

## COMPETITION REGULATIONS

### 1. VENUE, DATE, ORGANIZATION

- 1.1. **Venue:** Lazdynai swimming pool, Erfurto str. 13, Vilnius.
- 1.2. **Date:** April 23 – 26, 2026
- 1.3. Pool length: 50 m. Number of lanes – 10.
- 1.4. **Organizer** – Association „LTU Aquatics“.
- 1.5. Competition conducted under **World Aquatics (WA)** rules.
- 1.6. **Equipment:** Electronic timing system, backstroke ledges, full graphic scoreboard.
- 1.7. Championship will be included in the WA competition calendar; athletes can achieve qualifying standards for international competitions and Lithuanian national teams.

### 2. PARTICIPANTS

- 2.1. Lithuanian Swimming Championship (50 m pool) is open to Lithuanian and foreign athletes (except athletes from Russia and Belarus who don't have permanent residence permits in Lithuania) who have achieved qualifying standards after January 1, 2025 (see point 2.6).
- 2.2. No age limit.
- 2.3. No limit on team size.
- 2.4. Athletes who have achieved qualifying standards in fewer than 3 events may only compete in those events.
  - 2.4.1. Athletes with standards in 3 or more events may enter unlimited events, provided they swim at least 3 events with achieved standards.
  - 2.4.2. Athletes who have achieved MP2 level or better in any event after January 1, 2025 may enter events without standards (only for Lithuanian athletes).
- 2.5. For swimming promotion, athletes without standards may be invited under these conditions:
  - 2.5.1. Applications submitted separately.
  - 2.5.2. Such athletes may swim in only one event per day.
  - 2.5.3. Maximum number determined by organizers after all entries for event are submitted (April 9, 2026).
  - 2.5.4. Criteria when deciding the maximum number of athletes without standards:
    - The total number of entries in the competition.
    - WA Athlete Ranking (by WA points in event).
    - The number of free lanes in corresponding event.

2.6. Time standards (results are valid either from 25 m or 50 m pool):

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
2:42.72	2:48.40	200 m IM	2:26.39	2:32.22
5:45.76	5:55.67	400 m IM	5:13.54	5:25.60

### 3. SCHEDULE

Pool is open: 30 minutes before warm-up! | A 10-minute break is taken before the relay events

	2026 04 23 Thursday	2026 04 24 Friday	2026 04 25 Saturday	2026 04 26 Sunday
PRELIMINARIES (*SLOWER HEATS)	Warm-up: 10:00 – 10:55 Heats: 11:00	Warm-up: 9:00 – 9:55 Heats: 10:00	Warm-up: 9:00 – 9:55 Heats: 10:00	Warm-up: 9:00 – 9:55 Heats: 10:00
	50 m freestyle M	50 m breaststroke F	100 m freestyle M	100 m free F
	200 m freestyle F	100 m breaststroke M	50 m freestyle F	400 m freestyle M
	200 m backstroke M	400 m freestyle F	100 m backstroke M	200 m butterfly F
	100 m backstroke F	200 m freestyle M	50 m backstroke F	100 m butterfly M
	200 m breaststroke M	100 m butterfly F	200 m butterfly M	100 m breaststroke F
	50 m butterfly F	50 m butterfly M	200 m breaststroke F	50 m breaststroke M
	1500 m freestyle* M	200 m backstroke F	800 m freestyle* M	200 m IM F
	1500 m freestyle* F	50 m backstroke M	800 m freestyle* F	200 m IM M
		400 m IM F		
	400 m IM. M			
B/A FINALS (*FASTEST, FINAL HEATS)	Warm-up: 17:00 – 17:55 Finals: 18:00	Warm-up: 16:00 – 16:55 Finals: 17:00	Warm-up: 16:00 – 16:55 Finals: 17:00	Warm-up: 15:00 – 15:55 Finals: 16:00
	50 m freestyle M	50 m breaststroke F	100 m freestyle M	100 m freestyle F
	200 m freestyle F	100 m breaststroke M	50 m freestyle F	400 m freestyle M
	200 m backstroke M	400 m freestyle F	100 m backstroke M	200 m butterfly F
	100 m backstroke F	200 m freestyle M	50 m backstroke F	100 m butterfly M
	200 m breaststroke M	100 m butterfly F	200 m butterfly M	100 m breaststroke F
	50 m butterfly F	50 m butterfly M	200 m breaststroke F	50 m breaststroke M
	1500 m freestyle* M	200 m backstroke F	800 m freestyle* M	200 m IM F
	1500 m freestyle* F	50 m backstroke M	800 m freestyle* F	200 m IM M
	4 x 100 m medley* X	400 m IM F	4 x 100 m medley* M	4 x 200 m freestyle* F
		400 m IM M	4 x 100 m medley* F	4 x 200 m freestyle* M
		4 x 100 m freestyle* F		
		4 x 100 m freestyle* M		

#### 4. ENTRY SUBMISSION

- 4.1. Technical entries must be submitted by April 9, 2026, 15:00.
- 4.2. Withdrawals are allowed until April 21, 2026, 12:00.
- 4.3. From April 9 to April 21, 12:00, "late entries" are accepted. Fee for late entry: 30 €/event.
- 4.4. Any additional event added after April 9, 2026, 15:00 is considered a "late entry."
- 4.5. No entries changes will be accepted after April 21, 2026, 12:00.
- 4.6. Each participant must have a valid health certificate confirming they are healthy and fit to compete.
- 4.7. The team leader or designated person is responsible for verifying valid health certificates. Along with technical entries, they must submit a stamped and signed list of participants approved by the organization head. A copy of this list must also be provided in Excel format.
- 4.8. Individual participants must submit a valid medical certificate with their technical entry. If unable to provide the proper certificate, they must submit a personally signed document confirming they are healthy and assume responsibility for their health during the championship. For minors, this document must be signed by a legal guardian (parent/guardian).
- 4.9. Submitted results must be achieved between January 1, 2025, and April 9, 2026.
- 4.10. When submitting entries, the number of relay teams must be indicated. Nominal relay entries must be submitted to the competition secretary no later than 1 hour before the session in which the relay takes place. Only the number of relay teams indicated in the team entry will be accepted.
- 4.11. Each participating organization may register more than one relay team per event.
- 4.12. After April 21, 2026, 12:00, an athlete may withdraw from an session of the competition for important reasons. The team leader/coach must submit a written request to the secretary before the end of the morning warm-up of that day. Start lists will not be changed. If the request is submitted on time, no penalty will be applied for failure to start.
- 4.13. Entries can be submitted via:
  - Swimrankings.net online system:
    - Enter all athletes and relays.
    - Send the system-generated "entries by athlete" file by email to [entries@ltuaquatics.com](mailto:entries@ltuaquatics.com).
  - Using the Entry Editor app:
    - Indicate the absolute best result regardless of pool length. For athletes without a result, enter NT. When entering results, specify: pool length, date, city (not competition name).
    - Send completed entries to LTU Aquatics, naming the file with the team name (e.g., Kauno PM, Sostinés SC, etc.).
    - Submitted results must be achieved in competitions of at least the level of sports school championships. Athletes whose results do not match those in the technical entry will be registered as "no time."
    - All entries must be submitted by email to [entries@ltuaquatics.com](mailto:entries@ltuaquatics.com).
    - An entry is considered accepted only if you receive confirmation.

## 5. COMPETITION PROCEDURE

- 5.1. Competition results are recorded using an electronic timing system.
- 5.2. The competition consists of preliminary and final heats.
- 5.3. Preliminary heats will use 10 lanes; finals will use 8 lanes.
- 5.4. Maximum number of foreign athletes in the "A" final – no more than 2; no limit in the "B" final.
- 5.5. For 50 m, 100 m, 200 m, and 400 m events, "B" finals (places 9–16) and "A" finals (places 1–8) will be held, based on preliminary results. "B" finals will be held only if at least 24 athletes competed in the event.
- 5.6. Time limits apply for 800 m and 1500 m freestyle: 800 m – within 11 minutes, 1500 m – within 21 minutes. If the time limit is exceeded, the swim will be stopped, and the result recorded as DNF.
- 5.7. Relay events are conducted as finals. **Relay teams formed as national teams (Lithuania or foreign) participate on exhibition status and are not eligible for awards.**
- 5.8. 800 m and 1500 m freestyle events are carried out as timed final swims. Slower heats in the morning, fastest heat in the evening (8 swimmers).
- 5.9. Before their race athletes must register in the call room. Late arrivals may not be allowed to start.
- 5.10. Two reserve swimmers will be announced for finals; they must report to the call room 10 minutes before the final. Absent finalists will be replaced by reserves.
- 5.11. Withdrawals from finals (including reserves) must be submitted in writing form to the secretary no later than 30 minutes after the preliminary results are published.

## 6. DETERMINING WINNERS AND AWARDS

- 6.1. Winners and medalists in each event (A finals, timed finals, and relays) will receive LTU Aquatics medals for 1st, 2nd, and 3rd places. In all individual events, the top three Lithuanian swimmers are always awarded; foreign swimmers are awarded according to their placing.
- 6.2. The six best swimmers based on the sum of WA points from their three best Olympic events will receive cash prizes:  
I place – 1000 €; II place – 800 €; III place – 600 €; IV place – 400 €; V place – 300 €; VI place – 200 €. The coaches of these swimmers are also rewarded with cash prizes. The size of the prize is equal to 50% of the prize won by the athlete.
- 6.3. If WA point totals are equal, the swimmer with the higher ranking in the first (then second, third, etc.) event will rank higher.
- 6.4. Lithuanian swimmers who break a Lithuanian record in an individual event will receive €200 (per LTU Aquatics decision No. 11, 2018–11–06).
- 6.5. Coaches of athletes who place 1st–3rd are invited to the awards ceremony with their athletes.
- 6.6. Failure to attend the awards ceremony may result in forfeiture of the prize.
- 6.7. Organizers may establish additional prizes.
- 6.8. WA-approved portable electronic devices may be used during the competition.
- 6.9. Devices must be declared at the call room.

## 7. FINANCIAL CONDITIONS

- 7.1. Entry fee: LTU Aquatics members and organizations that paid 2026 membership or applied for membership – €15, non-members – €30.
- 7.2. Late entry – €30/event.
- 7.3. Foreign athletes (non-Lithuanian citizens) – €15/event.
- 7.4. Athletes without qualifying standards (one event per day) – €30/event.
- 7.5. Fees apply to all athletes listed in the start protocol. Invoices must be paid at least one day before the competition.
- 7.6. All payments should be made via Paysera Tickets (invoice sent automatically by email). Exceptions may apply for public sports schools or organizations unable to use Paysera.
- 7.7. Penalty for failure to show up to start or withdrawal without notice – €15 per event; relay – €30.
- 7.8. Penalties must be paid within 5 calendar days of invoice date.
- 7.9. Travel, accommodation, and meals are covered by the sending organization.

## 8. OFFICIALS

- 8.1. Lithuanian teams may submit a qualified official's nomination by April 9, 2026, 15:00 to [entries@ltuaquatics.com](mailto:entries@ltuaquatics.com).
- 8.2. Officials must know WA rules and have experience at city-level or higher competitions.
- 8.3. Organizers reserve the right to confirm the need for nominated officials.
- 8.4. Dress code: dark trousers/skirt, sports shoes.
- 8.5. „LTU Aquatics“ covers accommodation and meals for main invited officials.
- 8.6. For team-nominated officials, „LTU Aquatics“ covers meals only; other costs are covered by the sending organization..

## 9. PROTESTS

- 9.1. Protests may be submitted for rule violations or unsafe conditions, but not against the fact of the violation.
- 9.2. Protests must be submitted in writing, together with a deposit of €100, no later than 20 minutes after the infringement under appeal.
- 9.3. Protests are considered by the Board of Appeal under WA rules.
- 9.4. Deposit refunded if protest is upheld.

## 10. FINAL PROVISIONS

- 10.1. The Lithuanian Swimming Championship is a public event; filming and photography may occur.
- 10.2. By participating, athletes consent to media use of photos/videos.
- 10.3. Team leaders are responsible for:
  - 10.3.1. Timely submission of documents;
  - 10.3.2. Safety during travel and competition;
  - 10.3.3. Proper behavior during competition and leisure;

10.3.4. All participants must comply with national anti-doping rules and have valid certificates from the Lithuanian Anti-Doping Agency or international federation (available at [www.bedopingo.lt](http://www.bedopingo.lt)).

10.4. When submitting the application team leader confirms that it has read these regulations and will comply with them.

10.5. The organizers reserve the right, if necessary, to change the date, time, schedule of the competition, and limit the number of participants.

10.6. During the Lithuanian Swimming Championships, doping samples can be taken from participants (more information: <https://www.antidopingas.lt/>).

## 11. CONTACTS

E-mail address - [entries@ltuaquatics.com](mailto:entries@ltuaquatics.com)

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