

REGULATIONS

1. VENUE AND DATE

- 1.1. Venue: Kaunas "Girstutis" Swimming Pool, Kovo 11-osios st. 26, Kaunas.
- 1.2. Date: June 20–22, 2024.
- 1.3. Pool length: 50 m, number of lanes: 8.

2. PARTICIPANTS

- 2.1. Athletes born in 2008 and younger.
- 2.2. Teams can register athletes who have met the qualifying standards between 2023-04-01 and 2024-06-10.
- 2.3. An athlete who has met the qualifying standard in any event is eligible to participate in an unlimited number of events.
- 2.4. An athlete must participate in at least one event where they have met the qualifying standard.
- 2.5. Athletes who do not meet the age requirements may participate in the championships but only in preliminary heats and are not eligible for awards.

3. PROGRAM

Entrance to the swimming pool 30 minutes before the start of the warm-up!

DAY 1 – June 20 (Thursday)

Part I – Heats

Warm-up 9:00-9:55		Competition starts at 10:00
Event 1	W 50 m Breaststroke	Q
Event 2	M 200 m Backstroke	Q
Event 3	W 100 m Butterfly	Q
Event 4	M 200 m Freestyle	Q
Event 5	W 50 m Backstroke	Q
Event 6	M 50 m Breaststroke	Q
Event 7	W 200 m Freestyle	Q
Event 8	M 100 m Butterfly	Q
Event 9	W 200 m IM	Q
Event 10	M 1500 m Freestyle	Slower heats
Event 11	W 800 m Freestyle	Slower heats

DAY 1 – June 20 (Thursday)

Part II – Finals

Warm-up 16:00-16:55		Competition starts at 17:00
Event 1	W 50 m Breaststroke	B / A
Event 2	M 200 m Backstroke	B / A
Event 3	W 100 m Butterfly	B / A
Event 4	M 200 m Freestyle	B / A
Event 5	W 50 m Backstroke	B / A
Event 6	M 50 m Breaststroke	B / A
Event 7	W 200 m Freestyle	B / A
Event 8	M 100 m Butterfly	B / A
Event 9	W 200 m IM	B / A
Event 10	M 1500 m Freestyle	Fastest heat
Event 11	W 800 m Freestyle	Fastest heat
Event 12	M 4 x 100 m Medley	Timed finals
Event 13	W 4 x 100 m Medley	Timed finals

DAY 2 – June 21 (Friday)

Part III – Heats		
Warm-up 9:00-9:55		Competition starts at 10:00
Event 14	W 400 m Freestyle	Q
Event 15	M 400 m Freestyle	Q
Event 16	W 100 m Breaststroke	Q
Event 17	M 50 m Backstroke	Q
Event 18	W 200 m Butterfly	Q
Event 19	M 50 m Freestyle	Q
Event 20	W 100 m Backstroke	Q
Event 21	M 200 m Breaststroke	Q
Event 22	W 50 m Freestyle	Q
Event 23	M 200 m Butterfly	Q
Event 24	W 400 m IM	Q
Event 25	M 400 m IM	Q

Part IV – Finals

Warm-up 16:00-16:55		Competition starts at 17:00
Event 14	W 400 m Freestyle	B / A
Event 15	M 400 m Freestyle	B / A
Event 16	W 100 m Breaststroke	B / A
Event 17	M 50 m Backstroke	B / A
Event 18	W 200 m Butterfly	B / A
Event 19	M 50 m Freestyle	B / A
Event 20	W 100 m Backstroke	B / A
Event 21	M 200 m Breaststroke	B / A
Event 22	W 50 m Freestyle	B / A
Event 23	M 200 m Butterfly	B / A
Event 24	W 400 m IM	B / A
Event 25	M 400 m IM	B / A
Event 26	W 4 x 200 m Freestyle	Timed finals
Event 27	M 4 x 200 m Freestyle	Timed finals

DAY 3 – June 22 (Saturday)

Part V – Heats		
Warm-up 9:00-9:55		Competition starts at 10:00
Event 28	M 100 m Backstroke	Q
Event 29	W 200 m Breaststroke	Q
Event 30	M 100 m Freestyle	Q
Event 31	W 50 m Butterfly	Q
Event 32	M 100 m Breaststroke	Q
Event 33	W 200 m Backstroke	Q
Event 34	M 50 m Butterfly	Q
Event 35	W 100 m Freestyle	Q
Event 36	M 200 m IM	Q
Event 37	W 1500 m Freestyle	Slower heats
Event 38	M 800 m Freestyle	Slower heats

Part VI – Finals

Warm-up 15:00-15:55		Competition starts at 16:00
Event 28	M 100 m Backstroke	B / A
Event 29	W 200 m Breaststroke	B / A
Event 30	M 100 m Freestyle	B / A
Event 31	W 50 m Butterfly	B / A
Event 32	M 100 m Breaststroke	B / A
Event 33	W 200 m Backstroke	B / A
Event 34	M 50 m Butterfly	B / A
Event 35	W 100 m Freestyle	B / A
Event 36	M 200 m IM	B / A
Event 37	W 1500 m Freestyle	Fastest heat
Event 38	M 800 m Freestyle	Fastest heat
Event 39	W 4 x 100 m Freestyle	Timed finals
Event 40	M 4 x 100 m Freestyle	Timed finals

4. ENTRIES

4.1. Technical entries must be submitted by June 11, 2024, 12:00 PM.

4.2. Changes / withdrawals (changing events after submission is not allowed) can be made until June 19, 2024, 12:00 PM. If an athlete is unable to participate in an event due to significant reasons, the organization leader /coach must submit a written request to the secretariat to withdraw the athlete from the event before the warm-up of the session in which the event is held.

4.3. Each athlete participating in the championships must have a valid health certificate. The sending organization is responsible for ensuring and verifying the validity of such certificates.

4.4. Submitted results must be achieved in official competitions and recorded in the swimrankings.net system. If the result is not recorded in the swimrankings.net system, a copy of the protocol of the competition where the result was achieved must be sent via email to entries@ltuaquatics.com when submitting the entry.

4.5. Entries can be submitted:

Via the Swimrankings.net online system

- Athlete data, events, and number of relay teams must be provided.
- The file "entries by athlete" generated by the system must be sent via email to entries@ltuaquatics.com

Using the "Entry Editor" program

- Entries must indicate the best 50 m or 25 m result and meet the qualifying standards.
- For athletes who have not achieved a result in the event during the qualifying period (2.2), NT is used.
- When filling in results, the pool length, achievement date, and city must be indicated.
- An entry is considered accepted if a response is received.

4.6. Results can be found on our website: www.ltuaquatics.com.

5. TIME STANDARDS

WOMEN		EVENT	MEN	
25 m	50 m		25 m	50 m
31,12	32,12	50 m Freestyle	27,46	28,37
1.08,19	1.10,18	100 m Freestyle	1.00,99	1.03,66
2.38,21	2.41,87	200 m Freestyle	2.22,37	2.26,14
5.35,15	5.38,79	400 m Freestyle	5.04,10	5.15,30
11.26,77	11.34,58	800 m Freestyle	10.35,31	10.47,77
21:55,29	21:58,83	1500 m Freestyle	20:13,38	20:47,96
34,83	36,61	50 m Backstroke	30,15	32,57
1.14,49	1.18,13	100 m Backstroke	1.06,34	1.10,37
2.50,82	2.56,73	200 m Backstroke	2.31,34	2.40,35
38,76	39,90	50 m Breaststroke	34,26	35,21
1.24,63	1.27,03	100 m Breaststroke	1.15,47	1.17,19
3.12,80	3.19,31	200 m Breaststroke	2.52,16	3.00,69
33,08	33,15	50 m Butterfly	29,51	30,22
1.14,11	1.15,29	100 m Butterfly	1.05,25	1.07,18
2.51,37	2.54,52	200 m Butterfly	2.35,06	2.38,64
2.54,59	3.00,69	200 m IM	2.37,07	2.43,33
6.10,99	6.21,23	400 m IM	5.36,42	5.49,36

6. COMPETITION, AWARDS

- 6.1. The competition will follow the "World Aquatics" rules.
- 6.2. Competition results to be recorded using the Swiss Timing electronic timing system.
- 6.3. Preliminary and final heats to be held for distances from 50 m to 400 m.
 - 6.3.1. A and B finals to be held if more than 19 athletes participate in the event.
 - 6.3.2. A final to be held if 9-19 athletes participate.
 - 6.3.3. If 8 or fewer athletes are registered, the event will be held as a timed final in the evening session.
- 6.4. The maximum number of foreign team participants in the "A" final is 4; there is no limit for the B final.
- 6.5. For 800 and 1500 m freestyle events, slower heats to be held in the morning session and the fastest heat – in the evening session.
- 6.6. Relay events will be held as timed finals.
- 6.7. Participants' clothing and swimwear must comply with the "World Aquatics" requirements.
- 6.8. A participant must register at the participants' official before the swim. Participants who do not report are not allowed to start in the event.
- 6.9. Winners of 1–3 places in individual and relay events will be awarded with medals.
- 6.10. Doping samples may be taken from the participants of the championships (more information: <https://www.antidopingas.lt/>).
- 6.11. Three girls and three boys who will achieve the highest results according to the WA points table, summing up the three individual event WA rating points, will be awarded with money prizes (girls, boys: I place – €200, II place – €150, III place – €100) and cups.
- 6.12. If athletes achieve the same WA points sum after summing the results of 3 events, the higher place will be awarded to the athlete who has achieved more first (second, third, etc.) places in individual

events. If the results are the same in this category, the higher place will be awarded to the athlete who has achieved more WA points in one event.

6.13. The official championships results ranking is considered as recorded in the championships protocol, using the computer program used by the organizers at that time.

6.14. Withdrawal from the final must be submitted in writing to the secretariat no later than 20 minutes after the announcement of the preliminary heat results.

6.15. An athlete who does not attend the award ceremony may lose the right to the award.

7. PROTESTS

7.1. Protests are considered if submitted regarding the compliance with competition rules and regulations, or if the actions of participants, judges, or spectators pose a threat, but not against the fact of the violation.

7.2. Protests must be submitted in writing along with a €50 deposit no later than 30 minutes after the appealed incident.

7.3. Protests are considered by the appeal committee according to the "World Aquatics" rules.

7.4. If the protest is upheld, the deposit is refunded.

8. FINANCIAL CONDITIONS

8.1. Participation fee is €20 for each athlete submitted.

8.2. For the athletes participating out of the competition, the participation fee is €10 per event.

8.3. Fine for missed event, when no withdrawal submitted on time in an individual event is €15, relay – €30.

9. FINAL PROVISIONS

9.1. The Lithuanian Junior Swimming Championships is a public event that may be filmed and photographed.

9.2. Participants agree that the filmed or photographed material will be distributed in the media or online.

9.3. Team leaders are responsible for:

9.3.1. Timely submission of documents;

9.3.2. Safety of participants during travel and competition;

9.3.3. Proper behaviour of participants during the competition and free time.

9.4. By submitting an entry, the team confirms that they have read and will comply with these regulations.