

# BALTIC STATES SWIMMING CHAMPIONSHIPS 2025

8th - 9th of March, Tartu



## VENUE AND TIME

- The competition will take place on the 8th and 9th of March 2025 in Tartu.
- 8 lane 50m Aura Waterpark swimming pool.
- The arrival date is 7th of March.

## ORGANISATION

The event is organised by Estonian Swimming Federation (EUL). The competition will be officiated by a panel of referees appointed by EUL and judging will be conducted in accordance with World Aquatics (WA) rules and regulations.

## TERMS OF

## PARTICIPATION

The Baltic States Championship is open for the athletes from Baltic States - Estonia, Latvia and Lithuania. There is no limit to the number of participants per team in preliminaries. **The entry time standards are set at 475 AQUA points for youth, 525 AQUA points for juniors and open category. At least 2 competitors per country despite points are allowed to take part in each event in youth and junior category.** Entry times can be achieved in 50m pool or 25m pool but entry times from 50 m pools will be seeded ahead of times from 25 m pools. All entry times must have been achieved within 15 months prior to the start of the competition. There is no limit to the number of relay entries per team.

## AGE GROUPS

Youth (Y): Athletes born in the year 2009 and later

Junior (J): Athletes born in the year 2007 and 2008

Open (O): There is no age limitation for this category

## AWARDS AND TEAM SCORING

Medals will be awarded to the top three finishers in each age group for individual events and relays. In each age group, the best male and female swimmers, determined by the highest combined World Aquatics (AQUA) points in two events, will receive special prizes. In the case of a tie in combined scores, the winner will be the athlete with the higher WA points in their top event. For the Baltic Team Trophy, points will be awarded to two fastest swimmers from each participating country in each age group for individual events as follows: 1st place – 7 points, 2nd place – 5 points, 3rd place – 4 points, 4th place – 3 points, 5th place – 2 points, 6th place – 1 point. In relay events, the fastest team from each country in every age group earns points as follows: 1st place – 14 points, 2nd place – 10 points, 3rd place – 8 points. A cup will be awarded to the team based on their overall ranking.

## COMPETITION RULES

- The competition will be conducted with preliminaries, and A and B finals for all individual events, adhering to World Aquatics swimming rules and regulations.
- All relay events will be conducted as timed finals.
- In the event that fewer than 16 participants achieve the time standards in an event during preliminaries, the 'all minus one athlete' rule will be applied, whereby the slowest swimmer will be ineligible for the finals.
- Winners in the youth and junior age groups for individual events will be determined based on times from the preliminary heats, which will serve as timed final races.
- Relay events scheduled for the morning sessions will be exclusively for youth and junior age groups.

<b>DAY I</b>							
<b>SATURDAY, MARCH 08</b>							
<b>MORNING SESSION</b>				<b>EVENING SESSION</b>			
<b>Warm-up 8:45-9:55</b>				<b>Warm-up 16:00-16:50</b>			
<b>Start 10:00</b>				<b>Start 17:00</b>			
1	M	100 m Free	Preliminaries	1	M	100 m Free	Finals
2	W	200 m Free	Preliminaries	2	W	200 m Free	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
3	M	200 m Breast	Preliminaries	3	M	200 m Breast	Finals
4	W	100 m Breast	Preliminaries	4	W	100 m Breast	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
5	M	100 m Back	Preliminaries	5	M	100 m Back	Finals
6	W	200 m Back	Preliminaries	6	W	200 m Back	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
7	M	200 m Fly	Preliminaries	7	M	200 m Fly	Finals
8	W	100 m Fly	Preliminaries	8	W	100 m Fly	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
9	M	400 m Free	Preliminaries	9	M	400 m Free	Finals
10	W	50 m Free	Preliminaries	10	W	50 m Free	Finals
11	M	50 m Breast (O)	Preliminaries	11	M	50 m Breast (O)	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
12	M	200 m IM	Preliminaries	12	M	200 m IM	Finals
13	W	400 m IM	Preliminaries	13	W	400 m IM	Finals
14	M	50 m Fly (O)	Preliminaries	14	M	50 m Fly (O)	Finals
15	W	50 m Back (O)	Preliminaries	15	W	50 m Back (O)	Finals
16	M	4x100 m Medley Relay (Y,J)	Timed final	16	M	4x100 m Medley Relay (O)	Timed final
17	W	4x100 m Free Relay (Y,J)	Timed final	17	W	4x100 m Free Relay (O)	Timed final
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			

**DAY II**  
**SATURDAY, MARCH 09**

<b>MORNING SESSION</b>				<b>EVENING SESSION</b>			
<b>Warm-up 8:45-9:55</b>				<b>Warm-up 15:00-15:55</b>			
<b>Start 10:00</b>				<b>Start 16:00</b>			
18	M	100 m Free	Preliminaries	18	M	100 m Free	Finals
19	W	200 m Free	Preliminaries	19	W	200 m Free	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
20	M	200 m Breast	Preliminaries	20	M	200 m Breast	Finals
21	W	100 m Breast	Preliminaries	21	W	100 m Breast	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
22	M	100 m Back	Preliminaries	22	M	100 m Back	Finals
23	W	200 m Back	Preliminaries	23	W	200 m Back	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
24	M	200 m Fly	Preliminaries	24	M	200 m Fly	Finals
25	W	100 m Fly	Preliminaries	25	W	100 m Fly	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
26	M	400 m Free	Preliminaries	26	M	400 m Free	Finals
27	W	50 m Free	Preliminaries	27	W	50 m Free	Finals
28	M	50 m Breast (O)	Preliminaries	28	M	50 m Breast (O)	Finals
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
29	M	200 m IM	Preliminaries	29	M	200 m IM	Finals
30	W	400 m IM	Preliminaries	30	W	400 m IM	Finals
31	M	50 m Fly (O)	Preliminaries	31	M	50 m Fly (O)	Finals
32	W	50 m Back (O)	Preliminaries	32	W	50 m Back (O)	Finals
33	M	4x100 m Medley Relay (Y,J)	Timed final	33	M	4x100 m Medley Relay (O)	Timed final
34	W	4x100 m Free Relay (Y,J)	Timed final	34	W	4x100 m Free Relay (O)	Timed final
<b>Award ceremony Youth and Junior</b>				<b>Award ceremony Open</b>			
				<b>TEAMS AND BEST PERFORMANCE AWARDS CEREMONY</b>			

**ENTRIES  
AND FEES**

Final Entries should be submitted using the Online Entry System that can be found on the address: <https://www.swimrankings.net/manager/>. System closes on 3rd of March 2025 at 23:59. All competing swimmers must be entered in the meet (even if they are not swimming in individual events) and relay entries should be filled with the names of the swimmers respectively. Names for the team delegates together with the Entry Reports must be sent by the team representative by midnight on the 3rd of March 2025 to the address: [swimming@swimming.ee](mailto:swimming@swimming.ee) indicating in the e-mail subject the names of the meet and the team. The last corrections (substitution or withdrawal) for an individual or relay events must be submitted to the secretary of the competition no later than 30 minutes before the start of the session in which the race takes place. By submitting the entries, the represented organisation confirms all participants' eligibility of their health conditions and ability of all entrants to take part in competition, and takes the full responsibility of their health insurance, accommodation, catering and travel etc. expenses. Participation fee of 30,00 EUR for each athlete shall be paid by 6th of March using bank transfer.

**CONTACTS**

General questions: Katriin Kersa, sports manager - [katriin@swimming.ee](mailto:katriin@swimming.ee), +372 5258 858  
Competition Director: Mihhail Strungar - [mihhail@tuksport.ee](mailto:mihhail@tuksport.ee), +372 5332 1533  
Entries and withdrawals: [swimming@swimming.ee](mailto:swimming@swimming.ee)