

LITHUANIAN OPEN SWIMMING CHAMPIONSHIPS 2009

Regulations

I PLACE AND TIME

The championships will be held in Alytus, 26-28 June, 2009 in the 50 m swimming pool of Alytus Sport and Recreation center. (Naujoji str. 52, Alytus)

Beginning of the competition:

26th June (Friday): Heats – 10.30,
Finals – 17.00;
27th June (Saturday): Heats – 10.00,
Finals – 17.00;
28th June (Sunday): Heats – 10.00,
Finals – 16.00;

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

II PARTICIPATION

Lithuanian Swimming Federation's members who have paid the members fees, and guests from abroad.

III PROGRAMME OF THE COMPETITION

I day			II day			III day		
1	200 m FREE	W	13	400 m FREE	W	27	100 m FREE	W
2	200 m FREE	M	14	400 m FREE	M	28	100 m FREE	M
3	50 m BACK	W	15	50 m BREAST	W	29	200 m BACK	W
4	50 m BACK	M	16	50 m BREAST	M	30	200 m BACK	M
5	200 m BREAST	W	17	100 m BACK	W	31	100 m BREAST	W
6	200 m BREAST	M	18	100 m BACK	M	32	100 m BREAST	M
7	100 m FLY	W	19	200 m FLY	W	33	50 m FLY	W
8	100 m FLY	M	20	200 m FLY	M	34	50 m FLY	M
9	400 m IM	W	21	50 m FREE	W	35	800 m FREE	W
10	400 m IM	M	22	50 m FREE	M	36	1500 m FREE	M
11	4x200 m FREE	W	23	200 m IM	W	37	4x100 m MEDLEY	W
12	4x200 m FREE	M	24	200 m IM	M	38	4x100 m MEDLEY	M
			25	4x100 m FREE	W			
			26	4x100 m FREE	M			

IV QUALIFY TIMES

Women	Event	Men
31,40	50 m FREE	26,18
1.08,83	100 m FREE	56,95
2.34,82	200 m FREE	2.10,66
5.39,30	400 m FREE	5.02,07
11.33,20	800 m FREE	
	1500 m FREE	20.30,00
38,84	50 m BACK	32,54
1.22,48	100 m BACK	1.11,40

2.56,91	200 m BACK	2.40,65
42,53	50 m BREAST	36,44
1.32,49	100 m BREAST	1.20,92
3.18,70	200 m BREAST	2.59,49
35,87	50 m FLY	28,69
1.19,70	100 m FLY	1.06,85
2.54,90	200 m FLY	2.38,57
2.59,98	200 m MEDLAY	2.35,64
6.21,00	400 m MEDLAY	5.48,40

V ENTRIES

- Preliminary entries must be sent before the **17:00 of 5th June**.
- Technical entries must be sent before **17:00 of 15th June**.
- The last corrections can be made till **25th July 10:00 AM**
- The swimmers from abroad can take part in the competitions. They have to follow the same rules as well. Every entry time has to be confirmed, with the achieved date and place.
- Every participating organization can register more than one team in the relays.
- One swimmer can participate only in one relay team.
- Entries times have to be achieved in period from June 1st 2008 till June 14th 2009.
- Entries must be submitted by using „**ENTRY EDITOR**“ (you can download it from www.splash-software.ch/index.php » Downloads » Free software and trials » Entry Editor
- It should be indicated swimming result (if there is no result – write NT), length of swimming pool, date of achievement (not the name of the competition)
- Filled application forms (entries) must be sent to the Lithuanian Swimming Federation. The file name must be the same as the name of the team. (For example: Kauno PM, Vilnius VCM..)
- All entries must be sent **only by e-mail**. plaukimo.cempionatas@gmail.com
- Entries will not be accepted after the deadline.
- Entries consider accepted after you have got confirmation (reply).
- Swimmers, who's achieved results mismatch with the results from technical entry, will start with mark „NT“(no time).
- If there is no achieved result in 50 m swimming pool, the result could be written achieved in 25 m swimming pool.
- Achieved times in 25 m swimming pool will be listed after all achieved times in 50 m pool.
- No possible correction after the start list is printed (after 25th of July 2009, 10:00 AM).

VI COMPETITION PROCEDURE

- A competition is held with heats and finals.
- Every swimmer has to make registration before the heats of the event.
- Relays are held only in the evening section (finals).
- Applications forms for the relays, with the names of the swimmers, must be given to the secretary of the competition 60 min before the start of the finals.
- 400 IM, 800 FREE, 1500 FREE will be slowest heats in the morning session and fastest heat in the evening session.
- It will be held „A“ and „B“ finals if there were registered more than 24 swimmers in the heats of the event.
- It will be held „A“ final, if there were registered 9-23 swimmers in the event.
- If there are 8 or less swimmers registered in the event, it will be held directly in the finals.
- First will be held „A“ final, and after it „B“ final.
- 2 substitutes swimmers for the finals are announced, and they must arrive into call room, before the final.
- The refusal form (if you want to scratch the swimmers from the finals) must be given to the secretary of the competition no later than 30 min after the heats are over.
- Penalty fee for not attending to the start – 10 Litas (heats or finals), relay – 40 Litas.
- Penalty fee for unperformed qualify time – 10 Litas.

VII AWORD

- The three first swimmers in each event will be awarded with medals and diplomas.

VIII Financial terms

- Lithuanian Swimming Federation will pay accommodation and catering fees for swimmers and coaches (3 d. x 35.00 Lt). List below.

1.	Kauno PM	26 sw.	3 coch.
2.	Vilniaus VSM	14 sw.	2 coch.
3.	Kauno Centro SM	8 sw.	1 coch.
4.	Panevėžio „Žemyna“	8 sw.	1 coch.
5.	Klaipėdos „Gintaro“ SC	8 sw.	1 coch.
6.	Šiaulių „Delfinas“	7 sw.	1 coch.
7.	Anykščių KKSC	4 sw.	1 coch.

- LSF will pay for judges' accommodation and catering.

IX CONTACTS

- E-mail – plaukimo.cempionatas@gmail.com
- Accommodation coordinator – Emilis Vaitkaitis
- Phones:
Lithuanian Swimming Federation (+370 5) 233 9288
Gintautas Bartkus, tel. +370 612 58044
Emilis Vaitkaitis, tel. +370 657 58542

LITHUANIAN SWIMMING FEDERATION

LITHUANIAN OPEN SWIMMING CHAMPIONSHIPS 2009

PRELIMINARY ENTRY

Organization	
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We will take part in Lithuanian Open Swimming Championships 2009.

Preliminary number of participations:

	LSF will pay		Additional	
	Men	Women	Men	Women
Swimmers				
Officials				

Contact person name, surname, and phone: _____

E-mail: _____ **(NECESSARY)**

Date _____

Name Surname (the head of the delegation) _____

Entries must be sent here: plaukimo.cempionatas@gmail.com DEADLINE 5th of July 2009. 17:00 h.