

INVITATION

- 1.1. Venue: Girstutis pool & sports center, Kovo 11-osios g. 26, LT-51349 Kaunas.
- 1.2. Date: 3-6 of April, 2024 (Wednesday-Saturday).
- 1.3. Pool length – 50 m, 8 lanes.
- 1.4. Qualifying event for Paris 2024.
- 1.5. Organizers – LTU Aquatics.
- 1.6. The competition is held in accordance with the World Aquatics rules.

2. PARTICIPANTS AND STANDARDS

- 2.1. Swimmers from Lithuania and abroad are welcomed to participate in the Lithuanian Open Swimming Championships 2024 if they have met the competition standards (2.6) after 1 January 2023.
- 2.2. There is no age limit for participants.
- 2.3. The number of team members is not limited.
- 2.4. After 1 January 2023, athletes who have met the competition standards in less than three events have the right to start only in those events where they have met the competition standards.
- 2.4.1. After 1 January 2023, athletes who have met the competition standards of three or more events can start in an unlimited number of events if they compete in at least three events where they have met the competition standards.
- 2.5. To promote the sport of swimming, the athletes who have not met the competition standards after 1 January 2023 are invited to participate as well. Conditions for the participation of athletes who have not met the competition standards are as following:
 - 2.5.1. The entries of athletes who have not met the competition standards to be submitted in a separate document when submitting team entries.
 - 2.5.2. Athletes who do not meet the competition standards can participate in one event only.
 - 2.5.3. The competition organizers determine the maximum number of athletes who have not met the standards after the submission of entries on 24th of March.
 - 2.5.4. Athletes who have not met the standards of the competition may receive invitations from the organizers, considering the following:
 - The total number of competition participants.
 - WA ranking of the athlete.
 - Number of free lanes in the events.
- 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
2.24,10	2.27,43	200 m free	2.09,67	2.13,10
5.05,25	5.08,56	400 m free	4.36,97	4.47,18
10.25,51	10.32,62	800 m free	9.38,64	9.49,99
19.57,96	20.01,18	1500 m free	18.26,68	18.56,64
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
2.35,21	2.40,96	200 m back	2.17,84	2.26,05
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
2.55,60	3.01,53	200 m breast	2.36,80	2.44,58
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
2.36,08	2.38,95	200 m fly	2.21,24	2.24,49
2.39,02	2.44,58	200 m IM	2.23,06	2.28,76
5.37,90	5.47,58	400 m IM	5.06,41	5.18,20

3. SCHEDULE

Entrance to the swimming pool – 30 min. before the start of the warm-up. Before the relay swims, there will be a 15 min. break.

DAY I (3rd of April)

SESSION I – PRELIMS Warm-up 10:00–10:55 Beginning of the competition 11:00 val.				SESSION II– B/A FINALS Warm-up 17:00–17:55 Beginning of the competition 18:00			
1	50 m free	M	Q	1	50 m free	M	B/A finals
2	200 m free	W	Q	2	200 m free	W	B/A finals
3	200 m back	M	Q	3	200 m back	M	B/A finals
4	100 m back	W	Q	4	100 m back	W	B/A finals
5	200 m breast	M	Q	5	200 m breast	M	B/A finals
6	50 m fly	W	Q	6	50 m fly	W	B/A finals
7	1500 m free	M	Slower heats	7	1500 m fly	M	Fastest heat
8	1500 m free	W	Slower heats	8	1500 m fly	W	Fastest heat
				9	4 x 100 m medley	Mix.	Timed final

DAY II (4th of April)

DAY III– PRELIMS Warm-up 9:00–9:55 Beginning of the competition 10:00				SESSION IV– B/A FINALS Warm-up 16:00–16:55 Beginning of the competition 17:00			
10	50 m breast	W	Q	10	50 m breast	W	B/A finals
11	100 m breast	M	Q	11	100 m breast	M	B/A finals
12	400 m free	W	Q	12	400 m free	W	B/A finals
13	200 m free	M	Q	13	200 m free	M	B/A finals
14	100 m fly	W	Q	14	100 m fly	W	B/A finals
15	50 m fly	M	Q	15	50 m fly	M	B/A finals
16	200 m back	W	Q	16	200 m back	W	B/A finals
17	50 m back	M	Q	17	50 m back	M	B/A finals
18	400 m IM	W	Q	18	400 m IM	W	B/A finals
19	400 m IM	M	Q	19	400 m IM	M	B/A finals
				20	4 x 100 m free	W	Timed final
				21	4 x 100 m free	M	Timed final

DAY III (5th of April)

SESSION V– PRELIMS Warm-up 9:00–9:55 Beginning of the competition 10:00				SESSION VI– B/A FINALS Warm-up 16:00–16:55 Beginning of the competition 17:00			
22	100 m free	M	Q	22	100 m free	M	B/A finals
23	50 m free	W	Q	23	50 m free	W	B/A finals
24	100 m back	M	Q	24	100 m back	M	B/A finals
25	50 m back	W	Q	25	50 m back	W	B/A finals
26	200 m fly	M	Q	26	200 m fly	M	B/A finals
27	200 m fly	W	Q	27	200 m breast	W	B/A finals
28	800 m free	M	Slower heats	28	800 m free	M	Fastest heat
29	800 free	W	Slower heats	29	800 m free	W	Fastest heat
				30	4 x 100 m medley	M	Timed final
				31	4 x 100 m medley	W	Timed final

DAY IV (6th of April)

SESSION VII- PRELIMS Warm-up 9:00-9:55 Beginning of the competition 10:00				PART VIII- B/A FINALS Warm-up 14:30-15:25 Beginning of the competition 15:30			
32	100 m free	W	Q	32	100 m free	W	B/A finals
33	400 m free	M	Q	33	400 m free	M	B/A finals
34	200 m fly	W	Q	34	200 m fly	W	B/A finals
35	100 m fly	M	Q	35	100 m fly	M	B/A finals
36	100 m breast	W	Q	36	100 m breast	W	B/A finals
37	50 m breast	M	Q	37	50 m breast	M	B/A finals
38	200 m IM	W	Q	38	200 m IM	W	B/A finals
39	200 m IM	M	Q	39	200 m IM	M	B/A finals
				40	4 x 200 m free	W	Timed final
				41	4 x 200 m free	M	Timed final

4. ENTRIES

- 4.1. Entries must be submitted by no later than **24-03-2024, 24:00**
- 4.2. Changes/withdrawals will be accepted until **02-04-2024, 15:00**.
- 4.3. Late entries will be accepted from the 24th of March 24:00 to the 2nd of April 15:00. The fee -30€/event.
- 4.4. Extra event after 24-03-2024, 24:00, is a late entry.
- 4.5. No changes will be accepted after the **2nd of April 2024 15:00**.
- 4.6. Each competitor must have a doctor's visa, which confirms that the athlete is healthy and can participate in the competition.
- 4.7. Team leaders are responsible for the valid allowances. Entries must be submitted to competition organizers together with the list of team participants, certified by the seal and signature of the head of the organization.
- 4.8. Athletes participating without a team must submit a valid medical certificate to the organizers when sending the entry form, allowing them to participate in the competition. If the athlete cannot present a valid health certificate in the appropriate form, he/she must submit a signed document confirming that they are healthy and responsible for their own health during the championships. The legal representatives (parents/guardians) sign the paper for minor athletes.
- 4.9. The entry times must cover the period from 01-01-2023 to 24-03-2024.
- 4.10. 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 session where the relay event will take place). Only the number of relay named team applications specified in the team application is accepted.
- 4.11. Each club/sports school can have more than one relay team.
- 4.12. After the 2nd of April, 15:00, 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 present day. The start protocols will not be changed but the organizers will have information and will not apply the fine for those athletes.
- 4.13. Each organization must submit a separate Excel file of all the participating swimmers and their coaches.
- 4.14. Entries may be submitted as following:

Swimrankings.net online

- 1) All athletes and relay teams;
- 2) File "entries by athlete" must be sent to entries@ltuaquatics.com

"Entry Editor"

- A) 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);
- B) The completed application forms (entries) must be named after the team (i. e., Kauno PM, Sostines SC)....;

- C) The results must be achieved in the competition of at least the level of the sport's school;
- D) The swimmers whose achieved results mismatch with the results from the technical entry or are achieved in the event of lower level than sports school's level will start with the mark "no result";
- E) All entries must be sent only by e-mail: entries@ltuaquatics.com;
- F) Entries are considered to be accepted after a confirmation (reply) is received.

5. COMPETITION

- 5.1. The results of the competition are recorded by an electronic timing system.
- 5.2. The competition is held with preliminaries (prelims) and finals.
- 5.3. Preliminaries and finals will be held in 8 lanes.
- 5.4. The maximum number of participants of foreign teams in the "A" final cannot exceed four athletes; in the "B" final – no limit.
- 5.5. In the 50 m, 100 m, 200 m and 400 m events will be held "B" (for 9-16 places) and "A" (for 1-8 places) finals, which are formed according to the results achieved by the athletes in the preliminaries. "B" finals will be held in the events with no fewer than 24 participants.
- 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 – 11 minutes, 1500 m – 21 minutes. Swimming is stopped if the participants do not complete the event within the set time. Participants who did not finish the distance in time are recorded as DNF.
- 5.7. Relay swims are held as the timed finals. National relay teams and foreign relay teams are not eligible for the awards in relay swims.
- 5.8. 800 m and 1500 m freestyle events are held as the timed finals.
- 5.9. Before entering the race, the participant must register at the participants' judge in the call room. In the case of not show-up, the participant will not be allowed to participate in the event.
- 5.10. For the finals, two reserve names will be announced; they must come to the participants' meeting point. When there are 10 minutes left until the start, the reserve athlete will take their place if one of the eight finalists do not show up for the final.
- 5.11. The written withdrawal from the final must be handed to the secretary no later than 30 minutes after announcing the preliminary event results.

6. AWARDS

- 6.1. The first three swimmers/relay teams in each championships event, who have achieved the best results in the individual events in the "A" or timed finals, are awarded with medals for the I, II and III places.
- 6.2. The best six swimmers who will collect the higher amount of WA (FINA) points in total in three Olympic events (only in the individual events) will be awarded with monetary prizes:
 - I place – 600 €;
 - II place – 500 €;
 - III place – 400 €;
 - IV place – 300 €;
 - V place – 200 €;
 - VI place – 100 €.
- 6.3. If two or more swimmers collect the same amount of WA points in three events, the winners will be announced according to their ranking in the first (second, etc.) event.
- 6.4. The coaches of athletes who took I, II, and III places in individual events during the championships are invited together with the athletes to the medal ceremony for a family photo. The coaches of the champions will be awarded with special prizes. Also, LTU Aquatics will award the coaches of the six best championships' athletes with special prizes.
- 6.5. An athlete or a coach who does not attend the medal ceremony may lose the right to receive award.
- 6.6. There might be additional prizes.

6.7. Wearable devices that have been approved by the organizers are permitted for use during the competition.

Manufacturer	Product Name	Product Type
Abbott	FREESTYLE LIBRE 2	Glucose Sensor
Exelio	GPSEXE Pro2	GPS Tracking Device
FES Institut	FES SwimSensor	GPS Tracking Device & Sensor
Garmin	HRM-SWIM REF 010-12342-00	Heart Rate Band
Garmin	HRM TRI REF 010-10997-09	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

6.8. If wearable devices are used, they must be presented to the judge in the call room for inspection and registration.

7. FINANCIAL TERMS

- 7.1. Entry fee:
- Non-Lithuanian citizens and those representing a foreign country/club –15€/event;
 - Not meeting the competition standards – 15€ (for those who participate in one event only, with the personal invitation of the competition organizers).
- 7.2. "Late entry" – 30€/event.
- 7.3. The fee must be paid for all participants included into the protocol.
- 7.4. Entry fee to be paid here: <https://tickets.paysera.com/en/event/lietuvos-plaukimo-cempionatas-2024>
- 7.5. Fine for missing the prelim or final (without using the exception in 4.12) – 15€, for relay – 30€.
- 7.6. The participants are responsible for their own travel, accommodation, and food expenses.

8. PROTESTS

- 8.1. Protests are allowed only against competition rules and regulations violations and in situations where the competition or participants are endangered.
- 8.2. All protests must be submitted in writing to the referee together with a deposit of €50 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.

9. FINAL STATEMENTS

- 9.1. The Lithuanian Open Swimming Championships 2024 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. By submitting application form participants agree to the Terms and Conditions of the Event.
- 9.5. The participants of the Lithuanian Open Swimming Championships 2024 are eligible for the submission of the doping samples (more information: <https://www.antidopingas.lt>).
- 9.6. The Organizers reserve the right to amend the date, the schedule or the programme of the competition if necessary at any time.

10. CONTACTS

Email – entries@ltuaquatics.com

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