

LITHUANIAN SWIMMING FEDERATION
BALTIC STATES SWIMMING CHAMPIONSHIP 2018
MARCH 23-24th (Friday-Saturday) 2018
(Kovo 11-osios st. 26, Kaunas)

Recommendations and Rules

1. Transport of the participants should be parked in the parking place of “Girstutis” sports complex and in the non-paved parking place behind the paved parking place.
2. The participants enter the swimming-pool and the changing rooms through the side entrance closer to the street. Having passed the balcony, go downstairs to the swimming-pools and changing rooms. During the competition the participants can use the WC near the changing rooms and those near the entrance to the 50 m swimming-pool.
3. Those who need to leave clothes at the changing rooms will be given an electronic bracelet for locking the lockers. **The bracelets will be given only under the deposit of 5 Eur.** The money will be returned back having returned the bracelet, which will be valid for two days.
4. To swim in the 1st lane at 25 m swimming pool at the recreation zone is allowed **only during the competition**. It is not allowed to swim at the 25 m swimming- pool during the warm up, as the group trainings will take place at that time.
5. During the warm-up it is allowed in the 1st lane to swim at a max speed to one side only, backstroke and other starts; in the 8th lane is allowed to swim at a max speed to one side only and starts only from a diving platform; in the lanes 2-7 - swimming in a circle.
During the warm-up it is not allowed in the lanes 2-7 to jump into the water from a standing position neither on the head nor feet. Getting into the water should be from a sitting position, feet first.
6. To use the backstroke ledge will be allowed during the warm-up in the 1st lane.
7. 30 min till the end of the warm-up the 7th lane will be used for “speed tests” to swim 25, 50 or 100 m.
8. It is forbidden to use any of the swimming equipment during the warm-up.
9. The rest zones for the participants are indicated in appendix No.1.

10. The meeting place of the participants is behind the referees' room at the 50 m swimming-pool.
11. During the preliminary heats the clothes of the sportsmen **will not be carried** away from the start place. The clothes **will be carried away only during the finals**.
12. During the preliminary heats having finished the distance (except the 50 m distance), participants have to stay in the water until the start for the next heat.
13. Sportsmen should get out of the water through the sides of the swimming pool. Getting out through the start/finish side is **FORBIDDEN**.
14. The first aid is supplied by the medical staff in the referees' room.

**LOOKING FORWARD TO MUTUAL UNDERSTANDING AND
COOPERATION!**