500kes for coaches' expenses whilst they are at the gala).

STRICTLY PAYMENT DUE ON SUBMISSION OF ENTRY FORM – NO PAYMENT - NO ENTRY.