

## REGULATIONS

### I. PLACE, TIME, PROGRAMME

- 1.1. **Place:** Druskininkai, M. K. Čiurlionio 115.
- 1.2. **Date:** 14–16 of December 2023.
- 1.3. 8 lanes, 25 m swimming pool.
- 1.4. Organized by the Association LTU Aquatics.

### II. PARTICIPANTS AND STANDARDS

- 2.1. Lithuanian and foreign athletes are welcomed to participate in the championships (except for Russian and Belarussian athletes who have no permission to resident in Lithuania).
- 2.2. The age of athletes is not limited.
- 2.3. Only athletes who meet the competition standards can take part in the championships.
  - 2.3.1. Those athletes who meet standards in 1 or 2 events – can take part only in those events.
  - 2.3.2. 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.
- 2.4. 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

- 2.5. World Aquatics rules will be applied.

# LITHUANIAN OPEN SHORT COURSE SWIMMING CHAMPIONSHIPS 2023



## III. PROGRAMME

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

DECEMBER 14									
HEATS					FINALS				
Warm-up 10:00-10:55 Beginning 11:00					Warm-up 17:00-17:55 Beginning 18:00				
1	W	200 m	FREE	Q	1	W	200 m	FREE	FINAL B / A
2	M	200 m	FREE	Q	2	M	200 m	FREE	FINAL B / A
3	W	100 m	BREAST	Q	3	W	100 m	BREAST	FINAL B / A
4	M	100 m	BREAST	Q	4	M	100 m	BREAST	FINAL B / A
5	W	100 m	BACK	Q	5	W	100 m	BACK	FINAL B / A
6	M	100 m	BACK	Q	6	M	100 m	BACK	FINAL B / A
7	W	50 m	FLY	Q	7	W	50 m	FLY	FINAL B / A
8	M	50 m	FLY	Q	8	M	50 m	FLY	FINAL B / A
9	W	200 m	IM	Q	9	W	200 m	IM	FINAL B / A
10	M	200 m	IM	Q	10	M	200 m	IM	FINAL B / A
11	W	800 m	FREE	SLO	11	W	800 m	FREE	FAST
12	M	1500 m	FREE	SLO	12	M	1500 m	FREE	FAST
					13	MX	4x100 m	MEDLEY	FINAL

DECEMBER 15									
HEATS					FINALS				
Warm-up 9:30-10:25 Beginning 10:30					Warm-up 17:00-17:55 Beginning 18:00				
14	W	50 m	BREAST	Q	14	W	50 m	BREAST	FINAL B / A
15	M	50 m	BREAST	Q	15	M	50 m	BREAST	FINAL B / A
16	W	100 m	FREE	Q	16	W	100 m	FREE	FINAL B / A
17	M	100 m	FREE	Q	17	M	100 m	FREE	FINAL B / A
18	W	200 m	FLY	Q	18	W	200 m	FLY	FINAL B / A
19	M	200 m	FLY	Q	19	M	200 m	FLY	FINAL B / A
20	W	400 m	IM	Q	20	W	400 m	IM	FINAL B / A
21	M	400 m	IM	Q	21	M	400 m	IM	FINAL B / A
22	W	50 m	BACK	Q	22	W	50 m	BACK	FINAL B / A
23	M	50 m	BACK	Q	23	M	50 m	BACK	FINAL B / A
24	W	1500 m	FREE	FINAL*	26	W	4x100 m	FREE	FINAL
25	M	800 m	FREE	FINAL*	27	M	4x100 m	FREE	FINAL

\*No more than 2 swims

DECEMBER 16									
HEATS					FINALS				
Warm-up <b>9:30-10:25</b> Beginning <b>10:30</b>					Warm-up <b>16:00-16:55</b> Beginning <b>17:00</b>				
28	W	400 m	FREE	Q	28	W	400 m	FREE	FINAL B / A
29	M	400 m	FREE	Q	29	M	400 m	FREE	FINAL B / A
30	W	100 m	FLY	Q	30	W	100 m	FLY	FINAL B / A
31	M	100 m	FLY	Q	31	M	100 m	FLY	FINAL B / A
32	W	200 m	BACK	Q	32	W	200 m	BACK	FINAL B / A
33	M	200 m	BACK	Q	33	M	200 m	BACK	FINAL B / A
34	W	50 m	FREE	Q	34	W	50 m	FREE	FINAL B / A
35	M	50 m	FREE	Q	35	M	50 m	FREE	FINAL B / A
36	W	200 m	BREAST	Q	36	W	200 m	BREAST	FINAL B / A
37	M	200 m	BREAST	Q	37	M	200 m	BREAST	FINAL B / A
38	W	100 m	IM	Q	38	W	100 m	IM	FINAL B / A
39	M	100 m	IM	Q	39	M	100 m	IM	FINAL B / A
					40	M	4x100 m	MEDLEY	FINAL
					41	V	4x100 m	MEDLEY	FINAL

## IV. ENTRIES

- 4.1. Entries must be submitted by no later than **23:59 08-12-2023**.
- 4.2. Changes / withdrawals will be accepted until **15:00 13-12-2023**.
- 4.3. Late entries will be accepted from 24:00 08-12-2023 until 15:00 13-12-2023.  
The fee for the late entry is 30 € / event.
- 4.4. Extra event (not applicable to changes and withdrawals) is considered to be a late entry.
- 4.5. No changes will be accepted after **15:00 13-12-2023**.
- 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 01-09-2023 until 08-12-2023.
- 4.8. When submitting the entries, the organization must submit the number of relays 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).
- 4.9. After 15:00 13-12-2023 if an athlete due to important health 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. After submitting the request, the athlete is no longer allowed to participate in the competition.
- 4.10. Teams should submit a separate Excel file with all the athletes and coaches listed in it.

4.11. Entries may be submitted as following:

Swimrankings.net online	"Entry Editor"
<ul style="list-style-type: none"><li>• All athletes and relay teams.</li><li>• File "entries by athlete" must be sent to <a href="mailto:lpf.paraiskos@gmail.com">lpf.paraiskos@gmail.com</a>.</li></ul>	<ul style="list-style-type: none"><li>• 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).</li><li>• The completed application forms (entries) must be named after the team (i. e., Kauno PM, Vilniaus VCM).</li><li>• The results must be achieved in the competition of at least sport's school.</li><li>• 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".</li><li>• All entries must be sent only by e-mail: <a href="mailto:lpf.paraiskos@gmail.com">lpf.paraiskos@gmail.com</a>.</li><li>• Entries are considered to be accepted after a confirmation (reply) is received.</li></ul>

## V.COMPETITION

- 5.1. Timing system will be used.
- 5.2. The competition is held with heats (in 8 lanes) and finals (in 8 lanes).
- 5.3. 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.
- 5.4. No more than 4 foreign athletes in the A final.
- 5.5. In 800 m and 1500 m freestyle all events will be held as finals. Only 2 swims will be held (1 in the morning session and 1 in the evening session). **IMPORTANT:** start lists will be based on the best qualifying results submitted.
- 5.6. 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.
- 5.7. 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 20 min after announcing the results. Otherwise, the fine will be issued.

5.10. Wearables allowed:

Manufacturer	Product Name	Product Type
Abbott	FREESTYLE LIBRE 2	Glucose Sensor
Exello	GPSEXE Pro2	GPS Tracking Device
FES Institut	FES SwimSensor	GPS Tracking Device & Sensor
Garmin	HRM-SWIM REF O10-12342-00	Heart Rate Band
Garmin	HRM TRI REF O10-10997-09	Heart Rate Band
Movella	Xsens dot	Sensor
Polar	Polar OH1	Heart Rate Band
Polar	Verity Sense	Heart Rate Band
Polar	Polar H10	(Heart rate band / chest)
Polar	Polar OH1	(Heart rate sensor / head)
Tritonwear	Triton 2	Transponder

5.11. The wearables used must be reported to the participants' judge.

5.12. No paper protocols will be distributed during the event. We recommend using the SplashMe mobile app, which can be downloaded in advance from Google Play or the App Store here: [www.swimrankings.net/?page=splashme](http://www.swimrankings.net/?page=splashme).

## 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 AQUA points in 2 events sum total (only in the individual events), will be awarded with money prizes:

Overall place	Prize	Overall place	Prize
1	600 €	4	300 €
2	500 €	5	200 €
3	400 €	6	100 €

6.3. If two or more swimmers collect the same amount of AQUA points in 2 events, the winners will be announced according to the ranking he / she 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. FEES

- 7.1. Participation fee: 15 € / event.
- 7.2. Late entry – 30 € / event.
- 7.3. The fee must be paid for all participants included into the protocol.
- 7.4. Fine for missing the heat and finals – 15 €, relay – 30 € (exception in 4.9).
- 7.5. If you need an invoice, please contact [lpf.paraiskos@gmail.com](mailto:lpf.paraiskos@gmail.com).
- 7.6. Participation fee and fines must be paid to this account:

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

## VIII. PROTESTS

- 8.1. Protests are allowed only against violations of competition rules and regulations as well as in situations where the competition or participants are endangered.
- 8.2. 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.
- 8.3. Meet's Board of appeal will process protests according to the World Aquatics rules.
- 8.4. If the protest is upheld, the deposit will be returned.
- 8.5. If the protest is rejected, the deposit will be forfeited to the management body of the competition.

## 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>).

## X.CONTACTS

Email – [lpf.paraiskos@gmail.com](mailto:lpf.paraiskos@gmail.com).  
Internet site: [www.ltuaquatics.com](http://www.ltuaquatics.com).