



LITHUANIAN OPEN SWIMMING CHAMPIONSHIPS 2020

REGULATIONS

I. PLACE, TIME, PROGRAMME

1.1. Place: 50 m "Girstutis" pool (Kovo 11-osios g. 26), Kaunas.

1.2. Time: 19–21 of March, 2020.

1.3. Qualification event for the Tokyo 2020 Olympic Games, European Aquatics Championships 2020, LEN European Junior Championships 2020.

1.4. Programme:

DAY I — March 19th

Heats

Warm-up 10:00–10:55 | Competition starts 11:00

1. 200 m free, women Q
2. 200 m free, men Q
3. 100 m breast, women Q
4. 100 m breast, men Q
5. 100 m back, women Q
6. 100 m back, men Q
7. 50 m fly, women Q
8. 50 m fly, men Q
9. 200 m IM, women Q
10. 200 m IM, men Q
11. 800 m free, women (SLO) Q
12. 1500 m free, men (SLO) Q

Finals

Warm-up 16:30–17:25 | Competition starts 17:30

1. 200 m free, women F B/A
2. 200 m free, men F B/A
3. 100 m breast, women F B/A
4. 100 m breast, men F B/A
5. 100 m back, women F B/A
6. 100 m back, men F B/A
7. 50 m fly women F B/A
8. 50 m fly, men F B/A
9. 200 m IM, women F B/A
10. 200 m IM, men F B/A
11. 800 m free, women (*fastest 8*) F
12. 1500 m free, men (*fastest 8*) F
13. 4x100 m medley relay, MIX F

DAY II — March 20th

Heats

Warm-up 9:30–10:25 | Competition starts 10:30

14. 50 m breast, women Q
15. 50 m breast, men Q
16. 100 m free, women Q
17. 100 m free, men Q
18. 200 m fly, women Q
19. 200 m fly, men Q
20. 400 m IM, women Q
21. 400 m IM, men Q
22. 50 m back, women Q
23. 50 m back, men Q

Finals

Warm-up 16:00–16:55 | Competition starts 17:00

14. 50 m breast, women F B/A
15. 50 m breast, men F B/A
16. 100 m free, women F B/A
17. 100 m free, men F B/A
18. 200 m fly, women F B/A
19. 200 m fly, men F B/A
20. 400 m IM, women F B/A
21. 400 m IM, men F B/A
22. 50 m back, women F B/A
23. 50 m back, men F B/A
24. 4x100 m free relay, women F
25. 4x100 m free relay, men F

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DAY III — March 21st

<i>Heats</i>	<i>Finals</i>
Warm-up 9:00–9:55 Competition starts 10:00	Warm-up 15:30–16:25 Competition starts 16:30
26. 50 m free, women Q	26. 50 m free, women F B/A
27. 50 m free, men Q	27. 50 m free, men F B/A
28. 200 m back, women Q	28. 200 m back, women F B/A
29. 200 m back, men Q	29. 200 m back, men F B/A
30. 200 m breast, women Q	30. 200 m breast, women F B/A
31. 200 m breast, men Q	31. 200 m breast, men F B/A
32. 100 m fly, women Q	32. 100 m fly, women F B/A
33. 100 m fly, men Q	33. 100 m fly, men F B/A
34. 400 m free, women Q	34. 400 m free, women F B/A
35. 400 m free, men Q	35. 400 m free, men F B/A
	36. 4x100 m medley relay, women F B/A
	37. 4x100 m medley relay, men F

*Entry into the swimming pool opens 30 min before the beginning of the competition.

II. PARTICIPANTS AND STANDARDS

Women	Event	Men
30.20	<i>50 m free</i>	26.50
1.06.50	<i>100 m free</i>	59.70
2.39.00	<i>200 m free</i>	2.24.00
5.37.00	<i>400 m free</i>	5.10.00
11.33.20	<i>800 m free</i>	—
—	<i>1500 m free</i>	20.30.00
34.40	<i>50 m back</i>	30.50
1.14.20	<i>100 m back</i>	1.06.10
2.55.00	<i>200 m back</i>	2.38.00
37.90	<i>50 m breast</i>	33.80
1.22.40	<i>100 m breast</i>	1.14.30
3.17.00	<i>200 m breast</i>	2.59.00
31.90	<i>50 m fly</i>	28.40
1.11.50	<i>100 m fly</i>	1.03.40
2.52.20	<i>200 m fly</i>	2.37.50
2.59.00	<i>200 m IM</i>	2.41.00
6.21.00	<i>400 m IM</i>	5.45.00

III. ENTRIES

- 3.1.** Entries must be submitted by no later than **24:00, 13 March, 2020.**
- 3.2.** Changes/withdrawals will be accepted until **12:00, 17 March, 2020.**
- 3.3.** Late entries will be accepted from 13 March, 24:00, to 12:00, 17 March. The fee is 15 Eur / event.
- 3.4.** Submitting an extra event (not applicable to changes and withdrawals) in reference to 3.2. is considered to be a late entry.
- 3.5.** No changes will be accepted after 12:00, 17 March, 2020.
- 3.6.** Entries must hold doctors' visas allowing participation in competition. Team leaders are responsible for the valid allowances.

3.7. The entry times must cover the period from 01-09-2018 to 13-03-2020.

3.8. With entries you must submit the relay team entry. Only the teams who have submitted the relay team will be allowed to submit the named entries during the competition (must be submitted 30 minutes before the beginning of that competition part where the relay event will take place).

3.9. Each organization can have more than one relay team.

3.10. Entries may be submitted as following:

Swimrankings.net online

- All athletes and relay teams;
- File "entries by athlete" must be sent to lpf.paraiskos@gmail.com.

"Entry Editor"

- Entry times from 50 m pools will be seeded ahead of times from 25 m pools. In case the athlete has not result, the NT must be indicated. The submission must include: pool length, date, city (not the title of the event).
- The completed application forms (entries) must be named after the team (i. e., Kauno PM, Vilniaus VCM) ...
- The results must be achieved in the competition of at least sport's school.
- The swimmers, whose achieved results mismatch with the results from the technical entry or are achieved in the event of lower level than sport school's, will start with the mark "no result".
- All entries must be sent only by e-mail: lpf.paraiskos@gmail.com.
- Entries are considered to be accepted after a confirmation (reply) is received.

IV. COMPETITION

4.1. FINA rules are applied.

4.2. Electronic timing system.

4.3. The swimming costumes and apparel must meet the FINA requirements.

4.4. The competition is held with heats and finals.

4.5. In 50, 100, 200, 400 m events the qualifications and B and A finals will be held: "B" final 9–16 places; "A" final 1–8 places taken in qualifications.

4.6. Events with less than 36 participants will be held as an A final.

4.7. Events with 8 participants or less will be held as an A final in the evening session.

4.8. In 800 m and 1500 m free events (in referral to results in entries) the slower heats will be held in the morning session, and in the evening session – the fastest heats with the 8 best results.

4.9. In 800 m and 1500 m freestyle events, the participants are not allowed to finish the distance if they do not finish in the following times: 800 m – 12 min., 1500 m – 24 min.

4.10. Relay events are held as the finals.

4.11. Before entering the race, the participant must register at the participants' judge in the call room. In case of not showing up, the participant will not be allowed to participate in the event.

4.12. For the finals, 2 reserve names will be announced, they must come to the participants' meeting point. If one of the 8 finalists does not show up for the final, the reserve athlete will take his/her place. If the reserve athlete is not present, the fine will be issued to him/her.

4.13. The written withdrawal from the final must be handed to the secretary no later than 20 min after announcing the results. Otherwise, the fine will be issued.

V. AWARDS

5.1. The first three swimmers in each event will be awarded with medals and diplomas of the Lithuanian Swimming Federation, in relays – only medals.

5.2. The best three swimmers who will collect the higher amount of FINA points in three events sum total (only in the individual events), will be awarded with money prizes:

- I place — 600 €;**
- II place — 500 €;**
- III place — 400 €;**
- IV place — 300 €;**
- V place — 200 €;**
- VI place — 100 €.**

5.3. In youth age group, two swimmers (1 female born 2003 or younger and 1 male born 2002 or younger) who will collect the higher amount of FINA points in three events sum total (only in the individual events), will be awarded with money prizes:

I place: 1 female ir 1 male — each 300 €.

Note: The youth age group participants are not eligible to receive money prizes for both age groups – they will be awarded only with the larger money prize and this will allow the athlete that is next in line to be awarded with the money prize as well (if he or she did not win in an adult age group).

5.4. If two or more swimmers collect the same amount of FINA points in three events, the winners will be announced according to the ranking he has in the first (second, etc.) event.

5.5. If the athlete misses the award ceremony, he/she will not receive the prize.

VI. PROTESTS

6.1. Protests are allowed only against violations of competition rules and regulations as well as in situations where the competition or participants are endangered.

6.2. All protests must be submitted in writing with deposit of 50 Euro.

6.3. Meet's board of appeal will process protests according to the FINA rules.

6.4. In case of granted protest, deposit will be returned.

VII. FINANCIAL TERMS

7.1. Participation fee:

- 15 € / event;
- Late entry – 15 € / event.

7.2. The fee must be paid for all participants included into the protocol. The entry fee is payable for the person not for the events.

7.3. Fine for not meeting the standard – 8 €. Not applied to finals.

7.4. Fine for missing the heat – 6 €, final – 10 €, relay – 20 €.

7.5. Participation fee and fines must be paid to federation's account:

Lithuanian swimming federation
Neries krantine 16-406, Kaunas
Company code 191917910
IBAN LT49 7044 0600 0150 1455
AB SEB Bank
SWIFT code CBVILT2X
Reference: LC 2020 (club's name)

VIII. FINAL STATEMENTS

- 8.1. The championships is a public event, where videos and photos might be taken.
- 8.2. The filmed and photographed material may be published in the media and online.
- 8.3. The team leaders are responsible for:
 - following the deadlines;
 - participants' safety during the arrival/departure and the competition;
 - proper behavior of their athletes during the competition and the free time.
- 8.4. By submitting application form participants agree to the Terms and Conditions of the Event.

IX. ADDITIONAL STATEMENTS

- 9.1. It is possible to take part only in one event (except 400 IM, 400, 800 and 1500 m freestyle), no fees and fines will be applied. However, the entries must be submitted by email dalyvis@ltuswimming.com indicating:
 - Name and surname;
 - Full birth date;
 - Events;
 - Organization as well as a code (if there is one) (results will be sent to swimrankings.net).
- 9.2. Deadline 24:00, 6 March, 2020.
- 9.3. The list of accepted entries will be published online at www.ltuswimming.com on 13-03-2020
- 9.4. Each participant must have a valid doctor's permission.

X. CONTACTS

Email — lpf.paraiskos@gmail.com

Website — www.ltuswimming.com

Competition director — **Milda Šeibokaitė** (FINA #19), tel: +370 698 33991
