

TEAM KENYA Olympic *Pulse* weekly 02# ISSUE

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#HesabikaNaMabingwa

Paris 2024 Olympic

INSIDE:

Message from Chef de mission

Just the other day, we launched our 100 Days Road to Paris 2024 Olympic Games. The momentum has picked up and it is all systems go.....

HESABIKA NA+
MABINGWA



Things to
do when in
France - Paris



Games of the
XXXIII Olympiad
SPECIAL REPORT 2024

MESSAGE FROM

Chef de Mission



Just the other day, we launched our 100 Days Road to Paris 2024 Olympic Games. The momentum has picked up and it is all systems go. The atmosphere has hit a crescendo in France, especially after the Olympic Flame began its French tour in our home away from the home region of Marseille, a signal that the Games are indeed here. Paris Mission Team charged with operational matters held a very fruitful Retreat to fine-tune plans this week. Our athletes and teams are at peak levels of preparations and the penultimate qualification process. I continuously invite you, us, it is now time for **#HesabikaNaMabingwa!**


Shadrack Maluki
Chef De Mission -
Team Kenya to
Paris 2024 Olympics

The Olympic Flame Lights Kenya's train- ing City of Miramas.

The arrival of the Olympic flame for the Paris 2024 Olympic arrived in France from Greece, a real sign that the Games are upon France.

Kenya is among the few countries out of France to have had a close encounter with the Olympic torch through its close ties with Miramas, one of the French cities that had the honour of hosting the Olympic Flame during its first days of arrival into France.

Kenya selected Miramas as its training city for the Olympics. Officials from the Ministry of Youth Affairs, Creative Economy, and Sports, as well as the National Olympic Committee of Kenya, were in queue to greet the Olympic Flame, marking a momentous occasion for the continent's most successful nation. The NOC-K President, Dr. Paul Tergat who is a two-time Olympic medalist beamed with pride and confidence that Kenya is indeed at the very heart of the Paris Games.



PREPARATIONS FOR PARIS 2024 IN FULL SWING FOR TEAM KENYA

With only 71 days until the start of the Paris 2024 Olympics, Team Kenya's top management is working tirelessly to ensure the team is fully prepared for the Games. This week's Physical meeting, part of their regular weekly schedule, centered on refining every detail to guarantee that Team Kenya is flawlessly ready for the competition.

The discussions covered a wide range of topics, including:

Team status -Accreditation, Training camps, medical arrangements, Media engagement, Travel logistics Throughout these deliberations, the primary focus remained on the athletes and their needs. The upcoming days are crucial for Team Kenya as they finalize their preparations and put the finishing touches on their plans.

The team's dedication and hard work are evident in their commitment to leaving no stone unturned in their quest for success at the Paris 2024 Olympics. With the athletes' well-being and performance at the forefront of their minds, Team Kenya is poised to make a strong showing at the Olympic Games.





TEAM STATUS

RUGBY MEN- Shujaa since their triumphant Qualification to the Paris 2024 Olympic Games against former African Champions South Africa, have focused on their return to the core status in the HSBC world rugby series which has also doubled up as their preparation for the Olympic Games now just 69 days away. This weekend they play in Munich, Germany then finish off their campaign with the playoffs for core status in Madrid, Spain. In between Munich and Madrid, the team will camp in Miramas Camp.

RUGBY WOMEN- The Kenya Lionesses are hungry and on a hunt for a third consecutive stint on the world's biggest stage, the Paris 2024 Olympic Games. After narrowly missing out on the sole African ticket against the lady Boks, the lionesses have one last shot at playing the oval ball game right in the heart of the city of love, Paris but before that, this weekend they play in Poland for a place in the women's HSBC series and so far things are looking up.

BOXING- The Hitsquad team will compete in their final qualifying event on Monday, May 21st, in Bangkok, Thailand. Since 1968, the Kenyan boxing team has been a regular participant in the Olympics, being one of the few teams to bring medals home for Kenya. This year, the team comprises three men and three women, with Elizabeth Andiegi, Kenya's first female boxing Olympian, leading as captain.

TENNIS- Kenya's top seed and African Champion Angela Okutoyi competed this week at a significant tournament, where her hopes to qualify and make history remain high. She is currently participating in the Bethany W35 tournament in the United States. Following this, Okutoyi will travel to Tunisia to compete in the W15 Monastir, as well as the W35 and W50 La Marsa events. To date, she has earned 22 WTA ranking points.



Team Kenya

Schedule as at 10th May 2024

PARIS 2024



ATHLETICS

🕒 07:30 01/08/2024	ATW01	20km race walk final
🕒 10:00 - 13:00 02/08/2024	ATH01	Mens 1500m R1
🕒 17:40 - 22:00 02/08/2024	ATH02	Womens 5000m R1
🕒 17:40 - 22:00 02/08/2024	ATH02	Womens 5000m R1 Womens 800m R1 Mens 10000m final
🕒 10:00 03/08/2024	ATH03	Mens 100m preliminary round Mens 100m R1
🕒 10:00 04/08/2024	ATH05	Womens 3000m steeplechase R1
🕒 18:30 04/08/2024	ATH06	Mens 100m semifinal Womens 800m semifinals Mens 1500m semifinals Mens 100m finals
🕒 18:30 04/08/2024	ATH06	Mens 100m semifinal Womens 800m semifinals Mens 1500m semifinals Mens 100m finals
🕒 10:00 05/08/2024	ATH07	Mens 400m hurdles R1
🕒 18:30 05/08/2024	ATH08	Mens 3000m steeplechase R1 Womens 5000m final Womens 800m final
🕒 10:00 06/08/2024	ATH09	Womens 1500m round 1
🕒 19:00 06/08/2024	ATH10	Mens 1500m final Womens 3000m steeplechase final
🕒 10:00 07/08/2024	ATH11	Mens 5000m round 1 Mens 800m round 1
🕒 18:30 07/08/2024	ATH12	Mens 3000 steeplechase final
🕒 19:00 08/08/2024	ATH14	Womens 1500m semifinal
🕒 10:00 09/08/2024	ATH15	Mens 800m semifinals
🕒 19:00 09/08/2024	ATH16	Womens 10000m final Mens 400m hurdles final
🕒 08:00 10/08/2024	ATM01	Mens marathon final
🕒 18:30 10/08/2024	ATH17	Mens 800m final Mens 5000m final Womens 1500m final
🕒 08:00 11/08/2020	ATM02	Womens marathon final

🕒 18:30 10/08/2024	ATH17	Mens 800m final Mens 5000m final Womens 1500m final
🕒 08:00 11/08/2020	ATM02	Womens marathon final

RUGBY

🕒 15:30-22:00 24/07/2024	RU701	Mens pool round
🕒 14:00-17:00 25/07/2024	RU702	Mens pool round/placing
🕒 20:00-23:00 25/07/2024	RU703	Placing 9-12/ Quarterfinals
🕒 14:30-20:45 27/07/2024	RU704	Playoffs/ placing/ finals

VOLLEYBALL

🕒 09:00 28/07/2024	Womens preliminary round
🕒 09:00 29/07/2024	Womens preliminary round
🕒 17:00 31/07/2024	Womens preliminary round
🕒 09:00 01/08/2024	Womens preliminary round
🕒 09:00 03/08/2024	Womens preliminary round
🕒 09:00 04/08/2024	Womens preliminary round
🕒 09:00 06/08/2024	Quarterfinals
🕒 16:00 08/08/2024	Semifinals
🕒 17:15 10/08/2024	Bronze
🕒 13:00 11/08/2024	Gold

FENCING

🕒 09:00 27/07/2024	FEN01	Individual Epee
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