LTU aquatics

Approved: LTU AQUATICS VK 2026-10-06
Resolution No. 2026/26/3

ADMITA LITHUANIAN SWIMMING (25 m pool) CHAMPIONSHIP 2026

COMPETITION REGULATIONS

1. Venue, date

1.1. **Location**: Lazdynai swimming pool, Erfurto St. 13, Vilnius.
1.2. **Date**: December 18 – 20, 2026.
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. **Available:** Electronic timing system, back start devices, full graphics scoreboard.

2. Participants

2.1. Lithuanian and foreign athletes (except Russian and Belarusian athletes without permanent residence permits in the Republic of Lithuania) who have met the competition standards after September 1, 2024, may participate in the ADMITA Lithuanian swimming (25 m pool) championship.
2.2. There is no age limit for participants.
2.3. There is no limit to the number of atheletes per team.
2.4. Athletes who have met the competition standards in fewer than 3 events after September 1, 2025, are entitled to compete only in those events where they have met the qualifying standards.
2.4.1. Athletes who meet the standards of 3 or more events after September 1, 2025, have the right to start an unlimited number of events if they start in at least 3 events where they have met the competition standards.
2.4.2 Athletes who reach an MP2 level or better result (in any event) after September 1, 2025, have the right to compete in events where they have not met the competition standards.
2.5.. The time standards achieved in 25 m or 50 m pools are valid:

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

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3. Competition schedule

Pool is open 30 minutes before the start of the warm-up!
A 10-minute break is held before the relay races

Session I
December 18, 2026
Warm-up — 9:00-9:50
Competition starts at 10:00

1.	200 m free	W	Prelims
2.	200 m free	M	Prelims
3.	100 m breast	W	Prelims
4.	100 m breas	M	Prelims
5.	100 m back	W	Prelims
6.	100 m back	M	Prelims
7.	50 m fly	W	Prelims
8.	50 m fly	M	Prelims
9.	200 m medley	W	Prelims
10.	200 m medley	M	Prelims
11.	800 m free	W	Slower heats
12.	1500 m free.	M	Slower heats

Session II
December 18, 2026
Warm-up — 16:00-16:50
Competition starts at 17:00

1.	200 m free	W	B/A FINALS
2.	200 m free	M	B/A FINALS
3.	100 m breast	W	B/A FINALS
4.	100 m breast	M	B/A FINALS
5.	100 m back	W	B/A FINALS
6.	100 m back	M	B/A FINALS
7.	50 m fly	W	B/A FINALS
8.	50 m fly	M	B/A FINALS
9.	200 m medley	W	B/A FINALS
10.	200 m medley	M	B/A FINALS
11.	800 m free	W	Fatstest heat
12.	1500 m free	M	Fastest heat
13.	4 x 100 m medley.	X	FINAL

Session III
December 19, 2026
Warm-up — 9:00-9:50
Competition starts at 10:00

14.	400 m medley	W	Prelims
15.	400 m medley	M	Prelims
16.	50 m breast	W	Prelims
17.	50 m breast	M	Prelims
18.	100 m free.	W	Prelims
19.	100 m free	M	Prelims
20.	200 m fly	W	Prelims
21.	200 m fly	M	Prelims
22.	50 m back	W	Prelims
23.	50 m back	M	Prelims
24.	1500 m free	W	Slower heats
25.	800 m free	M	Slower heats

Session IV
December 19, 2026
Warm-up — 16:00-16:50
Competition starts at 17:00

14.	400 m medley	W	B/A FINALS
15.	400 m medley	M	B/A FINALS
16.	50 m breast	W	B/A FINALS
17.	50 m breast	M	B/A FINALS
18.	100 m free	W	B/A FINALS
19.	100 m free	M	B/A FINALS
20.	200 m fly	W	B/A FINALS
21.	200 m fly	M	B/A FINALS
22.	50 m back	W	B/A FINALS
23.	50 m back	M	B/A FINALS
24.	1500 m free	W	Fatstest heat
25.	800 m free	M	Fatstest heat
26.	4 x 100 m free	W	FINAL
27.	4 x 100 m free	M	FINAL

Session V December 20, 2026 Warm-up — 9:00-9:50 Competition starts at 10:00			
28.	400 m free	W	Prelims
29.	400 m free	M	Prelims
30.	100 m fly	W	Prelims
31.	100 m fly	M	Prelims
32.	200 m back	W	Prelims
33.	200 m back	M	Prelims
34.	50 m free.	W	Prelims
35.	50 m free.	M	Prelims
36.	200 m breast	W	Prelims
37.	200 m breast	M	Prelims
38.	100 m medley	W	Prelims
39.	100 m medley	M	Prelims

Session VI December 20, 202 Warm-up — 15:00-15:50 Competition starts at 16:00			
28.	400 m free	W	B/A FINALS
29.	400 m free	M	B/A FINALS
30.	100 m fly	W	B/A FINALS
31.	100 m fly	M	B/A FINALS
32.	200 m back	W	B/A FINALS
33.	200 m back	M	B/A FINALS
34.	50 m free	W	B/A FINALS
35.	50 m free	M	B/A FINALS
36.	200 m breast	W	B/A FINALS
37.	200 m breast	M	B/A FINALS
38.	100 m medley	W	B/A FINALS
39.	100 m medley	M	B/A FINALS
40.	4 x 100 medley	W	FINAL
41.	4 x 100 medley	M	FINAL

4. Submission of applications

4.1. Technical applications must be submitted by 3:00 PM on December 7, 2026.
4.2. Withdrawals are possible until December 16, 2026, 3:00 PM.
4.3. From December 7 to December 16 at 3:00 PM, late entries are possible. The price for late entry is €30 per event.
4.4. Additional distance added after December 7, 2026, 3:00 PM is considered a late entry.
4.5. No changes are accepted after 15:00 on December 16, 2026.
4.6. Every competition participant must have a valid health certificate (form 0.68A) confirming that the athlete is healthy and fit to compete.
4.7. The participating team leader / appointed person is responsible for verifying valid team health certificate forms, who, along with technical applications, submits to the competition organizers a list of team participants, confirmed by the organization leader's stamp and signature; a copy of this list is also provided in Excel format.
4.8. Athletes participating individually in the championship, when submitting a technical application, must provide the organizers with a valid medical certificate authorizing participation in the competition. If an athlete cannot provide a valid properly formatted health certificate, they must provide a personally signed document confirming that they are healthy and personally responsible for their health during the championship. For minor athletes, the document is signed by their legal representatives (parents/guardians).
4.9. The submitted results must be achieved during the period from September 1, 2025, to December 7, 2026.
4.10. When submitting applications, it is necessary to specify the number of teams participating in the relays. Named applications for relay swims must be submitted to the competition secretariat no later than 1 hour before the start of the part of the competition

where the relay event takes place. Only the number of named applications from the relay teams specified in the team application is accepted.

4.11. Each participating organization can register more than one team in the relay events.

4.12. After December 16, 2026, 3:00 PM, the athlete may refuse to compete on the competition day for important reasons. The organization's manager/coach must submit a written request to the secretariat to remove the athlete from the competition day before the end of the morning warm-up of each competition day. Starting protocols will not be changed. If the request is submitted on time, no penalty will be charged for missing the start.

4.13. Applications can be submitted:

- Swimrankings.net (online system):
  - All athletes and relay teams should be included.
  - The system-generated file "entries by athlete" sent to entries@ltuaquatics.com by email.
- Using the "Entry Editor" application:

o The applications must indicate the absolute best result, regardless of the pool length. For an athlete without a result, the NT must be filled. When filling out results, it is necessary to specify: pool length, achievement date, city (not the competition name).

o Completed applications are sent to LTU Aquatics, indicating the team name in the document title (e.g., Kaunas PM, Sostinės SC, ...).

o The submitted results must be achieved in competitions at least at the championship level of the sports training institution. Athletes whose results do not match those presented in the technical application are registered as "without a result."

o All applications must be submitted only by email **entries@ltuaquatics.com**.

o The application is considered accepted if you receive a response.

5. Competition protocol

5.1. Competition results are recorded using an automatic timing system.

5.2. Competitions are held with both preliminary and final heats.

5.3. The preliminary heatss will be conducted using 10 lanes, while the finals using 8 lanes.

5.4. The maximum number of foreign team participants in the "A" final is no more than 2 athletes, and in the "B" final there is no limit. The quota does not apply to Lithuanian athletes representing a foreign team.

5.5. In the 50 m, 100 m, 200 m, and 400 m swimming distances, "B" finals (for 9th–16th places) and "A" (for 1st–8th places) are held, which are determined based on the athletes' results in the preparatory heats. "B" finals are held if at least 24 participants have started in the event.

5.6. In the 800 m and 1500 m freestyle events, distance time restrictions apply: 800 m – in 11 minutes, 1500 m – in 21 minutes. If participants fail to complete the distance within the specified time, the swim is stopped. For participants who do not complete the distance on time, the DNF result is recorded in the competition protocol.

5.7. The relay races are held as final heats. **Relay teams from Lithuania and abroad, formed based on national teams, participate in the championship outside the competition and are not contenders for awards.**

5.8. In the 800 m and 1500 m freestyle events, all races are conducted as final races. In the eastern part – slower swims, in the western part – the strongest (8 participants).

5.9. Participants must register at call room before the race. A late participant who does not introduce themselves is not allowed to start the event.

5.10. For the final heats, 1 reserve athlete is announced and must arrive at the participants' meeting point. Ten minutes before the final heat, a final participant who does not arrive is replaced by a reserve athlete
5.11. A refusal to participate in the final (including reserve athletes) must be submitted in writing to the secretariat no later than 30 minutes after the announcement of the preliminary race results.
5.12. WA-approved portable electronic devices may be used during the competition. These devices must be reported to the official.

6. AWARDS

6.1. The winners and prize-winners of each event in the championship who achieve the best results in individual events ("A" finals, finals based on results, and relay events) are awarded LTU Aquatics medals for 1st, 2nd, and 3rd places (in all individual events **always** the three Lithuanian athletes who achieved the best results are awarded, while foreign athletes are awarded according to their placement).
6.2. The six best swimmers (3 women and 3 men) who achieve the highest results in the competition, after summing the WA ranking of the three best individual events, are awarded cash prizes: 1st place – €800; 2nd place – €500; 3rd place – 350. The coaches of these swimmers are also awarded cash prizes. The prize amount is 50 percent of the prize won by the athlete.
6.3. If athletes achieve the same total WA points, after summing the WA ranking points of the top 3 Olympic events, the higher place is awarded to the athlete who scored more points in the first (second, third, etc.) events.
6.4. Swimmers who improve the Lithuanian record in the individual event are awarded based on the LTU Aquatics VK decision No. 11 dated 2018-11-06 (Lithuanian adult record – 200 €).
6.5. Coaches of athletes who placed 1st, 2nd, or 3rd in individual events during the championship are invited together with the athletes to the awards ceremony to take photos.
6.6. An athlete or coach who does not attend the award ceremony may lose the right to receive the award.
6.7. Organizers may establish additional prizes.

7. FINANCIAL TERMS

7.1. The competition participant fee for LTU Aquatics members and organizations that have paid the membership fee for 2026, as well as organizations applying to become LTU Aquatics members, is €15; for non-LTU Aquatics members who have not paid the membership fee for 2026 – €30.
7.2. Late entry – an additional €30/event.
7.3. For those without Lithuanian citizenship and/or representing a foreign country/club – 15 €/distance.
7.4. For those who do not meet the competition standard/start in one event per day – €30 per event.
7.5. The competition participant fee is paid for all participants included in the initial protocol. Based on the submitted protocol and competition rates, an invoice is issued to the competition participants, which the applicant-invoice participant pays in advance at least 1 day before the start of the competition.

7.6. The competition participant fee must be paid within **Paysera Tickets**. After paying the participant fee, the invoice is generated automatically and sent to the email address provided by the payer. Legal entities, in exceptional cases, are allowed to participate in competitions after paying in advance or an invoice issued after the event. Applies to budgetary sports schools or organizations unable to make payments via the Paysera system
7.7. The fee for not showing up for the start of each race if you do not submit a withdrawal form from the final/strongest swim (if you do not use point 4.12) is €15, and for the relay – €30.
7.8. Fees for missing the start, final swim, or other fines for violations of competition rules are paid by the participant applicant-account recipient according to the invoice provided to them within 5 calendar days from the invoice issuance date.
7.9 Participants' travel, accommodation, and meal expenses are covered by the sending organization.

8. COMPETITION REFEREES AND THEIR REMUNERATION

8.1. Lithuanian teams are invited to submit their qualified referee candidacy (name, surname) by December 7, 2026, 3:00 PM via email: entries@ltuaquatics.com.
8.2. Referees delegated by teams must know WA swimming rules and have refereeing experience in city or higher-level competitions.
8.3. The competition organizers reserve the right to notify in advance about the need for delegated judges.
8.4. Referees' attire: dark pants/skirt, sports shoes.
8.5. The living and meal expenses of the main invited judges are covered by LTU Aquatics.
8.6. LTU Aquatics only covers catering expenses for referees delegated by the teams; other expenses are covered by the sending organization.

9. FILING OF PROTESTS

9.1. Protests are possible if the competition rules and regulations are not followed, if other conditions pose a danger to the competition and athletes, but not against the fact of a violation.
9.2. Protests must be submitted in writing together with a €100 deposit no later than 20 minutes after the appealed violation.
9.3. Protests are considered by the Appeals Board according to WA rules.
9.4. If the protest is upheld, the deposit is refunded.

10. FINAL PROVISIONS

10.1. The ADMITA Lithuanian Swimming Championship is a public event where filming and photography are allowed.
10.2. By attending the event, participants agree that filmed or photographed material will be distributed in the media or online.
10.3. Team leaders respond:
10.3.1. for timely submission of documents;
10.3.2. for the safety of participants during the trip and competition;
10.3.3. for the proper behavior of participants during competitions and leisure time.
10.3.4. Sports schools, educational centers, sports clubs, academies, coaches, and individual athletes, when submitting applications, must have information on whether their athletes

meet the requirements of the National Anti-Doping Rules, i.e., all competition participants must have valid certificates issued by the Lithuanian Anti-Doping Agency or the International Federation confirming completion of anti-doping training. The certificate issued by the Lithuanian Anti-Doping Agency can be obtained on the e-learning platform www.bedopingo.lt.

10.3.5. Sports schools, educational centers, sports clubs, and academies, when submitting applications, must have information on whether their coaches meet the legal requirements for working with children, i.e., they have a Legal Work with Children code (QR code).

10.4. By submitting an application, the team confirms that it has read and will comply with these regulations.

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

10.6. During the Open Lithuanian Swimming Championship, doping samples may be taken from participants (more information: https://www.antidopingas.lt/).

11. CONTACTS

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