

LITHUANIAN OPEN SHORT COURSE SWIMMING CHAMPIONSHIPS 2022

REGULATIONS

I. PLACE, TIME, PROGRAMME

- 1.1. **Place:** Druskininkai, M. K. Čiurlionio 115
- 1.2. **Date:** 15–17 of December 2022
- 1.3. 8 lanes, 25 m swimming pool
- 1.4. Organized by the Lithuanian Swimming Federation

II. PARTICIPANTS AND STANDARTS

- 2.1. Lithuanian and foreign athletes are welcome to participate in the championships.
- 2.2. The age of athletes is not limited.
- 2.3. Only athletes who meet the competition standards can take part in the championships.
- 2.4. Those athletes who meet standards in 1 or 2 events – can take part only in those events.
- 2.5. Those athletes who meet standards in 3 or more events can take part in those events as well as in the events with NT or where they do not meet standards.
- 2.6. Standards are valid in 25 m and 50 m swimming pools.

Women		Event	Men	
25 m	50 m		25 m	50 m
28,88	29,82	50 m free	25,50	26,34
1.03,31	1.05,15	100 m free	56,62	59,10
2.27,45	2.30,86	200 m free	2.12,69	2.16,20
5.12,35	5.15,74	400 m free	4.43,42	4.53,86
10.40,06	10.47,34	800 m free	9.52,10	10.03,72
20.25,83	20.29,13	1500 m free	18.52,42	19.23,08
32,34	33,99	50 m back	27,99	30,23
1.09,15	1.12,53	100 m back	1.01,58	1.05,32
2.39,20	2.44,71	200 m back	2.21,04	2.29,44
35,98	37,04	50 m breast	31,81	32,69
1.18,56	1.20,79	100 m breast	1.10,06	1.11,66
2.59,69	3.05,75	200 m breast	2.40,45	2.48,40
30,71	30,77	50 m fly	27,40	28,05
1.08,80	1.09,90	100 m fly	1.00,57	1.02,36
2.39,71	2.42,65	200 m fly	2.24,53	2.27,65
1.11,19	-	100 m IM	1.03,32	-
2.42,72	2.48,40	200 m IM	2.26,39	2.32,22
5.45,76	5.55,67	400 m IM	5.13,54	5.25,60



LITHUANIAN SWIMMING FEDERATION

III. PROGRAMME

DAY I

HEATS 15 December Warm-up 10.00-10.55 Beginning 11.00				FINALS 16 December Warm-up 17.00-17.55 Beginning 18.00			
No	Event	W M	Q	No	Event	W M	FINAL B, A
1. 2.	200 m free	W M	Q	1. 2.	200 m free	W M	FINAL B, A
3. 4.	100 m breast	W M	Q	3. 4.	100 m breast	W M	FINAL B, A
5. 6.	100 m back	W M	Q	5. 6.	100 m back	W M	FINAL B, A
7. 8.	50 m fly	W M	Q	7. 8.	50 m fly	W M	FINAL B, A
9. 10.	200 m IM	W M	Q	9. 10.	200 m IM	W M	FINAL B, A
11.	800 m free	W		15	4*100 m MIX IM	MIX	FINAL
12.	1500 m free	M					
13. 14	4*100 m IM	W M	FINAL				

DAY II

HEATS 16 December Warm-up 10.00-10.55 Beginning 11.00				FINALS 16 December Warm-up 17.00-17.55 Beginning 18.00			
No	Event	W M	Q	No	Event	W M	FINAL B, A
16. 17.	50 m breast	W M	Q	16. 17.	50 m breast	W M	FINAL B, A
18. 19.	100 m free	W M	Q	18. 19.	100 m free	W M	FINAL B, A
20. 21.	200 m fly	W M	Q	20. 21.	200 m fly	W M	FINAL B, A
22. 23.	400 m IM	W M	Q	22. 23.	400 m IM	W M	FINAL B, A
24. 25.	50 m back	W M	Q	24. 25.	50 m back	W M	FINAL B, A
26.	1500 m free	W		28. 29.	4*100 m free	W M	FINAL
27.	800 m free	M					

**DAY III**

HEATS 17 December Warm-up 9.30-10.25 Beginning 10.30val.				FINALS 17 December Warm-up 16.00-16.55 Beginning 17.00			
No	Event			No	Event		
30. 31.	400 m free	W M	Q	30. 31.	400 m free	W M	FINAL B, A
32. 33.	100 m fly	W M	Q	33. 33.	100 m fly	W M	FINAL B, A
34. 35.	200 m back	W M	Q	34. 35.	200 m back	W M	FINAL B, A
36. 37.	50 m free	W M	Q	36. 37.	50 m free	W M	FINAL B, A
38. 39.	200 m breast	W M	Q	38. 39.	200 m breast	W M	FINAL B, A
40. 41.	100 m IM	W M	Q	40. 41.	100 m IM	W M	FINAL B, A
				42. 43.	4*200 m free	W M	FINAL

* Entry into the swimming pool is open 30 min before the beginning of the warm-up.

IV. ENTRIES

- 4.1. Entries must be submitted by no later than **23:59 09-12-2022**.
- 4.2. Changes /withdrawals will be accepted until **15:00 14-12-2021**.
- 4.3. Late entries will be accepted from **24:00 10-12-2019** until **15:00 15-12-2021**. The fee is 30 Eur / event.
- 4.3. Extra event (not applicable to changes and withdrawals) is a late entry.
- 4.4. No changes will be accepted after 15:00 14-12-2021.**
- 4.5. Entries must hold doctors' visas allowing participation in competition. Team leaders are responsible for the valid allowances.
- 4.6. The entry times must cover the period from 01-09-2021 until 09-12-2022.
- 4.7. When submitting the entries, the organization must submit the number of relay teams that will participate in the championships. Only the teams who have submitted the relay teams' number will be allowed to submit the named entries during the competition (must be submitted 1 hour before the beginning of that competition part where the relay event will take place).
- 4.7. Each organization can submit more than one relay team.
- 4.8. After December 15:00 14-12-2021 if an athlete due to important reasons cannot take part in the championships and wants to avoid being fined, the team leader or coach should submit a written request to the Secretary of the competition, and it should be done before the beginning of the morning warm up of the current day. The start protocols will not be changed but the organizers will have information not to apply the fine for those athletes.
- 4.9. Teams should submit a separate Excel file with all the athletes and coaches listed in it.
- 4.10. Entries may be submitted as following:



Swimranking.net online

- All athletes and relay teams;
- File “entries by athlete” must be sent to lpf.paraiskos@gmail.com

“Entry Editor”

- Entries should indicate the best achieved result from 25 m or 50 m pools. In case the athlete has no result, the NT must be indicated. The submission must include pool length, date, city (not the title of the event). - The completed application forms (entries) must be named after the team (i. e., Kauno PM, Vilniaus VCM).
 - The results must be achieved in the competition of at least sport’s school.
 - The swimmers whose achieved results mismatch with the results from the technical entry or are achieved in the event of lower level than sport school’s, will start with the mark “no result”. - All entries must be sent only by e-mail: lpf.paraiskos@gmail.com
 - Entries are considered to be accepted after a confirmation (reply) is received.
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V. COMPETITION

5.1. FINA rules are applied.

5.2. Timing system to be used.

5.3. The swimming costumes and apparel must meet the FINA requirements.

5.4. The competition is held with heats (in 8 lanes) and finals (in 8 lanes).

5.5. In 50 m, 100 m, 200 m and 400 m events with 32 participants and more, “A” final (1-8 places) and “B” final (9-16 places) will be held. Events with less participants will be held as an “A” final.

5.6. In 800 m and 1500 m freestyle all events will be held as finals.

5.7. In 800 m and 1500 m freestyle events, the participants are not allowed to finish the distance if they do not finish in the following times: 800 m -12 min., 1500 m - 24 min.

5.8. Relay events are held as finals.

5.7. Before entering the race, the participant must register at the participants’ judge in the call room. In case of not showing up, the participant will not be allowed to participate in the event.

5.8. For the finals, 2 reserve names will be announced; they must come to the participants’ meeting point. In case one of the finalists does not show up, the reserve takes his / her place. In case the reserve does not show up, the fine is applied.

5.9. The written withdrawal from the final must be handed to the secretary no later than 10 min after announcing the results. Otherwise, the fine will be issued.



VI. AWARDS

6.1. The first three swimmers in each event (A finals and relays) will be awarded with medals.

6.2. The best six swimmers who will collect the higher amount of FINA points in 2 events sum total (only in the individual events), will be awarded with money prizes:

- I – 600 €;
- II – 500 €;
- III – 400 €;
- IV – 300 €;
- V – 200 €;
- VI – 100 €;

6.3. If two or more swimmers collect the same amount of FINA points in 2 events, the winners will be announced according to the ranking he has in the first event (second, etc.).

6.4. If the athlete misses the award ceremony, he / she will not receive the prize.

6.5. There might be additional prizes.

VII. PROTESTS

7.1. Protests are allowed only against violations of competition rules and regulations as well as in situations where the competition or participants are endangered.

7.2. All protests must be submitted in writing to the referee together with deposit of 50 Euro no later than 20 minutes following the conclusion of the respective race.

7.3. Meet's Board of appeal will process protests according to the FINA rules. 6.4. If the protest is upheld, the deposit will be returned.

7.4. If the protest is rejected, the deposit will be forfeited to the management body of the competition.

VIII. FINANCIAL TERMS

8.1. Participation fee – 15 Eur/event.

8.2. Late entry – 30 Eur / event.

8.3. The fee must be paid for all participants included into the protocol.

8.4. Fine for missing the heat and finals – 15 €, relay – 30 € (exception in 4.9).

8.5. If you need an invoice, please contact lpf.paraiskos@gmail.com

8.6. Participation fee and fines must be paid to federation's account:

Lithuanian swimming federation
Company code 191917910
IBAN LT49 7044 0600 0150 1455
AB SEB Bank
SWIFT code CBVILT2X
Reference: LC 25 (club's name)



IX. FINAL STATEMENTS

9.1. The championships is a public event, where videos and photos might be taken.

9.2. The filmed and photographed material may be published in the media and online.

9.3. The team leaders are responsible for: following the deadlines; the participants' safety during the arrival/departure and the competition; proper behavior of their athletes during the competition and the free time.

9.4. When submitting an application form participants agree to the Terms and Conditions of the Event.

9.5. There is a possibility that the participants of Lithuanian open short course championships will have to submit doping samples (more information: <https://www.antidopingas.lt>)

The Covid-19 prevention guidelines will be followed.

X. CONTACTS

10.1 Email – lpf.paraiskos@gmail.com

10.2. Results - www.ltuswimming.com

10.3 Director of the competition: Milda Šeibokaitė +370 698 33991

10.4 Secretary of the competition: Inga Pravdinskienė +370 652 60095