

## REGULATIONS

### I. VENUE & DATE

- 1.1 Venue: Zalgirio Arena Swimming Pool, Karaliaus Mindaugo av. 50, Kaunas.
- 1.2 Date: 20–21 July, 2023.
- 1.3 Organized by the Association LTU Aquatics.
- 1.4 World Aquatics rules are applied.
- 1.5 Timing system "Alge Timing".
- 1.6 Competition pool: 10 lanes, 50 m; 2 lanes in 25 m swimming pool for a warm-up.
- 1.7 Head referee – Milda Šeibokaitė.

### II. PARTICIPANTS

- 2.1 Open event.
- 2.2 No age or level limits applied.
- 2.3 QUALIFYING EVENT FOR PARIS 2024 OLYMPIC GAMES.

### III. PROGRAME

*Pool entry – 30 min. before the start of a warm-up.*

Day I – July 20 <sup>th</sup> (Thursday)			
SESSION I		SESSION II	
Warm-up 10:00-10:55		Warm-up 16:00-16:55	
Start 11:00		Start 17:00	
1	400 m FREE	M	Slower heats
2	400 m FREE	W	Slower heats
3	200 m IM	M	Preliminaries
4	200 m IM	W	Preliminaries
5	200 m FLY	M	Preliminaries
6	200 m FLY	W	Preliminaries
7	100 m BACK	M	Preliminaries
8	100 m BACK	W	Preliminaries
9	200 m BREAST	M	Preliminaries
10	200 m BREAST	W	Preliminaries
11	100 m FREE	M	Preliminaries
12	100 m FREE	W	Preliminaries
1	400 m FREE	M	Fastest heat
2	400 m FREE	W	Fastest heat
3	200 m IM	M	Finals
4	200 m IM	W	Finals
5	200 m FLY	M	Finals
6	200 m FLY	W	Finals
7	100 m BACK	M	Finals
8	100 m BACK	W	Finals
9	200 m BREAST	M	Finals
10	200 m BREAST	W	Finals
11	100 m FREE	M	Finals
12	100 m FREE	W	Finals
13	1500 m FREE	M	Fastest heat
14	1500 m FREE	W	Fastest heat

## Day II – July 21<sup>st</sup> (Friday)

SESSION III				SESSION IV			
Warm-up 9:00-9:55				Warm-up 15:00-15:55			
Start 10:00				Start 16:00			
15	400 m IM	W	Fastest heat	28	800 m FREE	W	Fastest heat
16	400 m IM	M	Fastest heat	29	800 m FREE	M	Fastest heat
17	50 m FREE	W	Preliminaries	17	50 m FREE	W	Finals
18	50 m FREE	M	Preliminaries	18	50 m FREE	M	Finals
19	100 m BREAST	W	Preliminaries	19	100 m BREAST	W	Finals
20	100 m BREAST	M	Preliminaries	20	100 m BREAST	M	Finals
21	200 m BACK	W	Preliminaries	21	200 m BACK	W	Finals
22	200 m BACK	M	Preliminaries	22	200 m BACK	M	Finals
23	100 m FLY	W	Preliminaries	23	100 m FLY	W	Finals
24	100 m FLY	M	Preliminaries	24	100 m FLY	M	Finals
25	200 m FREE	W	Preliminaries	25	200 m FREE	W	Finals
26	200 m FREE	M	Preliminaries	26	200 m FREE	M	Finals
				27	10 x 50 m COMBO	MIX	Fastest heat

3.2 10 x 50 m combo relay laps:

3.2.1 1 x 50 m back, 4 x 50 m free, 2 x 50 m fly, 2 x 50 m breast, 1 x 50 m kick.

3.2.2 The first lap must be backstroke, the last lap must be kick, the distribution of the other laps is free.

3.2.3 Underwater phase of kick lap is unlimited, one underwater single arm movement is aloud at the finish.

3.2.4 Relay teams may include swimmers from different teams or countries. 5 men and 5 women members are required.

## IV. ENTRIES

4.1 The deadline to submit entries is **10<sup>th</sup> of July 2023, 23:59**.

4.2 Withdrawals are allowed until **19<sup>th</sup> of July 2023, 15:00**.

4.3 Late entries *are accepted* from 10 July (24:00) to 19 July (15:00) The late entry fee is 30 €/distance.

4.4 Extra event (not replacement and not withdrawal) is considered as a "late" entry.

4.5 **After 19 July 2023, 15:00**, no changes will be accepted.

4.6 Every participant must provide a valid medical certificate confirming that he / she can participate in the competition.

4.7 The team's valid health certificate forms are the responsibility of the team leader/appointed person.

4.8 Athletes participating individually must provide a valid medical certificate allowing them to participate in the competition.

4.9 The entry results must be achieved between 1 January 2022 and 10 July 2023.

4.10 **After 19 July 2023, 15:00**, withdrawals must be made by submitting a written request to the secretariat to exclude the athlete from the competition. After the request is submitted, the participant is not allowed to take part in any other events of this competition.

4.11 Teams are required to provide a separate Excel file that lists all athletes in the team application and their coaches.

4.12 Entries must be submitted:

Swimrankings.net online system	By "Entry Editor" file
<ul style="list-style-type: none"> <li>- Entries submitted.</li> <li>- "entries by athlete" sent by e-mail <a href="mailto:lpf.paraikos@gmail.com">lpf.paraikos@gmail.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• Applications indicate the best result of 50 m, 25 m pool result may be presented. (in the start protocol, the right of priority will also be given to the results of the first 50 m, then 25 m for the pool results).</li> <li>• For an athlete with no result, the NT is filled in.</li> </ul>

- It is necessary to indicate: the length of the pool, the date of achievement, the city (not the name of the competition).
- The completed applications are sent to the Association LTU Aquatics, indicating in the file name the name of your team (for example, Kaunas PM, Capital SC, ...).
- The results must be achieved in competitions ranked not lower than the main club competition.
- In case the results available in Swimrankings.net database do not correspond to those presented in the entry file the result is considered as "NT".
- All applications are submitted only by e-mail [lpf.paraiskos@gmail.com](mailto:lpf.paraiskos@gmail.com).
- The application is considered accepted if you have received a response.

## V. THE COMPETITION

- 5.1 The results are recorded by an electronic timing system.
- 5.1.1 Preliminary heats, slower heats, fastest heats, and final heats will be held as indicated in the "Programme".
- 5.1.2 Preliminary and final heats will be held for 50, 100 and 200 m distances.
- 5.1.3 In the 400 m FREE event, up to 3 men's and 3 women's heats will be held (up to 2 heats in the morning session and one heat in the evening session).
- 5.1.4 In the 400 IM, 800 and 1500 FREE events, one heat for men and women each will be held.  
- Participants who do not qualify for the competition will be notified by 12 July 2023.
- 5.2 Withdrawals from the finals must be submitted by the team leader within 30 minutes from the official announcement of the results of the preliminary heats.
- 5.3 Participants must proceed to the call room 10 minutes before the start. A participant who is late and does not proceed to the call room is not allowed to start.
- 5.4 An athlete who does not proceed to the call room is issued a fine in accordance with the clause 7.3 and 7.4.

## VI. AWARDS

- 6.1 The winners and medallists of the event, who have achieved the best results in individual events, are awarded with the medals for the I, II, III places.
- 6.2 The top swimmers of the event, who have achieved the highest results in the competition (according to the WA points table), summing up the WA ranking points of the two highest individual performances, are awarded with cash prizes:

I place W - 500 €	I place M - 500 €
III place - 300 €	
IV place - 200 €	
V place - 100 €	

- 6.3 If the athletes have reached an equal sum of WA points, summing up the 2 WA ranking points of the best events, the higher place is awarded to the athlete who will score more WA points the first (second, next) event.
- 6.5 An athlete who misses the award ceremony may lose his / her right to the award.
- 6.6 The relay winning team is awarded with the special prize.

## VII. FINANCIAL CONDITIONS

- 7.1 Event fees:
  - 7.1.1 Participation fee – 20 €/person.
  - 7.1.2 "Late" entry – 30 €/distance.
- 7.2 The event entry fee is paid for all participants included in the start protocol.
- 7.3 DNS in the preliminaries, heats (does not apply to 4.10) – 15 € fee.
- 7.4 DNS in the finals – 20 € fee.
- 7.5 Participation fee must be paid to association's account before the competition:  
**Association LTU Aquatics**  
**IBAN LT49 7044 0600 0150 1455**  
**AB SEB bank,**  
**SWIFT CBVILT2X**

## 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 together with the deposit of 100 € no later than 20 min following the conclusion of the respective race.
- 8.3 Meet's board of appeal will process protests according to the FINA rules.
- 8.4 In case of granted protest deposit will be returned.

## IX. FINAL PROVISIONS

- 9.1 Lithuanian Open Summer Swimming Championships 2023 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; participants' safety during arrival/departure and the competition; proper behaviour of their athletes during the competition and 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 Open Summer Swimming Championships will have to submit doping samples (more information: <https://www.antidopingas.lt/>).
- 9.6 Participants are responsible for their accommodation, catering, travel, and other expenses.
- 9.7 The organizers, if necessary, have the right to change the date, time, and programme of the competition.

## X. CONTACT

- 10.1 E-mail – [lpf.paraiskos@gmail.com](mailto:lpf.paraiskos@gmail.com)
- 10.2 The results and all competition-related documents are available on the LTU Aquatics website – [www.ltuaquatics.com](http://www.ltuaquatics.com).