

COMPETITION REGULATIONS

1. Place, date

- 1.1. Place: Lazdynai swimming pool, Erfurto str. 13, Vilnius.
- 1.2. Date: December 19 – 21, 2025
- 1.3. Pool length: 25 m. Number of lanes – 10.
- 1.4. Organizer – Association "LTU Aquatics".
- 1.5. The competition is conducted in accordance with World Aquatics (WA) rules.
- 1.6. Equipment: Electronic timing system, backstroke ledges, full graphics scoreboard.
- 1.7. The championship is included in the WA competition calendar.

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 September 2024 (Item 2.6) can participate in the Lithuanian Open Swimming Championship (25 m pool).
- 2.2. There is no age limit for participants.
- 2.3. There is no limit to the number of athletes in the team.
- 2.4. Athletes who have achieved the competition time standards in less than 3 events after 1 September 2024 have the right to start only in those events in which they have achieved the competition time standards.
 - 2.4.1. Athletes who have completed the competition time standards of 3 or more events after 1 September 2024 have the right to start an unlimited number of events if they participate in at least 3 events in which they have fulfilled the competition time standards.
 - 2.4.2. Athletes who have achieved a result of MP2 level or better after 1 September 2024 have the right to start in events where they have not met the competition time standards.
- 2.5. For the purpose of popularizing the sport of swimming, athletes who have not met the competition time standards after 1 September 2024 are invited to participate in the competition. Conditions of participation of athletes who have not fulfilled the competition time standards:
 - 2.5.1. Applications of athletes who have not achieved the competition time standards are submitted in a separate document when submitting team applications.
 - 2.5.2. An athlete who does not meet the competition time standards can participate in only one event per day.
 - 2.5.3. The maximum number of athletes who have not met competition time standards is determined by the organizers of the competition after the submission of entries on 5 December 2025.
 - 2.5.4. When deciding on the maximum number of athletes who have not achieved the time standards, the organizers of the competition take into account:
 - The total number of participants in the competition.
 - WA Athlete Ranking (by WA points).
 - The number of free lanes in the competition.
- 2.6. The time standards for the competition may be achieved in the 25 m or 50 m pools:

Women		Event	Men	
25 m	50 m		25 m	50 m
28.88	29.82	50 m freestyle	25.50	26.34
01:03.31	1:05.15	100 m freestyle	56.62	59.10
02:27.45	2:30.86	200 m freestyle	2:12.69	2:16.20
5:12.35	5:15.74	400 m freestyle	4:43.42	4:53.86
10:40.06	10:47.34	800 m freestyle	9:52.10	10:03.72
20:25.83	20:29.13	1500 m freestyle	18:52.42	19:23.08
32.34	33.99	50 m backstroke	27.99	30.23
1:09.15	1:12.53	100 m backstroke	1:01.58	1:05.32
2:39.20	2:44.71	200 m backstroke	2:21.04	2:29.44
35.98	37.04	50 m breaststroke	31.81	32.69
1:18.56	1:20.79	100 m breaststroke	1:10.06	1:11.66
2:59.69	3:05.75	200 m breaststroke	2:40.45	2:48.40
30.71	30.77	50 m butterfly	27.40	28.05
1:08.80	1:09.90	100 m butterfly	1:00.57	1:02.36
2:39.71	2:42.65	200 m butterfly	2:24.53	2:27.65
1:11.19	-	100 m medley.	1:03.32	-
2:42.72	2:48.40	200 m medley	2:26.39	2:32.22
5:45.76	5:55.67	400 m medley	5:13.54	5:25.60

3. Schedule

Entrance to the swimming pool 30 minutes before the start of the warm up!
A 10-minute break is taken before the relay events

Session I			
19 December 2025			
Warm up — 9:30–10:25			
Heats — 11:00			
1.	200 m freestyle	F	Heats
2.	200 m freestyle	M	Heats
3.	100 m breaststroke	F	Heats
4.	100 m breaststroke	M	Heats
5.	100 m backstroke	F	Heats
6.	100 m backstroke	M	Heats
7.	50 m butterfly	F	Heats
8.	50 m butterfly	M	Heats
9.	200 m medley	F	Heats
10.	200 m medley	M	Heats
11.	800 freestyle	F	Slower heats
12.	1500 freestyle	M	Slower heats

Session II			
19 December 2025			
Warm up — 16:30–17:25			
Finals — 17:30			
1.	200 m freestyle	F	B/A FINALS
2.	200 m freestyle	M	B/A FINALS
3.	100 m breaststroke	F	B/A FINALS
4.	100 m breaststroke	M	B/A FINALS
5.	100 m backstroke	F	B/A FINALS
6.	100 m backstroke	M	B/A FINALS
7.	50 m butterfly	F	B/A FINALS
8.	50 m butterfly	M	B/A FINALS
9.	200 m medley	F	B/A FINALS
10.	200 m medley	M	B/A FINALS
11.	800 free	F	Fastest heats
12.	1500 free	M	Fastest heats
13.	4 x 100 medley	Mix	FINAL



Session III

20 December 2025

Warm up — 9:30-10:25

Prelims — 10:30

14.	50 m breaststroke	F	Heats
15.	50 m breaststroke	M	Heats
16.	100 m freestyle	F	Heats
17.	100 m freestyle	M	Heats
18.	200 m butterfly	F	Heats
19.	200 m butterfly	M	Heats
20.	400 m medley	F	Heats
21.	400 m medley	M	Heats
22.	50 m backstroke	F	Heats
23.	50 m backstroke	M	Heats
24.	1500 m freestyle	F	Slower heats
25.	800 m freestyle	M	Slower heats

Session IV

20 December 2025

Warm up — 16:00-16:55

Finals — 17:30

14.	50 m breaststroke	F	B/A FINALS
15.	50 m breaststroke	M	B/A FINALS
16.	100 m freestyle	F	B/A FINALS
17.	100 m freestyle	M	B/A FINALS
18.	200 m butterfly	F	B/A FINALS
19.	200 m butterfly	M	B/A FINALS
20.	400 m complete. b.	F	B/A FINALS
21.	400 m complete. b.	M	B/A FINALS
22.	50 m backstroke	F	B/A FINALS
23.	50 m backstroke	M	B/A FINALS
24.	1500 m freestyle	F	Fastest heats
25.	800 m freestyle	M	Fastest heats
26.	4 x 100 m freestyle	F	FINAL
27.	4 x 100 m freestyle	M	FINAL

Part V

21 December 2025

Warm up — 9:00-9:55

Finals — 10:00

28.	400 m freestyle	F	Heats
29.	400 m freestyle	M	Heats
30.	100 m butterfly	F	Heats
31.	100 m butterfly	M	Heats
32.	200 m backstroke	F	Heats
33.	200 m backstroke	M	Heats
34.	50 m freestyle	F	Heats
35.	50 m freestyle	M	Heats
36.	200 m breaststroke	F	Heats
37.	200 m breaststroke	M	Heats
38.	100 m medley	F	Slower heats
39.	100 m medley	M	Slower heats

Part VI

21 December 2025

Warm up — 15:30-16:25

Finals — 16:30

28.	400 m freestyle	F	B/A FINALS
29.	400 m freestyle	M	B/A FINALS
30.	100 m butterfly	F	B/A FINALS
31.	100 m butterfly	M	B/A FINALS
32.	200 m backstroke	F	B/A FINALS
33.	200 m backstroke	M	B/A FINALS
34.	50 m freestyle	F	B/A FINALS
35.	50 m freestyle	M	B/A FINALS
36.	200 m breaststroke	F	B/A FINALS
37.	200 m breaststroke	M	B/A FINALS
38.	100 m medley	F	B/A FINALS
39.	100 m medley	M	B/A FINALS
40.	4 x 100 m medley	F	FINAL
41.	4 x 100 m medley	M	FINAL

4. Entries

- 4.1. Teams entries are submitted by 5 December 2025 at 15:00.
- 4.2. Withdrawals are open until 17 December 2025 at 15:00.
- 4.3. From December 5 to December 17 at 3:00 p.m., "late" entries are possible. The price of the "late" application per person is 30 €/distance.
- 4.4. Additional of an event after December 5, 2025 at 3:00 p.m. is considered a "late" entry.
- 4.5. After 17 December 2025 at 15:00, no changes are accepted.
- 4.6. Each participant of the competition must have a valid health certificate confirming that the athlete is healthy and can participate in the competition.
- 4.7. The leader of the participating team/designated person is responsible for checking the valid forms of the team's health certificates, who submits the list of team participants with the technical applications to the organizers of the competition, confirmed by the seal and signature of the head of the organization.
- 4.8. Athletes participating in the championship individually, when sending a technical application, must submit a valid medical certificate to the organizers allowing them to participate in the competition. If an athlete is unable to provide a valid health certificate in the appropriate form, he must present a personally signed document confirming that he is healthy and is responsible for his own health during the championship. For underage athletes, the document is signed by its legal representatives (parents/guardians).
- 4.9. The reported results must be achieved between 1 September 2024 and 17 December 2025.
- 4.10. When submitting applications, it is necessary to indicate the number of teams participating in the relays. Final relay applications are submitted to the competition secretary no later than 1 hour before the start of the session in which the relay race takes place.
- 4.11. Each participating organization can register more than one team in the relay race.
- 4.12. After 17 December 2025 at 15:00, an athlete may refuse to start on the day of the competition for important reasons. The team leader/coach must submit a written request to the secretary to withdraw the athlete from the day of the competition until the end of the warm-up of the morning session of each day of the competition. The start lists will not be changed. If you submit your application on time, you will not be charged a penalty for not showing up at the start.
- 4.13. Teams are required to provide a separate Excel document that lists all the athletes and their coaches in the team application.
- 4.14. Applications can be submitted:
 - [Swimrankings.net online system](https://swimrankings.net):
 - All athletes and relays are entered.
 - The "entries by athlete" file generated by the system needs to be sent to entries@ltuaquatics.com via email.
 - The application is considered accepted if you have received a reply.

5. Competition

- 5.1. The results of the competition are recorded by an electronic timing system.
- 5.2. The competition consists of preliminary heats and finals.

5.3. The preliminary heats will be carried out using 10 lanes, the finals will be carried out using 8 lanes.

5.4. The maximum number of participants of foreign teams in the "A" final is no more than 2 athletes, in the "B" final is unlimited.

5.5. In the 50 m, 100 m, 200 m, 400 m swimming distances, the finals "B" (for 9–16 places) and "A" (for 1–8 places) are held, which are formed according to the results achieved by the athletes in the preliminary heats. "B" finals are held if at least 32 participants started the particular event.

5.6. In the 800 m and 1500 m freestyle events the time limits for covering the distance are applied: 800 m – 11 minutes, 1500 m – 21 minutes. If the participants do not complete the distance within the set time, the swim is stopped. For the participants who do not finish the distance on time, the result of the DNF is credited in the competition protocol.

5.7. Relay events are conducted as timed finals. Lithuanian teams formed on the basis of national teams and foreign relay teams participate in the championship on exhibition status and do not claim awards.

5.8. In the 800 m and 1500 m freestyle events, all swims are carried out as timed finals.

5.9. Participants must register in the call room before the event/heat. A participant who does not show up is not allowed to start at the particular race.

5.10. For the final events, 2 reserve athletes are announced, who must come to the call room, 10 minutes before the final event. Reserve athletes may change final event athletes in case of no show.

5.11. The refusal to participate in the final shall be submitted to the secretary in writing form no later than 30 minutes after the announcement of the results of the preliminary heats of the event.

6. Awards

6.1. The winners and prizewinners of each event of the championship, who achieved the best results in individual events in the "A" finals and relay races, are awarded LTU Aquatics medals for I, II, III places.

6.2. The six best swimmers who achieved the highest results in the competition, summing up the WA points of the three best individual Olympic events are awarded with cash prizes: I place – 1000 €; II place – 800 €; III place – 600 €; IV place – 400 €; V place – 300 €; VI place – 200 €. Coaches of whose athletes are awarded too, prize equals – 50 percent of athlete prize.

6.3. If the athletes have achieved the same amount of WA points, after summing up the WA points of the three best individual Olympic events, a higher place is awarded to the athlete who have won a higher place in the first (second, third, etc.) event.

6.4. Lithuanian athletes who have broken the Lithuanian record in the individual event are awarded on the basis of LTU Aquatics VK decision No. 11 of 06/11/2018 (Lithuanian adult record in the 50 m pool – 200 €).

6.5. The coaches of the athletes who took the I, II, III places in individual competitions during the championship together with the athletes are invited to the awards – to take picture together. The coaches of the six best athletes of the championship will be awarded special prizes of LTU Aquatics.

6.6. An athlete or coach who does not attend the award ceremony may lose the right to the award.

- 6.7. Organizers can set up additional prizes.
- 6.8. During the competition, WA approved wearables can be used:
- 6.9. The wearables used by athlete must be reported to the official at the call room.

7. Financial conditions

- 7.1. The participation fee for LTU Aquatics members and organizations who have paid the membership fee for 2025 and for organizations that have applied to become members of LTU Aquatics – 15 €, for non-LTU Aquatics members who have not paid the membership fee for 2025 – 30 €.
- 7.2. "Late" application – an additional 30 €/distance.
- 7.3. For those who do not have Lithuanian citizenship and represent a foreign country/club – 15 €/event.
- 7.4. For those who have not met the competition norm/start in one event per day – 30 €/event.
- 7.5. The participation fee of the competition is paid for all participants included in the start protocol. According to the submitted protocol and the competition fees, the participants of the competition are issued an invoice, which is paid by the participant of the competition, the applicant–recipient of the account, himself in advance at least 1 day before the start of the competition.
- 7.6. The participation fee of the competition is paid through [Paysera Tickets](#). After paying the participation fee, the invoice is automatically generated and sent to the e-mail specified by the payer. Legal entities, in exceptional cases, are allowed to start the competition by paying in advance or by invoice issued after the competition. Valid for budget sports schools or organizations that do not have the possibility to make payment through the Paysera system
- 7.7. The fee for non-attendance at the start of each race / without submitting a waiver form from the final / the fastest heat (without using note of 4.12) – 15 €, in the relay – 30 €.
- 7.8. Fees for non-appearance at the start, final swim or other fines for violations of the competition rules shall be paid by the participant–recipient of the competition himself according to the invoice submitted to him within 5 calendar days from the date of issue of the invoice.
- 7.9. Participants' travel, accommodation, and meals expenses are covered by the sending organization.

8. Protests

- 8.1. 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 the violation.
- 8.2. Objections must be submitted in writing, together with a deposit of €100, no later than 20 minutes after the infringement under appeal.
- 8.3. Opposition is considered by the Board of Appeal under WA rules.
- 8.4. If the opposition is granted, the deposit is returned.

9. Final remarks

- 9.1. The Lithuanian Open Swimming Championships is a public event where filming and photography can take place.
- 9.2. By participating in the event, the participants agree that the footage or photographed material will be distributed in the media or on the Internet.
- 9.3. Team leaders respond:
 - 9.3.1. for timely submission of documents;
 - 9.3.2. for the safety of participants during the trip and competition;
 - 9.3.3. for the appropriate behaviors of the participants during the competition and leisure.
 - 9.3.4. Sports schools, educational centers, sports clubs, academies, coaches, individual athletes, when submitting applications, must have information on whether their athletes comply with 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 they have attended. The certificate issued by the Lithuanian Anti-Doping Agency can be obtained on the e-learning platform www.bedopingo.lt.
- 9.4. The team, when submitting the application, confirms that it has read 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, and limit the number of participants.
- 9.6. During the Lithuanian Open Swimming Championships, doping samples can be taken from participants (more information: <https://www.antidopingas.lt/>).

11. CONTACTS

E-mail address - entries@ltuaquatics.com
Mob. tel. / WhatsApp: +370 625 32 304, Robertas Vilkelis