INVITATION TO OPEN LITHUANIAN MASTERS SWIMMING CHAMPIONSHIPS IN ALYTUS (LITHUANIA) 24-25.11.2012 Long course (50 m)

I. AIM OF THE COMPETITION

To make swimming popular among adults as a means of exercise and entertainment in the water and even as a means of improving state of health and maintaining good relationship. Moreover, competition aims at disclosing the best Lithuanian masters swimmers and encouraging people of various age and social status to be engaged in active physical and sportive activity.

II. TIME AND VENUE OF THE COMPETITION

The competition is going to take place on the **24th – 25th of November, 2012** in the swimming pool in **ALYTUS** (about 100 km from Vilnius), (50 m in length, 8 lanes, electronic timing system).

ADDRESS:
Naujoji str. 52, Alytus.
Phone.: (8 315) 37 622

TIME:

24th of November (Saturday)

9.00 –11.00 – registration of the participants,
12.00 – start of competition (first part)
17.00 — start of competition (second part)

25th of November (Sunday)

8.00 - start of competition (third part)
10.00— start of competition (fourth part)
13.00—victory ceremony

* entry to the pool 60 min before start of each section.

III. ORGANIZERS

The competition is held by:

Lithuanian Swimming Federation
swim.masters.LTU@gmail.com ; tel./fax (+370 5) 233 9288

„Takas“
abicka@takas.lt ; tel. +370 682 97778

IV. PARTICIPANTS AND AGE GROUPS OF THE COMPETITION

- There can attend the participants under the age of 25 years and older in the competition who are finished active sports career and paid the participation fee.
- Swimmers may participate in the competition after signing a declaration concerning the responsibility for one's own health
- The competitions will be conducted in heats. There will be no final. This is a personal competition. The number of distances and relays is **unlimited** to all participants.
- Age ranges are divided according to the regulations of FINA respectively.

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 AS FOLLOWS

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 THE COMPETITION

24th November (Saturday)2011	***25th November (Sunday)2011***
Morning schedule: **9.00-11.00 a.m. registration** **11.00 a.m. warming-up** **12.00 a.m. start** 100 m free (female, male) 200 m breastroke (female, male) 200 m butterfly (female, male) 200 m backstroke (female, male) 400 m free (female, male) **Afternoon schedule:** **16.00 p.m. warming-up** **17.00 p.m. start** 50 m free (peoples with disabilities) 200 m free (female, male) 50 m backstroke (female, male) 50 m breastroke (female, male) 50 m butterfly (female, male) 400 m IM (female, male) 4x50 m relay medley (female, male)	**Morning schedule:** **7.30 a.m. warming-up (long distance)** **8.00 a.m. start** 800 m free (female, male) * **P.S. event is held in case there are more than 3 participants.* **9.30 a.m. warming-up** **10.00 a.m. start** 50 m free (female, male) 100 m breastroke (female, male) 100 m backstroke (female, male) 100 m butterfly (female, male) 200 m IM (female, male) 4x50 m free (female, male) **13.00 –VICTORY CEREMONY**

VI. AWARDING

- Champions of each event will get medal for first place.
- Top ten swimmers will be prize given. (The calculation of their best 3-results by the amount of the DSV MASTER PERFORMANCE TABLE 2004).
- Every participant will get t-shirt and certificate for results.

VII. ENTRIES

- Technical entries must be sent before **19th of November 2012 .**
- All entries must be sent **only by e-mail** swim.masters.LTU@gmail.com
- The last corrections can be made till **November 24, 2012**

Final entry form is in appendix.

VIII. COMPETITION FEES

- **Competition fee for one participant – 15 E**UR
  AB SEB bank
  LT49 7044 0600 0150 1455
  SWIFT or BIC CBVILT2X
  Entry fee 15 EUR

- **Competition fee for one participant – 50 LT (about 15 EUR)** can be paid on arrival to competitions at Organizer Office by cash.

VIX. 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

Lithuanian swimming federation

Phone: +370 5 2339288
Fax: +370 5 2339288
E-mail: swim.masters.LTU@gmail.com

www.ltuswimming.com