

COMPETITION REGULATIONS

1. Place and date

- 1.1 Location: Girstutis swimming pool, Kovo 11-osios g. 26, Kaunas
- 1.2 Time: July 16–17
- 1.3 Pool length: 50 m. Number of lanes – 8.
- 1.4 Organizer – Association LTU Aquatics.

2. Participants

2.1 Lithuanian and foreign athletes (except for Russian and Belarusian athletes who do not have a permanent residence permit in the Republic of Lithuania) who have fulfilled the competition time standards after 1 March 2024 (Item 4) may participate in the Lithuanian Junior Championship and age group championships.

2.2 The championship is open to swimmers with disabilities (participants of the World and European Championships, winners of the Lithuanian Championships) and athletes from other countries. The aforementioned swimmers do not apply for the awards and can swim only in preliminary heats.

2.3 Age groups:

- 1st AG: YoB 2006 and older
- 2nd AG Junior: 2007 – 2008 YoB
- 3rd AG: 2009 – 2010 YoB
- 4th AG: 2011 – 2012 YoB
- Children I 2013 YoB
- Children II 2014 YoB
- Children III YoB 2015 and younger

3. Schedule

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

DAY I – July 16 (Wednesday)		
PART I – PRELIMINARY HEATS/TIMED FINALS		
Warm up: 10:00 – 10:55		Start of the competition: 11:00
Event 1	F 50 m backstroke	Timed finals by AG
Event 2	M 50 m breaststroke	Timed finals by AG
Event 3	F 50 m butterfly	Timed finals by AG
Event 4	M 400 m medley	Timed finals by AG
Event 5	F 100 m freestyle	Timed finals by AG
Event 6	M 100 m backstroke	Timed finals by AG
Event 7	F 100 m breaststroke	Timed finals by AG
Event 8	M 200 m freestyle	Timed finals by AG
Event 9	F 200 m backstroke	Timed finals by AG
Event 10	M 200 m breaststroke	Timed finals by AG
Event 11	F 200 m butterfly	Timed finals by AG
Event 12	M 100 m butterfly	Timed finals by AG
Event 13	F 200 m medley	Timed finals by AG
Event 14	M 50 m freestyle	Timed finals by AG
Event 15	F 400 m freestyle	Timed finals by AG
Event 16	M 800 m freestyle	Timed finals OPEN AG

DAY I – July 16 (Wednesday)		
PART II – FINALS		
Warm up: after the end of the first part		Start of the competition: 2 hours after the end of the first session
Event 1	F 50 m backstroke	B/A – Junior Championship
Event 2	M 50 m breaststroke	B/A – Junior Championship
Event 3	F 50 m butterfly	B/A – Junior Championship
Event 4	M 400 m medley	B/A – Junior Championship
Event 5	F 100 m freestyle	B/A – Junior Championship
Event 6	M 100 m backstroke	B/A – Junior Championship
Event 7	F 100 m breaststroke	B/A – Junior Championship
Event 8	M 200 m freestyle	B/A – Junior Championship
Event 9	F 200 m backstroke	B/A – Junior Championship
Event 10	M 200 m breaststroke	B/A – Junior Championship
Event 11	F 200 m butterfly	B/A – Junior Championship
Event 12	M 100 m butterfly	B/A – Junior Championship
Event 13	F 200 m medley	B/A – Junior Championship
Event 14s	M 50 m freestyle	B/A – Junior Championship
Event 15	F 400 m freestyle	B/A – Junior Championship

DAY II - July 17 (Thursday)

PART I - RELIMINARY HEATS/TIMED FINALS

Warm up: 9:00 - 9:55		Start of the competition: 10:00
Event 17	M 50 m backstroke	Timed finals by AG
Event 18	F 50 m breaststroke	Timed finals by AG
Event 19	M 50 m butterfly	Timed finals by AG
Event 20	F 400 m medley	Timed finals by AG
Event 21	M 100 m freestyle	Timed finals by AG
Event 22	F 100 m backstroke	Timed finals by AG
Event 23	M 100 m breaststroke	Timed finals by AG
Event 24	F 200 m freestyle	Timed finals by AG
Event 25	M 200 m backstroke	Timed finals by AG
Event 26	F 200 m breaststroke	Timed finals by AG
Event 27	M 200 m butterfly	Timed finals by AG
Event 28	F 100 m butterfly	Timed finals by AG
Event 29	M 200 m medley	Timed finals by AG
Event 30	F 50 m freestyle	Timed finals by AG
Event 31	M 400 m freestyle	Timed finals by AG
Event 32	F 800 m freestyle	Timed finals OPEN AG

DAY II - July 17 (Thursday)

PART II - FINALS

Warm up: after the end of the first part		Start of the competition: 2 hours after the end of the first session
Event 17	M 50 m backstroke	B/A - Junior Championship
Event 18	F 50 m breaststroke	B/A - Junior Championship
Event 19	M 50 m butterfly	B/A - Junior Championship
Event 20	F 400 m medley	B/A - Junior Championship
Event 21	M 100 m freestyle	B/A - Junior Championship
Event 22	F 100 m backstroke	B/A - Junior Championship
Event 23	M 100 m breaststroke	B/A - Junior Championship
Event 24	F 200 m freestyle	B/A - Junior Championship
Event 25	M 200 m backstroke	B/A - Junior Championship
Event 26	F 200 m breaststroke	B/A - Junior Championship
Event 27	M 200 m butterfly	B/A - Junior Championship
Event 28	F 100 m butterfly	B/A - Junior Championship
Event 29	M 200 m medley	B/A - Junior Championship
Event 30	F 50 m freestyle	B/A - Junior Championship
Event 31	M 400 m freestyle	B/A - Junior Championship

- Participants of Children II and III age groups can only participate in the 50, 100, 200 m events.

4. Time Standards

1st AG					2nd AG Junior			
Girls		Boys		Event	Girls		Boys	
25 m	50 m	25 m	50 m		25 m	50 m	25 m	50 m
28,88	29,82	25,50	26,34	50 m freestyle	29,70	30,66	26,21	27,08
1.03,31	1.05,15	56,62	59,10	100 m freestyle	1.05,09	1.06,98	58,21	1.00,76
2.24,10	2.27,43	2.09,67	2.13,10	200 m freestyle	2.31,14	2.34,63	2.16,00	2.19,60
5.05,25	5.08,56	4.36,97	4.47,18	400 m freestyle	5.20,16	5.23,64	4.50,50	5.01,21
10.25,51	10.32,62	9.38,64	9.49,99	800 m freestyle	10.56,07	11.03,53	10.06,91	10.18,82
32,34	33,99	27,99	30,23	50 m backstroke	33,25	34,95	29,67	32,04
1.09,15	1.12,53	1.01,58	1.05,32	100 m backstroke	1.11,10	1.14,57	1.05,27	1.09,23
2.35,21	2.40,96	2.17,84	2.26,05	200 m backstroke	2.43,19	2.48,83	2.24,57	2.33,18
35,98	37,04	31,81	32,69	50 m breaststroke	36,99	38,08	33,71	34,65
1.18,56	1.20,79	1.10,06	1.11,66	100 m breaststroke	1.20,78	1.23,07	1.14,25	1.15,95
2.55,60	3.01,53	2.36,80	2.44,58	200 m breaststroke	3.04,18	3.10,40	2.44,46	2.52,62
30,71	30,77	27,40	28,05	50 m butterfly	31,58	31,64	29,04	29,73
1.08,80	1.09,90	1.00,57	1.02,36	100 m butterfly	1.10,74	1.11,87	1.04,20	1.06,09
2.36,08	2.38,95	2.21,24	2.24,49	200 m butterfly	2.43,71	2.46,72	2.28,14	2.31,55
2.39,02	2.44,58	2.23,06	2.28,76	200 m medley	2.46,79	2.52,62	2.30,05	2.36,03
5.37,90	5.47,58	5.06,41	5.18,20	400 m medley	5.54,41	6.04,56	5.21,38	5.33,74

3rd AG					4th AG				
Girls		Boys			Girls		Boys		
25 m	50 m	25 m	50 m	Event	25 m	50 m	25 m	50 m	
31.12	32.04	27.83	28.86	50 m freestyle	31.12	32.04	27.83	28.86	
1:08.19	1:10.18	1:01.90	1:04.06	100 m freestyle	1:11.99	1:14.08	1:06.98	1:09.31	
2:33.65	2:36.32	2:22.37	2:26.14	200 m freestyle	2:44.78	2:47.64	2:35.69	2:39.81	
5:22.18	5:27.87	5:04.10	5:15.30	400 m freestyle	5:45.51	5:51.61	5:32.54	5:44.80	
11:05.01	11:15.28	10:31.07	10:47.77	800 m freestyle	11:53.17	12:04.18	11:30.10	11:48.37	
34.26	36.45	30.52	32.51	50 m backstroke	34.26	36.45	30.52	32.51	
1:14.49	1:17.53	1:06.72	1:11.23	100 m backstroke	1:18.64	1:21.85	1:12.19	1:17.08	
2:45.67	2:51.52	2:31.34	2:40.35	200 m backstroke	2:57.67	3:03.94	2:45.49	2:55.35	
38.50	39.57	34.44	35.82	50 m breaststroke	38.50	39.57	34.44	35.82	
1:24.63	1:27.03	1:16.32	1:18.52	100 m breaststroke	1:29.34	1:31.88	1:22.57	1:24.96	
3:07.44	3:11.59	2:52.16	2:59.78	200 m breaststroke	3:21.02	3:25.47	3:08.26	3:16.59	
33.08	33.15	30.02	30.74	50 m butterfly	33.08	33.15	30.02	30.74	
1:13.35	1:14.89	1:05.96	1:08.27	100 m butterfly	1:17.44	1:19.05	1:11.37	1:13.86	
2:46.60	2:49.67	2:33.09	2:38.09	200 m butterfly	2:58.67	3:01.95	2:47.41	2:52.87	
2:49.74	2:55.67	2:37.07	2:43.33	200 m medley	3:02.03	3:08.39	2:51.76	2:58.61	
6:00.68	6:08.26	5:36.42	5:47.44	400 m medley	6:26.80	6:34.93	6:07.89	6:19.94	

Children I, II, III				
Girls			Guys	
25 m	50 m	Event	25 m	50 m
41,00	42,00	50 m freestyle	36,00	37,00
1.31,00	1.33,00	100 m freestyle	1.20,00	1.24,00
3.19,00	3.22,00	200 m freestyle	2.57,00	3.02,00
7.01,00	7.10,00	400 m freestyle	6.20,00	6.34,00
14.30,00	14.50,00	800 m freestyle	13.10,00	13.30,00
45,50	48,00	50 m backstroke	40,00	43,00
1.39,00	1.44,00	100 m backstroke	1.27,50	1.33,00
3.36,00	3.43,00	200 m backstroke	3.10,00	3.20,00
51,00	53,00	50 m breaststroke	45,00	47,50
1.52,00	1.55,00	100 m breaststroke	1.39,50	1.44,00
4.02,00	4.10,00	200 m breaststroke	3.36,00	3.46,00
43,00	44,50	50 m butterfly	39,00	40,00
1.38,00	1.40,00	100 m butterfly	1.27,00	1.29,00
3.36,00	3.39,00	200 m butterfly	3.16,00	3.20,00
3.45,00	3.47,00	200 m medley	3.18,00	3.24,00
7.52,00	8.04,00	400 m medley	7.05,00	7.18,00

– Participants of Children II and III age groups can only participate in the 50, 100, 200 m events.

5. Entries Submissions

- 5.1 Entries are submitted until 2 July 2025 at 15:00.
- 5.2 Changes/withdrawals are possible until 15 July 2025 at 15:00.
- 5.3 From 3 July to 15 July, 15:00, "late" entries are possible. The price of a "late" entry is 30 €/event.
- 5.4 An additional event added after 3 July 2025 at 15:00 is considered a "late" entry.
- 5.5 No changes are accepted after 15 July 2025 at 15:00.
- 5.6 Each participant of the competition must have a valid health certificate (form 0.68A) confirming that the athlete is healthy and can participate in the competition.
- 5.7 The team leader of the participating team is responsible for checking that athletes have valid health certificates.
- 5.8 Athletes participating in the championship individually must submit a valid medical certificate to the organizers allowing them to participate in the competition together with entries submission. If the athlete is unable to provide a valid health certificate in the appropriate form, he must provide a personally signed document confirming that he is healthy and is responsible for his or her own health during the championship. For underage athletes, the document is signed by its legal representatives (parents/guardians).
- 5.9 The results presented shall be achieved between 1 March 2024 and 2 July 2025.
- 5.10 After July 2, 2025, at 3:00 p.m., an athlete may refuse to compete in competitions or individual competitions for important reasons. The team leader/coach must submit a written request to the meet secretary to withdraw the athlete from that day(s) of the competition. The request must be submitted during the warm-up before the morning session of each day of the competition. The starting protocols will not be changed. If you submit your application on time, you will not be charged a fine for not showing up at the start.
- 5.11 Teams are required to submit a separate Excel document that identifies all athletes and their coaches in the team application.
- 5.12 Applications can be submitted:
- Swimrankings.net online system:
 - o All athletes and relays are combined.
 - o Download the system-generated file "entries by athlete" and sent it via e-mail: entries@ltuaquatics.com.
 - Using the Entry Editor software:

The applications indicate the best result of 50 m, if there is no – 25 m pool.
For an athlete who does not have a result, the NT is filled in. When filling in the results, it is necessary to indicate: the length of the pool, the date of achievement and the city (not the name of the competition).
Completed applications are sent to LTU Aquatics, indicating the name of the team in the title of the document (e.g. Kauno PM, Sostinės SC, ...).
The submitted results must be achieved in at least at the sports school competition level. Athletes whose results do not correspond to those provided in the technical application are registered "without a result-NT".
All applications are submitted by email only entries@ltuaquatics.com.
The application is considered accepted if you have received a response.

6. Protocol of the competition

- 6.1 The competition is held according to the rules of World Aquatics.
- 6.2 The results of the competition are recorded by the electronic Swiss Timing Quantum Aquatics time recording system.
- 6.3 The championship is carried out by swimming heats/timed finals according to the results in individual age groups in the morning session and having B/A finals for the Junior age group (younger athletes can also participate in the Junior Finals) in afternoon session.
- 6.4 In the 19+ age group, swimming is carried out in the following order:
 - 6.4.1 In all events in the morning session of the competition, timed finals are carried out. Athletes of this age group do not participate in afternoon session.
- 6.5 In the Junior age group, swimming is carried out in the following order:
 - 6.5.1 Preliminary, B and A finals are carried out in all distances (the B final is carried out if 32 or more participants are registered in the event on the day of the competition). Athletes of the 3rd, 4th, Children's I, II, III age groups can also participate in the Junior B/A finals.
 - 6.5.2 All finals will be formed according to the results achieved by the athletes in the preliminary heats.
- 6.6 In the 3rd, 4th, Children's I, II, III age groups, swimming is carried out in the following order:
 - 6.6.1 In all distances in the morning session of the competition, timed finals are carried out. Athletes of these age groups are involved in the formation of the Junior B/A finals.
- 6.7 In the 800 m freestyle races, all heats are carried out as timed finals in the OPEN (1st, 2nd, 3rd, 4th, Children I) age group.
- 6.8 The winners of the competition are determined:
 - 6.8.1 1st, 3rd, 4th, Children I, II, III age groups after the timed finals in the morning session.
 - 6.8.2 In the 800 m event in the OPEN age group after the timed finals in the morning session.
 - 6.8.3 In the Junior age group after the A finals.
- 6.9 Competition participants must wear clothing and swimsuits to meet WA requirements.
- 6.10 The participant must register in the call room before his/her event. A participant who does not register himself is not allowed to participate in the event.
- 6.11 The winners and prizewinners of the Lithuanian Junior Championship and Age Group championships are awarded medals in individual events.
- 6.12 Three girls and three boys in the Junior age group, who achieved the highest results according to the WA points calculation table, after summing up the points of the three events (points are counted only for individual competitions), are awarded with cash prizes and cups:
Junior age group: Girls, boys: I place – 350 €, II place – 250 €, III place – 150 €.
- 6.13 If athletes reach the same amount of WA points, after summing up the results of 3 races, a higher place is awarded to the athlete who has taken more first (second, third, etc.) places in individual races. If the athletes' results are the same in this category, a higher place is awarded to the athlete who has scored more WA points in single event.
- 6.14 The official ranking of the championship results is considered to be the one that is recorded in the championship protocol.

6.15 The refusal to participate in the final shall be submitted in writing form to the meet secretary no later than 15 minutes after the announcement of the results of the preliminary heats.

6.16 An athlete who fails to attend the award ceremony may lose the right to the award.

6.17 Organizers can set up additional prizes.

6.18 WA-approved wearables can be used during the competition (the equipment used must be notified to the call room supervisor).

7. PROTESTS

7.1 Protests are possible if the rules and regulations of the competition are not observed, if other conditions endanger the competition and the athletes, but not against the fact of violation.

7.2 Objections shall be submitted in writing form together with a deposit of €100 no later than 20 minutes after the fact which is under appeal.

7.3 Protests are considered by the Board of Appeal in accordance with World Aquatics rules.

7.4 If the objection is granted, the deposit shall be returned.

8. FINANCIAL CONDITIONS

8.1 The participation fee for LTU Aquatics members and organizations that have paid the membership fee for 2025 and organizations that have applied to become members of LTU Aquatics is 15 €, for non-LTU Aquatics members and those who have not paid the membership fee for 2025 – 30 €.

8.2 "Late" entry – 30 €/event.

8.3 For those who do not have Lithuanian citizenship and represent a foreign country/club – 15 €/event.

8.5 The competition participant fee is paid for all participants included in the initial protocol. According to the submitted protocol and the competition fees, an invoice is issued to the participants of the competition, which is paid by the participant of the competition, the applicant-recipient of the account, at least 1 day before the start of the competition.

8.6 The competition participation fee is paid via [Paysera Tickets](#). After the participation fee is paid, the invoice is generated automatically and sent to the e-mail address specified by the payer. Legal entities, by way of exception, are allowed to start the competition by paying in advance or an invoice issued after the competition. Valid for sports schools or organizations that do not have the opportunity to make payments through the Paysera system

8.7 Fee for non-attendance at the start of the swims of each race / failure to submit a withdrawal form from the final / strongest swim (without using clause 5.10) – 15 €.

8.8 Fees for non-attendance at the start, final swim or other fines for violations of the rules of the competition shall be paid by the applicant-account recipient of the competition according to the invoice submitted to him within 5 calendar days from the date of issuance of the invoice.

8.9 The travel, accommodation, and food costs of the participants are covered by the sending organization.

8.10 The living and food costs of the main invited judges are covered by the association LTU Aquatics.

9. FINAL CONCLUSIONS

9.1 The Lithuanian Junior Swimming Championships (50 m pool) and the Age Group Championships are a public event where filming and photography may be allowed.

9.2 By participating in the event, participants agree that the filmed or photographed material will be distributed in the media or on the Internet.

9.3 Team leaders are responsible:

9.3.1 for timely submission of documents;

9.3.2 for the safety of participants during travel and competitions;

9.3.3 for the proper behaviour of the participants during the competition and leisure.

9.3.4 Sports schools, educational centres, sports clubs, academies, coaches, individual athletes, when submitting applications, must have information whether their athletes meet the requirements of the National Anti-Doping Rules, i.e. all participants of the competition must have valid certificates issued by the Lithuanian Anti-Doping Agency or the International Federation about the anti-doping training. The certificate issued by the Lithuanian Anti-Doping Agency can be obtained on the e-learning platform www.bedopingo.lt.

9.3.5 Sports schools, educational centres, sports clubs, academies, when submitting applications, must have information whether their coaches meet the requirements for legal work with children, i.e. they have a Code of Legal Work with Children (QR code).

9.4 By submitting the application, the team confirms that it has become familiar with these regulations and will comply with them.

9.5 The organizers reserve the right, if necessary, to change the date, time, program of the competition, limit the number of participants.

Doping samples may be taken from the participants of the Lithuanian Junior Championship and Age Group championships (more information: <https://www.antidopingas.lt/>).

10. CONTACTS

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