

LITHUANIAN OPEN WINTER SWIMMING CHAMPIONSHIPS 2016

Regulations

I PLACE AND TIME

The competition will take place in Kaunas (Kovo 11-osios str. 26, Kaunas, Lithuania), 50 m 8-lane swimming pool with OMEGA QUANTUM timekeeping system, on **28th– 30th of January 2016.**

Competition is FINA qualification event to RIO Olympic Games 2016.



Beginning of the competition:

28th of January (Thursday): Heats – 10.30 / Finals – 17.00

29th of January (Friday): Heats – 10.00 / Finals – 17.00

30th of January (Saturday): Heats – 10.00 / Finals – 16.00

Entry into the swimming pool is 60 min before the beginning of the competition.

II PARTICIPATION

Athletes of the Lithuanian Swimming Federation's members, swimmers of other Lithuanian organizations and swimmers from abroad.

Number of swimmers in teams is not limited.

III PROGRAMME OF THE COMPETITION

January 28th				January 29th				January 30th			
Heats (start – 10.30)				Heats (start – 10.00)				Heats (start – 10.00)			
1	400 m free	W	Q	14	400 m free	M	Q	27	200 m free	W	Q
2	200 m free	M	Q	15	100 m free	W	Q	28	100 m free	M	Q
3	50 m breast	W	Q	16	50 m breast	M	Q	29	200 m breast	W	Q
4	200 m breast	M	Q	17	100 m breast	W	Q	30	100 m breast	M	Q
5	100 m back	W	Q	18	100 m back	M	Q	31	50 m back	W	Q
6	50 m back	M	Q	19	200 m back	W	Q	32	200 m back	M	Q
7	200 m fly	W	Q	20	50 m free	M	Q	33	100 m fly	W	Q
8	100 m fly	M	Q	21	200 m fly	M	Q	34	50 m fly	M	Q
9	50 m free	W	Q	22	50 m fly	W	Q	35	200 m IM	W	Q
10	400 m IM	M	slo	23	200 m IM	M	Q	36	4x200 m free	M	F
11	400 m IM	W	slo	24	800 m free	W	slo	37	4x200 m free	W	F
								38	1500 m free	M	slo
Finals and SF (start – 17.00)				Finals and SF (start – 17.00)				Finals and SF (start – 16.00)			
9	50 m free	W	SF	20	50 m free	M	SF	34	50 m fly	M	SF
6	50 m back	M	SF	22	50 m fly	W	SF	31	50 m back	W	SF
3	50 m breast	W	sF	16	50 m breast	M	SF	38	1500 m free	M	fast
4	200 m breast	M	F-B,A	24	800 m free	W	fast	35	200 m kompl. pl.	W	F-B,A
7	200 m fly	W	F-B,A	14	400 m free	M	F-A	30	100 m breast	M	F-B,A
8	100 m fly	M	F-B,A	15	100 m breast	W	F-B,A	27	200 m free	W	F-B,A
1	400 m free	W	F-A	18	100 m back	M	F-B,A	28	100 m free	M	F-B,A
2	200 m free	M	F-B,A	19	200 m back	W	F-B,A	29	200 m breast	W	F-B,A
5	100 m back	W	F-B,A	23	200 m IM	M	F-B,A	32	200 m back	M	F-B,A
10	400 m IM	M	fast	17	100 m free	W	F-B,A	33	100 m fly	W	F-B,A
11	400 m IM	W	fast	21	200 m fly	M	F-B,A	34	50 m fly	M	F
9	50 m free	W	F	20	50 m free	M	F	31	50 m back	W	F
6	50 m back	M	F	22	50 m fly	W	F	39	4x100 m medley	Mix	F
3	50 m breast	W	F	16	50 m breast	M	F				
12	4x100 m free	M	F	25	4x100 m medley	W	F				
13	4x100 m free	W	F	26	4x100 m medley	M	F				

IV QUALIFY TIMES

Woman	Event	Men
31,07	50 m FREE	26,23
1.08,15	100 m FREE	57,38
2.30,04	200 m FREE	2.08,69
5.37,00	400 m FREE	4.56,46
11.33,20	800 m FREE	
	1500 m FREE	20.30,00
38,00	50 m BACK	31,65
1.22,00	100 m BACK	1.08,54
2.55,00	200 m BACK	2.32,62
41,88	50 m BREAST	34,86
1.29,29	100 m BREAST	1.17,14
3.16,73	200 m BREAST	2.56,21
35,25	50 m FLY	27,77
1.19,00	100 m FLY	1.03,72
2.52,50	200 m FLY	2.37,50
2.50,91	200 m MEDLEY	2.26,06
6.21,00	400 m MEDLMY	5.27,67

V ENTRIES

- Technical entries must be sent before 17:00 hr the 20th January 2016.
- Last corrections (withdrawals and substitutions) can be made till 14.00 hr the 27th January 2016
- All entries must be sent only by e-mail: lpf.paraikos@gmail.com
- Entry times must be based on results that can be found on the www.swimrankings.net
- Achieved times indicated in entries must be achieved in period from 1st January 2015.
- Entries will not be accepted after the deadline.
- Entries consider accepted after received confirmation (reply).
- Swimmers, whose achieved results mismatch with results from technical entry, will start with mark „NT“ (no time).

VI COMPETITION PROCEDURE

- FINA rules are applied.
- Competition results will be recorded with OMEGA ARES21 timing system.
- A competition is held with heats, semifinals and finals.
- Slowest heats of the 400 m IM, 800 m FREE, 1500 m FREE will be held in the morning session and fastest heats will be held in the evening session.
- All 50 m events will be swim with semifinals.
- If 24 or more swimmers enter for the event there will be held Final „A“ and Final „B“.
- If 9 to 23 swimmers enter for the event, there will be held only Final „A“.
- If 8 or less swimmers enter for the event, the Final will be held straight in the evening session.
- 400 m FREE will be held only Final „A“.
- In the evening sessions first will be held Final „B“ and after that Final „A“.
- 2 substitute swimmers for the Finals will be announced. They must arrive into call room before the final.
- The refusal form (if you want to withdraw the swimmers from the finals) must be submitted to the secretary of the competition no later than 30 min after the heats are over.
- Lithuanian Open Winter Swimming Championships is a public event, where video and photo shooting might take place.
- By submitting application form participants agree to the Terms and Conditions of the Event.
- Application forms for relays with names of the swimmers must be submitted to secretary of the competition 60 min before start of the Finals.
- The swimming outfit of competitors must fulfil the FINA requirements.

VII PROTESTS

- Protests are allowed only against violations of Competition rules and regulations as well as in situations where the Competition or participants are endangered.
- All protests must be submitted in writing with deposit of 50 Euro.
- Meet Referee will process protests according to the FINA rules.
- In case of granted protest, deposit will be returned.

VIII AWARD

- The winners of the Lithuanian Open Winter Swimming Championships will be determined according to the FINA rules.
- First three swimmers in each event will be awarded with medals and diplomas of the Federation.
- Swimmer that does not participate in awarding ceremony loses the right to award.

IX FINANCIAL TERMS

- Competition registration fee for one participant is 10 Euro.
- All expenses must be covered by the sending organization.
- The fine for missing the start of heats and final events is 6 Euro and the fine for missing the start of relay events is 12 Euro.
- The fine for not achieving the qualifying standard is 3 Euro.

X CONTACTS

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