

LITHUANIAN OPEN SHORT COURSE SWIMMING CHAMPIONSHIPS 2019

REGULATIONS

I. PLACE, TIME, PROGRAMME

- 1.1. **Place:** Anykščiai, 25 m pool BANGENIS, Ažupiečių st. 1A.
 1.2. **Date:** 19–21 December, 2019.
 1.3. **Organized by** the Lithuanian Swimming Federation.
 1.4. **Programme:**

DAY I

HEATS 19 December Warm-up 9.30 Beginning 10.30				FINALS 19 December Warm-up 16.30 Beginning 17.30			
No	Event			No	Event		
1.	200 m free	M W	Q	1.	200 m free	M W	FINAL B, A
2.				2.			
3.	100 m breast	M W	Q	3.	100 m breast	M W	FINAL B, A
4.				4.			
5.	100 m back	M W	Q	5.	100 m back	M W	FINAL B, A
6.				6.			
7.	50 m fly	M W	Q	7.	50 m fly	M W	FINAL B, A
8.				8.			
9.	200 m IM	M W	Q	9.	200 m IM	M W	FINAL B, A
10.				10.			
11.	800 m free	W	SLO	11.	800 m free	W	FINAL (6 participants)
12.	1500 m free	M	SLO	12.	1500 m free	M	FINAL (6 participants)
				13.	4*100 m MIX IM (2 W + 2 M)	MIX	FINAL

DAY II

HEATS 20 December Warm-up 9.30 val. Beginning 10.30 val.				FINALS 20 December Warm-up 16.00 val. Beginning 17.00 val			
No	Event			No	Event		
14.	50 m breast	M W	Q	14.	50 m breast	M W	FINAL B, A
15.				15.			
16.	100 m free	M W	Q	16.	100 m free	M W	FINAL B, A
17.				17.			
18.	200 m fly	M W	Q	18.	200 m fly	M W	FINAL B, A
19.				19.			
20.	400 m IM	M W	Q	20.	400 m IM	M W	FINAL B, A
21.				21.			
22.	50 m back	M W	Q	22.	50 m back	M W	FINAL B, A
23.				23.			
24.	4*200m free	M W	FINAL	26.	4*100 m	MW	FINAL
25.				27.	free		

**DAY III**

HEATS 21 December Warm-up 9.00 val. Beginning 10.00 val.				FINALS 21 December Warm-up 15.30 val. Beginning 16.30 val			
No	Event			No	Event		
28.	50 m free	M W	Q	28.	50 m free	M W	FINAL B, A
29.				29.			
30.	200 m back	M W	Q	30.	200 m back	M W	FINAL B, A
31.				31.			
32.	200 m breast	M W	Q	32.	200 m breast	M W	FINAL B, A
33.				33.			
34.	100 m fly	M W	Q	34.	100 m fly	M W	FINAL B, A
35.				35.			
36.	400 m free	M W	Q	36.	400 m free	M W	FINAL B, A
37.				37.			
38.	100 m IM	M W	Q	38.	100 m IN	M W	FINAL B, A
39.				39.			
				40.	4*100 m	MW	FINAL
				41.	IM		

* Entry into the swimming pool is open 30 min before the beginning of the competition

II. PARTICIPANTS AND STANDARDS

Women	Event	Men
32.60	50 m free	28.50
1.11.10	100 m free	1.03.20
2.36.60	200 m free	2,20.00
5.31.00	400 m free	5.00.00
11.23.00	800 m free	-
-	1500 m free	20.00.00
36.00	50 m back	31.80
1.17.80	100 m back	1,09.00
2.49.50	200 m back	2,30.00
40.40	50 m breast	35.50
1,28.30	100 m breast	1,18.50
3,09.60	200 m breast	2.50.50
34,20	50 m fly	30.60
1,17.50	100 m fly	1,08.50
2.51.00	200 m fly	2,34.50
1.21.80	100 m IM	1.11.80
2,56,70	200 m IM	2,35.80
6,10.40	400 m IM	5.33.60

III. ENTRIES

- 3.1. Entries must be submitted by no later than **24:00 12-12-2019**.
- 3.2. Changes/withdrawals will be accepted until **17:00 17-12-2019**.
- 3.3. Late entries will be accepted from from **24:00 12-12-2019** until **17:00 17-12-2019**. The fee is 15 Eur / event.
- 3.4. Extra event (not applicable to changes and withdrawals) in reference to 3.2. is considered to be a late entry.
- 3.5. **No changes will be accepted after 17:00 17-12-2019.**
- 3.6. Entries must hold doctors' visas allowing participation in competition. Team leaders

are responsible for the valid allowances.

- 3.7. The entry times must cover the period from 01-09-2017 until 12-12-2019.
- 3.8. With entries you must submit the relay team entry. Only the teams who have submitted the relay team will be allowed to submit the named entries during the competition (must be submitted 30 minutes before the beginning of that competition part where the relay event will take place).
- 3.9. Each organization can have more than one relay team.
Entries may be submitted as following:

Swimranking.net online	“Entry Editor”
<ul style="list-style-type: none"> - All athletes and relay teams; - File “entries by athlete” must be sent to lpf.paraiskos@gmail.com 	<ul style="list-style-type: none"> - Entry times from 25 m pools will be seeded ahead of times from 50 m pools. In case the athlete has not result, the NT must be indicated. The submission must include: pool length, date, city (not the title of the event). - The completed application forms (entries) must be named after the team (i. e., Kauno PM, Vilnius VCM). - The results must be achieved in the competition of at least sport’s school. - The swimmers, whose achieved results mismatch with the results from the technical entry or are achieved in the event of lower level than sport school’s, will start with the mark “no result”. - All entries must be sent only by e-mail: lpf.paraiskos@gmail.com - Entries are considered to be accepted after a confirmation (reply) is received.

IV. COMPETITION

- 4.1. FINA rules are applied.
- 4.2. Timing system to be used.
- 4.3. The swimming costumes and apparel must meet the FINA requirements.
- 4.4. The competition is held with heats and finals.
- 4.5. In individual events with 24 participants and more, “A” final (1-6 places) and “B” final (7-12 places) will be held.
- 4.6. Individual event with 6 participants or less will be held as an “A” final in the evening session.
- 4.7. In 800 m and 1500 m freestyle events the SLO heats will be held in the morning session, and in the evening session – the fastest heats with the 6 best results.
- 4.8. 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 -12 min., 1500 m - 24 min.
- 4.9. Relay events are held as finals.
- 4.10. Before entering the race, the participant must register at the participants’ judge in the call room. In case of not showing up, the participant will not be allowed to participate in the event

- 4.11. For the finals, 2 reserve names will be announced; they must come to the participants' meeting point. In case, one of the finalists does not show up, the reserve takes his/her place. In case, the reserve is not present, the fine is applied as states in 7.4.
- 4.12. The written withdrawal from the final must be handed to the secretary no later than 20 min after announcing the results. Otherwise, the fine will be issued.

V. AWARDS

- 5.1. The first three swimmers in each event (only A finals and fastest heats) will be awarded with medals and diplomas, in relays - only medals.
- 5.2. In 800 m and 1500 m FREE events, the swimmers with the best results are awarded.
- 5.3. The best five swimmers who will collect the higher amount of FINA points in three events sum total (only in the individual events), will be awarded with money prizes:
 - I – 500 €;
 - II – 400 €;
 - III – 300 €;
 - IV – 200 €;
 - V – 100 €;
- 5.3.If two or more swimmers collect the same amount of FINA points in three events, the winners will be announced according to the ranking he has in the first event (second, etc.).
- 5.4. If the athlete misses the award ceremony, he/she will not receive the prize.
- 5.5. There might be additional prizes.

VI. PROTESTS

- 6.1. Protests are allowed only against violations of competition rules and regulations as well as in situations where the competition or participants are endangered.
- 6.2. All protests must be submitted in writing to the referee together with deposit of 50 Euro within 30 minutes following the conclusion of the respective race.
- 6.3. Meet's Board of appeal will process protests according to the FINA rules.
- 6.4. If the protest is upheld, the deposit will be returned.
- 6.5. If the protest is rejected, the deposit will be forfeited to the management body of the competition.

VII. FINANCIAL TERMS

- 7.1. Participation fee – 10 Eur/athlete.
- 7.2. Late entry – 15 Eur / event.
- 7.3. The fee must be paid for all participants included into the protocol.
- 7.3. Fine for not meeting the standard in heats – 6 €, no fine in the finals.
- 7.4. Fine for missing the heat – 5 €, finals – 10 €, relay – 20 €.
- 7.5. If you need an invoice, please contact lpf.paraiskos@gmail.com
- 7.6. Participation fee and fines must be paid to federation's account:
Lithuanian swimming federation
Company code 191917910
IBAN LT49 7044 0600 0150 1455
AB SEB Bank
SWIFT code CBVILT2X
Reference: LC 25 (club's name)



IX. FINAL STATEMENTS

- 8.1. The championships is a public event, where videos and photos might be taken.
- 8.2. The filmed and photographed material may be published in the media and online.
- 8.3. 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.
- 8.4. By submitting application form participants agree to the Terms and Conditions of the Event.

X. CONTACTS

- 10.1 Email – lpf.paraiskos@gmail.com
- 10.2. Results - www.ltuswimming.com
- 10.3 Director of the competition: Milda Šeibokaitė (FINA#19)
