

LITHUANIAN OPEN SWIMMING CHAMPIONSHIPS 2011

Regulations

I. PLACE AND TIME

The championships will be held in Alytus, 28-30th of June, 2011 in the 50 m swimming pool of Alytus Sport and Recreation center. (Naujoji str. 52, Alytus). Competition is in *2011 - Swimming Qualifying Events for Shanghai World Championships list*.

Beginning of the competition:

28 of June (Tuesday):	Heats – 10.30, Finals – 17.00;
29 of June (Wednesday):	Heats – 10.00, Finals – 17.00;
30 of June (Thursday):	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
31,85	50 m FREE	26,96
1.10,68	100 m FREE	59,35
2.34,35	200 m FREE	2.11,69
5.39,30	400 m FREE	5.04,85
11.33,20	800 m FREE	-
-	1500 m FREE	20.30,00
38,84	50 m BACK	34,48
1.22,48	100 m BACK	1.12,75
2.56,91	200 m BACK	2.40,65
42,53	50 m BREAST	38,00
1.32,49	100 m BREAST	1.20,92

3.18,70	200 m BREAST	2.59,49
35,87	50 m FLY	30,72
1.19,70	100 m FLY	1.09,15
2.54,90	200 m FLY	2.38,57
2.58,73	200 m MEDLAY	2.35,12
6.21,00	400 m MEDLAY	5.48,40

V. ENTRIES

- Technical entries must be sent before **12:00 o'clock of 23 of June, 2011.**
- The last corrections can be made till **27 of June 12:00, 2011.**
- Entries with doctors visas to take part in competition should be submitted before the beginning of the competition.
- 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 May 20 2010 till June 22 2011.
- Entries must be submitted by using „**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 VCM..)
- All entries must be sent **only by e-mail. lpf.paraiskos@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 27 th of June 2011, 10:30 AM).**

VI. COMPETITON PROCEDURE

- FINA rules are applied.
- Competition results will be recorded with OMEGA Ares 21 timing system.
- 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 the fastest heat will be in the evening session.
- 400 FREE will be only “A” final.
- 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

- Event winners will be determined in accordance with FINA rules and awarded with diplomas and medals.
- Lithuanian champions and medal winners may only become citizens of Lithuania.
- Foreign athletes participating in competitions, have the right to participate in the finals, but can not qualify for the awards.

VIII. PROTESTS

- All protests must be made in writing with deposit of 100 Lt.
- Meet Referee will consider protests according FINA rules
- In case of granted protest, 100 Lt deposit will be returned.

IX. FINANCIAL TERMS

- Competition registration fee: **10 Lt for Lithuanian swimming federations members**
20 Lt for all others participants
- All expenses must be covered by sending organization

X. ACCOMODATION

Participants are asked for booking accommodation themselves.

- Alytaus „Dzūkijos hotel“ , Pulko g. 14/1, tel. (+370 315) 52 002; <http://www.hoteldzukija.lt>
- HOTEL „Senas namas“, Užuolankos g. 24, tel. (+370 315) 53 489; (+370 315) 55 552;
www.senasnamas.lt
- „Šolenos“ hostel, Rato g. 7A, tel. (+370 315) 21 044; <http://www.solena.lt/en/kontaktai.html>
- Alytus Vocational Training Center dormitory, day 25.00 LT, consistent with Mary Žalienė, Mob. Tel. +370 616 34 953
- HOTEL „Odė“, Naujoji 8C, te. (+370 315) 32 929; <http://www.ode.lt>

More info regarding accommodation in Alytus in this website: <http://www.alytus-tourism.lt>

XI. CONTACTS

- E-mail – lpf.paraiskos@gmail.com
- Phones:
Lithuanian Swimming Federation (+370 5) 233 9288
General secretary Gintautas Bartkus, tel. +370 612 58044
Director Emilis Vaitkaitis, tel. +370 657 58542

Lithuanian swimming federation
www.LTUswimming.com

