

LITHUANIAN OPEN WATER SWIMMING MARATHONS GRAND PRIX – 2016

1. AIMS AND OBJECTIVES

- To promote swimming among young people and adults as a great form of physical activity and leisure in the water and as well as a mean of wellness and communication.
- To determine the best long-distance swimmers in Lithuania by counting the total results of 3 marathons.
- To encourage people of different ages and social statuses be physically active.

2. TIME, PLACE, PROGRAMME

- 06-07-2016 Lampėdžiai (Kaunas) 2000 m, 4000 m (*according to regulations and weather conditions*)
 - 2 team members must participate in a long-distance marathon
- 30-07-2016 Plateliai (Plateliai) 1800 m, 3500 m (*according to regulations and weather conditions*)
 - 2 team members must participate in a long-distance marathon
- 13-08-2016 Sudeikiai (Utena, Sudeikiai) 2500 m, 5000 m (*according to regulations and weather conditions*)
 - 2 team members must participate in a longer-distance marathon

3. ORGANIZING BODY

Lithuanian Swimming Federation

4. PARTICIPANTS

- Teams.
- The age of participants is 14 years and over.
- Team composition:
 - 1 – veteran (25 years +)
 - 1 – woman
 - 1 – swimmer under 25 years
 - 1 – swimmer with no limitations
- The team may participate in a partial composition.
- The same swimmer can only be the member of ONE team.

5. ENTRIES

- Registration is free of charge until 1st of July, 2016, at www.LTUswimming.com → OW;
- Registration until 6th of July (Lampėdžiai marathon) – 20 Eur / team;
- Entries to separate Grand Prix stages (Lampėdžiai, Plateliai, Sudeikiai) must be submitted according to the regulations of a separate marathon.

6. POINTS

The result of each team member in swimming the marathon is equal to 100 m swimming speed. The received “average 100 m swimming speed“ is turned into 1500 m distance time according to which the FINA points are counted. The FINA points for participants under 25 years old are counted according to “2004 FINA points“ table, and for participants above 25 years – according to “DSF masters performance table 2004”. The points of all team members are totalized. Later the points of all Grand-prix stages are also totalized.

Pvz.

- Antanas Jonaitis, amžius 54 m vyras. 2000 m Lampėdžių maratonas Nuotolis įveiktas per 38.25 min.
- 100 m įveikimo laikas lygus: $38,25 / 20 = 1.55,25$ min.
- Perskaičiuojama į 1500 m nuotolį: $1.55,25 \text{ min.} \times 15 = 28,48,75$ min.
- Gautas 1500 m lst. laikas verčiamas į FINA taškus:
Amžius 54 m – Naudojama DSF Masters 2004 taškų skaičiavimo sistema = **254 tšk.**

DSV Masters 04	1500m Freestyle	Men	54	28:48.75	254 Pt.
----------------	-----------------	-----	----	----------	---------

7. APDOVANOJIMAS

Penkios daugiausiai taškų surinkusios komandos apdovanojamos pinigiais prizais:

- I-a vieta Grand- prix įskaitoje: 1 tšk. = 0,40 Eur.
- II-a vieta Grand- prix įskaitoje: 1 tšk. = 0,30 Eur
- III-a vieta Grand- prix įskaitoje: 1 tšk. = 0,20 Eur
- IV-a vieta Grand – prix įskaitoje 1 tšk. = 0,10 Eur
- V-a vieta Grand-prix įskaitoje 1 tšk. = 0,07 Eur

-