



LITHUANIAN SWIMMING CHAMPIONSHIPS 2022

REGULATIONS

I. VENUE & DATE

- 1.1. Venue: Klaipėda swimming pool | Dubysos street 12, Klaipėda (Lithuania)
 - 10 lanes, 50 m swimming pool
- 1.2. Date: 19-22 of April, 2022
- 1.3. Organized by the Lithuanian Swimming Federation.

II. PARTICIPANTS AND STANDARDS

- 2.1. Lithuanian and foreign athletes are welcome to participate in this championships.
- 2.2. The age of athletes and number of team members is not limited.
- 2.3. Only athletes who meet the competition standards can take part in this 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 all events if they take part in at least 3 events in which they meet standards. Otherwise, 2.4. item is valid.
- 2.6. Relay athlete should meet standart at least in 1 individual event.
- 2.7. Standarts 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 freestyle	25,50	26,34
1.03,31	1.05,15	100 m freestyle	56,62	59,10
2.24,10	2.27,43	200 m freestyle	2.09,67	2.13,10
5.05,25	5.08,56	400 m freestyle	4.36,97	4.47,18
10.25,51	10.32,62	800 m freestyle	9.38,64	9.49,99
19.57,96	20.01,18	1500 m freestyle	18.26,68	18.56,64
32,34	33,99	50 m backstroke	27,99	30,23
1.09,15	1.12,53	100 m backstroke	1.01,58	1.05,32
2.35,21	2.40,96	200 m backstroke	2.17,84	2.26,05
35,98	37,04	50 m breaststroke	31,81	32,69
1.18,56	1.20,79	100 m breaststroke	1.10,06	1.11,66
2.55,60	3.01,53	200 m breaststroke	2.36,80	2.44,58
30,71	30,77	50 m butterfly	27,40	28,05
1.08,80	1.09,90	100 m butterfly	1.00,57	1.02,36
2.36,08	2.38,95	200 m butterfly	2.21,24	2.24,49
2.39,02	2.44,58	200 m individual medley	2.23,06	2.28,76
5.37,90	5.47,58	400 m individual medley	5.06,41	5.18,20

III. PROGRAMME

DAY 1 — April 19 (Tuesday)

Heats

Warm-up 10:00–10:55 | Beginning 11:00

- Event 1 | 200 m breaststroke, men **Q**
 Event 2 | 200 m freestyle, women **Q**
 Event 3 | 400 m freestyle, men **Q**
 Event 4 | 50 m backstroke, women **Q**
 Event 5 | 200 m backstroke, men **Q**
 Event 6 | 50 m butterfly, women **Q**
 Event 7 | 50 m butterfly, men **Q**
 Event 8 | 1500 m freestyle, women **Finals**

Finals

Warm-up 17:00–17:55 | Beginning 18:00

- Event 1 | 200 m breaststroke, men **B/A Finals**
 Event 2 | 200 m freestyle, women **B/A Finals**
 Event 3 | 400 m freestyle, men **B/A Finals**
 Event 4 | 50 m backstroke, women **B/A Finals**
 Event 5 | 200 m backstroke, men **B/A Finals**
 Event 6 | 50 m butterfly, women **B/A Finals**
 Event 7 | 50 m butterfly, men **B/A Finals**
 Event 9 | 4 × 100 m medley relay, mixed **Finals**

DAY 2 — April 20 (Wednesday)

Heats

Warm-up 09:00–09:55 | Beginning 10:00

- Event 10 | 200 m freestyle, men **Q**
 Event 11 | 100 m butterfly, women **Q**
 Event 12 | 100 m breaststroke, men **Q**
 Event 13 | 400 m individual medley, women **Q**
 Event 14 | 100 m butterfly, men **Q**
 Event 15 | 100 m backstroke, women **Q**
 Event 16 | 50 m backstroke, men **Q**
 Event 17 | 50 m breaststroke, women **Q**
 Event 18 | 1500 m freestyle, men **Finals**

Finals

Warm-up 16:00–16:55 | Beginning 17:00

- Event 10 | 200 m freestyle, men **B/A Finals**
 Event 11 | 100 m butterfly, women **B/A Finals**
 Event 12 | 100 m breaststroke, men **B/A Finals**
 Event 13 | 400 m individual medley, women **B/A Finals**
 Event 14 | 100 m butterfly, men **B/A Finals**
 Event 15 | 100 m backstroke, women **B/A Finals**
 Event 16 | 50 m backstroke, men **B/A Finals**
 Event 17 | 50 m breaststroke, women **B/A Finals**
 Event 19 | 4 × 100 m medley relay, men **Finals**
 Event 20 | 4 × 100 m medley relay, women **Finals**

DAY 3 — April 21 (Thursday)

Heats

Warm-up 09:00–09:55 | Beginning 10:00

- Event 21 | 400 m freestyle, women **Q**
 Event 22 | 100 m freestyle, men **Q**
 Event 23 | 200 m backstroke, women **Q**
 Event 24 | 200 m butterfly, men **Q**
 Event 25 | 200 m breaststroke, women **Q**
 Event 26 | 400 m individual medley, men **Q**
 Event 27 | 50 m freestyle, women **Q**
 Event 28 | 100 m backstroke, men **Q**
 Event 29 | 200 m individual medley, women **Q**

Finals

Warm-up 16:00–16:55 | Beginning 17:00

- Event 21 | 400 m freestyle, women **B/A Finals**
 Event 22 | 100 m freestyle, men **B/A Finals**
 Event 23 | 200 m backstroke, women **B/A Finals**
 Event 24 | 200 m butterfly, men **B/A Finals**
 Event 25 | 200 m breaststroke, women **B/A Finals**
 Event 26 | 400 m individual medley, men **B/A Finals**
 Event 27 | 50 m freestyle, women **B/A Finals**
 Event 28 | 100 m backstroke, men **B/A Finals**
 Event 29 | 200 m individual medley, women **B/A Finals**
 Event 30 | 4 × 100 m freestyle relay, men **Finals**
 Event 31 | 4 × 100 m freestyle relay, women **Finals**

DAY 4 — April 22 (Friday)

Heats

Warm-up 09:00–09:55 | Beginning 10:00

- Event 32 | 200 m individual medley, men **Q**
 Event 33 | 100 m freestyle, women **Q**
 Event 34 | 50 m freestyle, men **Q**
 Event 35 | 100 m breaststroke, women **Q**
 Event 36 | 50 m breaststroke, men **Q**
 Event 37 | 200 m butterfly, women **Q**
 Event 38 | 800 m freestyle, men **Finals**
 Event 39 | 800 m freestyle, women **Finals**

Finals

Warm-up 14:30–15:25 | Beginning 15:30

- Event 32 | 200 m individual medley, men **B/A Finals**
 Event 33 | 100 m freestyle, women **B/A Finals**
 Event 34 | 50 m freestyle, men **B/A Finals**
 Event 35 | 100 m breaststroke, women **B/A Finals**
 Event 36 | 50 m breaststroke, men **B/A Finals**
 Event 37 | 200 m butterfly, women **B/A Finals**
 Event 40 | 4 × 200 m freestyle relay, men **Finals**
 Event 41 | 4 × 200 m freestyle relay, women **Finals**

IV. ENTRIES

- 4.1. Entries must be submitted by no later than **24:00, 8 April, 2022.**
- 4.2. Changes/withdrawals will be accepted until **15:00, 18 April, 2022.**
- 4.3. Late entries will be accepted from 24:00, 8 April to 15:00, 18 April. The fee is 30 Eur / event.
- 4.4. Submitting an extra event (not applicable to changes and withdrawals) in reference to 4.2. is considered to be a late entry.
- 4.5. **No changes will accepted after 15:00, 18 April 2022.**
- 4.6. Entries must hold doctors' visas allowing participation in competition. Team leaders are responsible for the valid allowances.
- 4.7. The entry times must cover the period from 01-01-2021 to 08-04-2022.
- 4.8. With entries you must submit the relay teams' entry. Only the teams who have submitted the relay team will be allowed to submit the named entries during the competition (must be submitted 60 minutes before the beginning of that competition part where the relay event will take place).
- 4.9. Each organization can have more than one relay team.
- 4.10. After 15:00 18-04-2022 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.
- 4.11. Each organization must submit a separate Excel file of all the participating swimmers and their coaches.
- 4.12. Entries may be submitted as following:

Swimrankings.net online

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

"Entry Editor"

- Entry times from 50 m pools will be seeded ahead of times from 25 m pools. In case the athlete has not 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, Sostines SC).
- 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.

V. COMPETITION

- 5.1. FINA rules are applied.
- 5.2. Electronic timing system will be used.
- 5.3. The swimming costumes and apparel must meet the FINA requirements.
- 5.4. The competition is held with heats and finals.
- 5.5. Qualifications will be held in 10 lanes, and finals – in 8 lanes.
- 5.6. 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.
- 5.7. 800 m and 1500 m freestyle events are held as the finals.
- 5.8. 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 – 11 min., 1500 m – 21 min.

- 5.9.** All finals will be held according to the achieved results in the heats.
- 5.10.** 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.
- 5.11.** For the finals, 2 reserve names will be announced, they must come to the participants' meeting point. If one of the 8 finalist does not show up for the final, the reserve athlete will take his/her place. If the reserve athlete is not present, the fine will be issued to him/her.
- 5.12.** 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. Fine for missing the heat or final – 15 Eur, relay – 30 Eur.

VI. AWARDS

- 6.1.** The first three swimmers in each event (only "A" finals and fastest heats) will be awarded with medals.
- 6.2.** The best six swimmers who will collect the higher amount of FINA points in total in three Olympic events (only in the individual events), will be awarded with money prizes:
**I place — 600 Eur; II place — 500 Eur; III place — 400 Eur;
IV place — 300 Eur; V place — 200 Eur; VI place — 100 Eur.**
- 6.3.** If two or more swimmers collect the same amount of FINA points in three events, the winners will be announced according to the ranking he/she has in the first (second, etc.) event.
- 6.4.** Coaches of athletes who won the I, II, III places in individual events are welcome to the award ceremony. The coach will be awarded only once during the four days of the championships.
- 6.5.** If the athlete misses the award ceremony, he/she will not receive the prize.
- 6.6.** 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.
- 7.4.** If the protest is upheld, the deposit will be returned.
- 7.5.** 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 or final – 15 Eur, relay – 30 Eur (exception in 4.10).
- 8.5.** If you need an invoice, please contact lpf.paraiskos@gmail.com
- 8.4.** Participation fee and fines must be paid to federation's account:

Lithuanian Swimming Federation
Neries krantine 16-406, Kaunas
Company code 191917910
IBAN LT49 7044 0600 0150 1455
AB SEB Bank
SWIFT code CBVILT2X
Reference: LC 50 (club's name)

IX. FINAL STATEMENTS

- 9.1. The Lithuanian swimming championships 2022 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. free time.
- 9.4. By submitting application form participants agree to the Terms and Conditions of the Event.
- 9.5. There is a possibility that the participants of Lithuanian swimming championships will have to submit doping samples (more information: <https://www.antidopingas.lt/>)
- 9.6. Participants are responsible for their accommodation, travel and other expenses.
- 9.7. The Lithuanian swimming championships 2022 will be held under the current conditions laid down by the National Public Health Centre under The Ministry of Health for the management of the flow of people, safe physical distance, other key requirements for public health safety, hygiene, the provision of persons with necessary personal protective equipment, and other related requirements.

X. CONTACTS

Email — lpf.paraiskos@gmail.com

Results — www.ltuswimming.com

Director of the competition — FINA referee Saulius Binevičius | +370 613 48621

Secretary of the competition — Inga Pradvinskienė | +370 652 60095
