

**INVITATION TO OPEN LITHUANIAN MASTERS
SWIMMING CHAMPIONSHIPS IN
KAUNAS (LITHUANIA)
23.11–24.11.2019
Long course (50 m)**

I. AIM OF THE COMPETITION

To make swimming popular among adults as a mean of exercise and entertainment in the water and even more - as a mean of improving health and maintaining good relationships. Moreover, competition aims at promoting the best Lithuanian master swimmers and encouraging people of various ages and social statuses to be engaged in physical and sportive activities.

II. TIME AND VENUE OF THE COMPETITION

The competition will be held on the **23–24th of November, 2019**, at Kaunas swimming center (50 m, 8 lanes, electronic timing system).

ADDRESS: Kovo 11-osios g. 26, LT-51349 Kaunas

TIME:

23th of November (Saturday)

- 12.00–13.00 registration of participants
- 13.00–14.00 warm up
- 14.00 start of competition (I part)

24th of November (Sunday)

- 7.30–8.00 warm up
- 8.00 start of competition (II part)
- 9.00–10.00 warm up
- 10.00 start of competition (III part)

III. ORGANIZERS

The competition is held by:

**Lithuanian Swimming Federation
LTUswimmasters2019@gmail.com
Swimming club “Takas“**

IV. PARTICIPANTS AND AGE GROUPS OF THE COMPETITION

- The participants above the age of 25 years and older and who have finished their active sports career and paid the participation fee are allowed to participate.
- Swimmers are eligible to participate in the competition after signing a declaration on the responsibility for their own health.

- The competitions will be held in heats. There will be no finals. It is a personal competition. The number of individual events and relays is unlimited.
- Age ranges are divided according to the regulations of FINA respectively.
- All competitions are ranging from the slowest to the fastest, except for 400 m, 800 m free and 400 m medley that are held from the fastest to the slowest.

AGE GROUPS:

A 25-29 years F 50-54 years J 70-74 year
 B 30-34 years G 55-59 years K 75-79 years
 C 35-39 years H 60-64 years L 80-84 years
 D 40-44 years I 65-69 years M 85-89 years
 E 45-49 years

AGE GROUPS FOR RELAY EVENTS

A 100-119 years old D 200-239 years old
 B 120-159 years old E 240-279 years old
 C 160-199 years old F 280+ years old

V. SCHEDULE OF COMPETITION

23th of November (Saturday) I part

100 m free (female, male)
 50 m backstroke (female, male)
 50 m fly (female, male)
 100 m breaststroke (female, male)
 400 m free (female) / Awarding
 200 m backstroke (female, male)
 200 m fly (female, male)
 200 m medley (female, male)
 400 m free (male) / Awarding
 4x50 m relay medley (female)
 4x50 m relay medley (male)
 Award ceremony

24th of November (Saturday) II part

800 m free (female, male)
 Award ceremony

24th of November (Saturday) III part

50 m free (people with disabilities)
50 m free (female, male)
50 m breaststroke (female, male)
100 m backstroke (female, male)
100 m fly (female, male)
400 m medley (female) / Award ceremony
200 m free (female, male)
200 m breaststroke (female, male)
400 m medley (male) / Award ceremony

4x50 m relay free (female)
4x50 m relay free (male)
Award ceremony

VI. AWARDS

- Champions of each event will be awarded with a medal (only for first place).
- Top ten swimmers will be awarded with prizes (the calculation of their 3 best results according to the DSV MASTER PERFORMANCE TABLE 2014).
- Every participant will be awarded with gifts and certificate.

VII. ENTRIES

- Technical entries must be submitted before **17th of November 2019**.
- All entries must be submitted **only by e-mail: LTUswimmasters2019@gmail.com**
- The last corrections are allowed until **November 22, 2019, 15:00**.
- Final entry form is in appendix.

VIII. COMPETITION FEES

Competition fee per participant – 25 EUR

Lithuanian swimming federation

AB SEB bank

LT49 7044 0600 0150 1455

SWIFT or BIC CBVILT2X

Reference: masters 2019

E-mail: **LTUswimmasters2019@gmail.com**