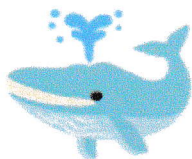




Principal

Vidmantas Vilutis



Aivaras Šaulianskas

Panevėžys „Žemynos“ Olympians' Swimming cup competition 2022 November 4-5, 2022

Competition organizers:

The competition will be conducted under the rules Panevėžys "Žemynos" progymnasium and Panevėžys swimming club "Vandenis". Competition coach -Aivaras Šaulianskas e-mail : aiwaxl@gmail.com, secretary- Guoda Jonelytė-Lukošienė email: guodziuka@gmail.com

I age group: female (2007-2008), male(2006-2007)

II age group: female (2009-2011), male(2008-2010)

Competition Program	
October 4 (Friday)	November 5 (Saturday)
Workout 3.00 pm - Competition 4.00 pm	Workout 9.00 am - Competition 10.00 am
100 m free style	50 m free style
200 m breaststroke	100 m breaststroke
100 m butterfly	200 m butterfly
200 m backstroke	100 m backstroke
200 m medley	200 m free style

Awards:

- The winners will be awarded with medals.
- Three best athletes in each age group(female and male) will be awarded with cups including the sum of two competitions of the FINA swim ratings.

Competition rules and regulations:

- Competition venue: Panevėžys "Žemynos" progymnasium swimming pool. Address: Ramygalos str. 99, Panevėžys, Lithuania .
- The competition will be organised in accordance with the regulations of FINA and Lithuanian Swimming Federation. Each athletes may start in two distances per day. One start per competition is allowed.
- Medical certificate is necessary.
- Entry fee 10 €. Team leaders are responsible for a proper behaviour of the participants either during the competitions or leisure time.

- It should be noted that swimming competition is a public event so it is lawful to take photos, film and spread information through social media or internet.
- The swimming pool internal rules should be observed by all participants-athletes , coaches.
- The athletes are let in the swimming- pool no earlier than 30 min. until the beginning of the competition workout.
- The organizers have the right to change the competition workout and competition time if it is necessary.

Participating teams should send email aiwax@gmail.com until October 23 rd. 6.00 pm

Participation form will be sent in "entry editor" program after having received an email.

The athletes' names, surnames and achieved results should be filled in the entry form.

Filled forms should be emailed: guodziuka@gmail.com up to October 30 th, 9.00 pm

Possible changes might be emailed: guodziuka@gmail.com up to November 2 nd, 2022, 6.00 pm

Possible withdrawal might be emailed: guodziuka@gmail.com up to November 3 rd, 2022, 3.00 pm

The chairman of the Panevėžys swimming Club "Vandenis"

Aivaras Šaulianskas +370861486501