

1. INVITATION

- 1.1. **Venue:** Lazdynai swimming pool, Erfurto g. 13, Vilnius
- 1.2. **Date:** 2025 m. April 3–6 d. (Thursday–Sunday).
- 1.3. Pool length – 50 m, 10 lanes.
- 1.4. **Organizers** – LTU Aquatics.
- 1.5. The competition is held in accordance with the World Aquatics rules.
- 1.6. WA Qualifying event.

2. PARTICIPANTS AND STANDARDS

- 2.1. Swimmers from Lithuania and abroad (except athletes from Russia and Belarus who do not have a permanent residence permit to live in the Republic of Lithuania) are welcomed to participate in the Lithuanian Open Swimming Championships 2024 if they have met the competition standards (2.6) after 1 January 2024.
- 2.2. There is no age limit for participants.
- 2.3. The number of team members is not limited.
- 2.4. Athletes who have met the competition standards after 1 January 2024 in less than three events have the right to start only in those events where they have met the competition standards.
- 2.4.1. Athletes who after 1 January 2024 have met the competition standards of three or more events can participate 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 after 1 January 2024 have not met the competition standards are invited to participate as well. Conditions for the participation of athletes who have not met the competition standards are as follows:
 - 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 21st 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

LITHUANIAN SWIMMING CHAMPIONSHIPS 2025



3. SCHEDULE

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

	2025 04 03 Thursday	2025 04 04 Friday	2025 04 05 Saturday	2025 04 06 Sunday
PRELIMS (*SLOWER HEATS)	Warm-up 10:00–10:55 Session starts at 11:00	Warm-up 9:00–9:55 Session starts at 10:00	Warm-up 9:00–9:55 Session starts at 10:00	Warm-up 9:00–9:55 Session starts at 10:00
	50 m free M	50 m breast W	100 m free M	100 m free W
	200 m free W	100 m breast M	50 m free W	400 m free M
	200 m back M	400 m free W	100 m back M	200 m fly W
	100 m back W	200 m free M	50 m back W	100 m fly M
	200 m breast M	100 m fly W	200 m fly M	100 m breast W
	50 m fly W	50 m fly M	200 m fly W	50 m breast M
	1500 m free* M	200 m back W	800 m free* M	200 m IM W
	1500 m free* W	50 m back M	800 m free* W	200 m IM M
		400 m IM* W		
		400 m IM* M		
B/A FINALS (*FASTEST HEATS, TIMED FINALS)	Warm-up 17:00–17:55 Session starts at 18:00	Warm-up 16:00–16:55 Session starts at 17:00	Warm-up 16:00–16:55 Session starts at 17:00	Warm-up 15:00–15:55 Session starts at 16:00.
	50 m free M	50 m breast W	100 m free M	100 m free W
	200 m free W	100 m breast M	50 m free W	400 m free M
	200 m back M	400 m free W	100 m back M	200 m fly W
	100 m back W	200 m free M	50 m back W	100 m fly M
	200 m breast M	100 m fly W	200 m fly M	100 m breast W
	50 m fly W	50 m fly M	200 m breast W	50 m breast M
	1500 m free* M	200 m back W	800 m free* M	200 m IM W
	1500 m free* W	50 m back M	800 m free* W	200 m IM M
	4 x 100 m medley* Mix.	400 m IM W	4 x 100 m medley* M	4 x 200 m free* W
		400 m IM M	4 x 100 m medley* W	4 x 200 m free* M
		4 x 100 m free* W		
		4 x 100 m free* M		

4. ENTRIES

- 4.1. Entries must be submitted by no later than **2025 March 21st 23:59**
- 4.2. Changes/withdrawals will be accepted until **2025 April 1st 15:00**
- 4.3. Late entries will be accepted from the 21st of March 24:00 to the 1st of April 15:00. The fee –30€/event.
- 4.4. Extra event after 21st of March 24:00, is a late entry.
- 4.5. No changes will be accepted after the **1st of April 2025 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 2024 January 1st to 2025 m. March 21st.
- 4.10. With entries you must submit the exact number of the relay teams for relay events in which your team is willing to participate. Only the teams who have submitted the relay teams 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).
- 4.11. Each club/sports school can have more than one relay team.
- 4.12. After the 1st 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 follows:
Swimrankings.net/manager:
 - 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 no 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 sports 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 competition will start with the mark "no result";
 - E) All entries must be sent only by e-mail: **entries@ltuaquatics.com**.
 - F) Entries are accepted after 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 10 lanes. Finals will be held in 8 lanes.
- 5.4. The maximum number of participants of foreign teams in the "A" final cannot exceed two (2) 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 call room. In the event of not showing 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.
- 5.12. Wearable devices that have been approved by the organizers are permitted for use during the competition:

Manufacturer	Product name	Product type
Abbot	FREESTYLE LIBRE 2	Glucose sensor
Exellio	GPSEXE Pro2	GPS tracking device
FES Institut	FES SwimSensor	GPS tracking device and 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 band (head)
Tritonwear	Triton 2	Transponder

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

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 medals for the I, II and III places.
- 6.2. The best six swimmers who will collect the higher amount of WA points in total in three Olympic events (only in the individual events) will be awarded monetary prizes:
1st place - 1000 €;
2nd place - 800 €;
3rd place - 600 €;
4th place - 400 €;
5th place - 300 €;
6th place - 200 €.
- 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 group photo. 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 an award.
- 6.6. There might be additional prizes.

7. FINANCIAL TERMS

- 7.1. Entry fee:
• Non-Lithuanian citizens and those representing a foreign country/club –15€/event;
• Not meeting the competition standards – 30€ (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 in the start lists.
- 7.4. Entry fee to be paid here: [LINK](#)

- 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 €100 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 2025 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 and the schedule of the competition if necessary.

10. CONTACTS

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