

Panevėžio “Žemynos“ Olympic Games athletes’ Swimming Cup Competition 2024

November 22nd -23rd , 2024

Competition organizers:

The competition will be conducted under the rules of Panevėžio “Žemynos” progymnasium and Panevėžys swimming club “Vandenis” .

Competition Coach - Aivaras Šaulianskas, e-mail: aiwaxl@gmail.com,

Competition Secretary - Guoda Jonelytė-Lukošienė, email: guodziuka@gmail.com

I age group: female (2007- 2010), male (2006 – 2009)

II age group: female (2011 – and younger), male (2010 – and younger)

Competition Program	
November 22nd (Friday)	November 23rd (Saturday)
Workout 3.00 pm	Workout 9.00 am
Competition 4.00 pm	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.
- The first three results will be awarded with cups separately for each age group of swimmers (female or male), 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 organized in accordance with the regulations of FINA and LTU Aquatics. The competition has a one-start rule. Each participant can start in two distances per day.
- A medical certificate is necessary.
- Entry fee 20 € (entry fee for one day - 10 €). All expenses are covered by the sending organization or by the participants themselves.
- Team leaders are responsible for the proper behavior of the participants either during the competitions or leisure time. By submitting an application, the team confirms that they have read these regulations and will comply with them.
- It should be noted that swimming competition is a public event, so it is legitimate to take photos, film and spread information through social media or internet.
- All participants in the competition - athletes, coaches, judges, spectators must comply with the safety requirements set by the government of Lithuania Republic. During the competition, the internal rules of the swimming pool are valid.
- The athletes are let in the swimming - pool no earlier than 15 min. until the beginning of the workout.
- The organizers have the right to change the competition workout and competition time if it is necessary.
- An athlete who does not attend the award ceremony may lose the right to the prize.

Submission of applications:

- Participating teams have to inform about their participation in the competition by 2024. November 14th, 8:00 p.m. via an email: aiwaxl@gmail.com
- After receiving an e-mail about participation, the generated file for filling in the application in the "Entry editor" program will be sent. The applications have to be filled in by adding the names of athletes, their results.

- Completed technical applications forms should be sent: guodziuka@gmail.com up to November 19th, **9:00 pm**
- Possible changes should be sent: guodziuka@gmail.com up November 20th, **5:00 pm**
- Possible withdrawal should be sent: guodziuka@gmail.com up to November 21st, **5:00 pm**

The chairman of Panevėžys swimming Club “Vandenis”

Aivaras Šaulianskas, +370861486501