

2010 OPEN LITHUANIAN SWIMMING FEDERATION CUP

Regulations

I PLACE AND TIME

The competition will be held in Anykščiai, 12-13 of November 2010 in Anykščiai „Sveikatos oazė“ 25 m swimming pool. (Ažupiečių g. 1A, Anykščiai)



Beginning of the competition:

12th November (Friday): Heats – 10.00
Finals – 17.00

13th November (Saturday):
Heats – 9.00
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

November 12th (Friday)			November 13th (Saturday)		
Heats –10.00			Heats –9.00		
Finals – 17.00			Finals – 16.00		
1.	100 m Freestyle	Men	20.	100 m Freestyle	Women
2.	200 m Freestyle	Women	21.	200 m Freestyle	Men
3.	50 m Breaststroke	Men	22.	50 m Breaststroke	Women
4.	100 m Breaststroke	Women	23.	100 m Breaststroke	Men
	Victory ceremony			Victory ceremony	
5.	400 m IM	Men	24.	400 m IM	Women
6.	100 m Butterfly	Women	25.	100 m Butterfly	Men
7.	100 m Backstroke	Men	26.	100 m Backstroke	Women
8.	50 m Backstroke	Women	27.	50 m Backstroke	Men
	Victory ceremony			Victory ceremony	
9.	200 m Butterfly	Men	28.	200 m Butterfly	Women
10.	200 m IM	Women	29.	200 m IM	Men
11.	400 m Freestyle	Men	30.	400 m Freestyle	Women
12.	50 m Freestyle	Women	31.	50 m Freestyle	Men
	Victory ceremony			Victory ceremony	
13.	200 m Breaststroke	Men	32.	200 m Breaststroke	Women
14.	800 m Freestyle	Women	33.	1500 m Freestyle	Men
15.	100 m IM	Men	34.	100 m IM	Women
16.	200 m Backstroke	Women	35.	200 m Backstroke	Men
17.	50 m Butterfly	Men	36.	50 m Butterfly	Women
	Victory ceremony			Victory ceremony	
18.	4x50 relay IM	Women	37.	4x50 relay IM	Men
19.	4x50 relay Freestyle	Men	38.	4x50 relay Freestyle	Women

IV QUALIFY TIMES

Women	Event	Men
31,02	50 m Freestyle	26,24
1.09,22	100 m Freestyle	58,38
2.33,95	200 m Freestyle	2.11,61
5.33,30	400 m Freestyle	5.00,54
11.25,80	800 m Freestyle	
	1500 m Freestyle	20.13,82
37,20	50 m Backstroke	31,86
1.20,13	100 m Backstroke	1.09,06
2.52,27	200 m Backstroke	2.33,54
41,71	50 m Breaststroke	34,62
1.30,48	100 m Breaststroke	1.16,02
3.14,43	200 m Breaststroke	2.54,37
35,30	50 m Butterfly	28,60
1.18,61	100 m Butterfly	1.05,85
2.52,98	200 m Butterfly	2.35,21
1.18,20	100 m IM	1.05,78
2.49,11	200 m IM	2.27,76
6.16,50	400 m IM	5.39,96

V ENTRIES

- Technical entries must be sent before **17:00 of 3rd November**.
- The last corrections can be made till **11th November 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 October 1st 2009 till November 3d 2010.
- 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, Vilniaus VSM..)
- All entries must be sent **only by e-mail paraikos2010@gmail.com**
- Entries will not be accepted after the deadline.
- Entries consider accepted after you have got confirmation (replay).
- 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 25 m swimming pool, the result could be written achieved in 50 m swimming pool. In that case there will be no time conversion from long course to short course.
- **No possible correction after the start list is printed (after 11th of November 2010, 10:00 AM).**

VI COMPETITON 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.

- Number of relay teams must be submitted in the final entries form
- 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 only „A“ final (6 swimmers)
- If there are 6 or less swimmers registered in the event, it will be held directly in the finals.
- 2 substitute's 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. Three best male's swimmers and three best female's swimmers best performances in Olympic events will be awarded with money prizes. (I place – 400 Lt., II place – 200 Lt., III place – 150 Lt.)

VIII Financial terms

- Competition registration fee: **20 Lt**
- All expenses must be covered by sending organization

IX CONTACTS

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