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LITHUANIAN SWIMMING FEDERATION



NORDIC AGE GROUP CHAMPIONSHIPS

KAUNAS (LTU)
JULY 11-12, 2020



Venue	Girstutis swimming pool 50 m, 8 lanes, indoor 25 m 4 lanes indoor warm up pool Website: www.girstuciobaseinas.lt Address: Kovo 11-osios street 26, Kaunas, Lithuania
Age Groups	Girls 13–15 years (2005–2007) Boys 14–16 years (2004–2006)
Invited nations	Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Norway, Sweden, Netherlands, Switzerland, Belarus, Poland and Lithuania
Online website	www.ltuswimming.com
Team Managers Meeting	Friday, July 10 th , 19:00, place will be updated
Warm-up Start	Training session – Friday, July 10 th upon arrangements Session 1 – Saturday, July 11 th 09:00 Session 2 – Saturday, July 11 th 15:00 Session 3 – Sunday, July 12 th 09:00
Competition Start	Session 1 – Saturday, July 11 th 10:00 Session 2 – Saturday, July 11 th 16:00 Session 3 – Sunday, July 12 th 10:00

Competition programme

Session 1 Saturday, 10:00	Session 2 Saturday, 16:00	Session 3 Sunday, 10:00
1. 800m Freestyle <i>Girls</i>	11. 400m Ind. Medley <i>Girls</i>	23. 400m Freestyle <i>Girls</i>
2. 1500m Freestyle <i>Boys</i>	12. 400m Ind. Medley <i>Boys</i>	24. 400m Freestyle <i>Boys</i>
3. 100m Freestyle <i>Girls</i>	13. 200m Freestyle <i>Girls</i>	25. 200m Backstroke <i>Girls</i>
4. 100m Freestyle <i>Boys</i>	14. 200m Freestyle <i>Boys</i>	26. 200m Backstroke <i>Boys</i>
5. 200m Butterfly <i>Girls</i>	15. 100m Backstroke <i>Girls</i>	27. 100m Breaststroke <i>Girls</i>
6. 200m Butterfly <i>Boys</i>	16. 100m Backstroke <i>Boys</i>	28. 100m Breaststroke <i>Boys</i>
7. 200m Breaststroke <i>Girls</i>	17. 50m Freestyle <i>Girls</i>	29. 200m Ind. Medley <i>Girls</i>
8. 200m Breaststroke <i>Boys</i>	18. 50m Freestyle <i>Boys</i>	30. 200m Ind. Medley <i>Boys</i>
---15-minute break---	19. 100m Butterfly <i>Girls</i>	---15-minute break---
9. 4x100m Medley <i>Girls</i>	20. 100m Butterfly <i>Boys</i>	31. 4x200m Freestyle <i>Girls</i>
10. 4x100m Medley <i>Boys</i>	---15-minute break---	32. 4x200m Freestyle <i>Boys</i>
	21. 4x100m Freestyle <i>Girls</i>	
	22. 4x100m Freestyle <i>Boys</i>	



Key Dates

April 1, 2020
July 3, 2020
July 10, 2020

Preliminary Entry / Booking –Appendix 2
Final entries – Lenex file
Team Managers Meeting

Accommodation

Lithuanian Swimming Federation will offer special accommodation options and will assist to make arrangements with hotels.

There are 6 official hotels (see appendix 1) which offer special rates for the teams participating in the competition. Special rates will be applied when using preliminary booking form in the Appendix 2. The preliminary booking form must be sent to the Lithuanian Swimming Federation by email

plaukimo.federacija@gmail.com latest by **01.04.2020**.

Hotel accommodation is subject to availability and will be allocated on a first come, first served basis. After submitting your preliminary booking requests to the hotels, the Lithuanian Swimming Federation will provide each team with the direct email contact from each hotel in order for you to make your final arrangements on your accommodation, payments, rooming lists and meals.

Airports

Vilnius airport – 110 km from the venue

Kaunas airport (cheap flights airport) – 15 km from the venue

Transportation

Transfers from/to airport/train station is not included. Teams are responsible their own transportation. The Lithuanian Swimming Federation can arrange transfers at your own cost.

Transportation to Venue

Will be provided free of charge

Competition format

Each participating country may enter a maximum of four swimmers in each individual event (50,100, 200 and 400 meters) and one team in the relay events. However, only two individual swimmers will count in the team competition.

All entries will be seeded according to time. A maximum of two swimmers per country can be entered in 800m and 1500m freestyle unless there are empty lanes. Extra swimmers are to be decided at the Team Manager meeting. Extra swimmers are selected based on entry times. Extra swimmers in 800m and 1500m free will count in the team competition if their result ranks them in top 8 in the event and top 2 in their team. Late entries are allowed until the end of the Team Managers meeting the day before the competition starts.

All relays must be entered with an entry time.

NSF age group rules according NSF constitution (pages 9–10)



Entries

Lenex file will be sent directly to all team's contact persons.

Please e-mail the entry lenex file to LTU swimming federation plaukimo.federacija@gmail.com no later than **July 3, 2020**

Final entries also could be submitted using Online Entry System that can be found on the address:

<https://www.swimrankings.net/manager>

Awards

Nordic age group championships (9 countries – NOR, SWE, DEN, FIN, ISL, FAR, EST, LAT, LTU) – swimmers who finish first, second and third in each discipline will be awarded with NSF logo medals, and the same for teams in team events.

NSF member and NSF associate member countries can take part in the point competition for teams. The winning team will be awarded with a trophy.

Nordic age group **invitational** championships (9 countries + invited countries – NED, POL, BLR, SUI) – swimmers who finish first, second and third in each discipline will be awarded with medals presented by the host federation, and the same for teams in team events.

The best overall team (9+4 countries) will be awarded with a trophy presented by the host federation.

Contact information

If you have any questions concerning the Nordic Age Group Championships 2020 please do not hesitate to contact us.

Entries & meet information

plaukimo.federacija@gmail.com

Website: www.ltuswimming.com

We look forward to welcoming you at the Nordic Age Group Championships in Kaunas!



LITHUANIAN SWIMMING FEDERATION



Hotels

IBIS

★★★

Vytauto pr. 28, LT-44328



Single €33,00 | Twin €39,00

Room rates include breakfast, VAT
Excl. €1,00 city tax per person/night

Lunch and dinner €8,00 each (to be ordered directly at the hotel).

Magnus Hotel

★★★

Vytauto pr. 25, LT-44352



Single €36,00 | Twin €43,00

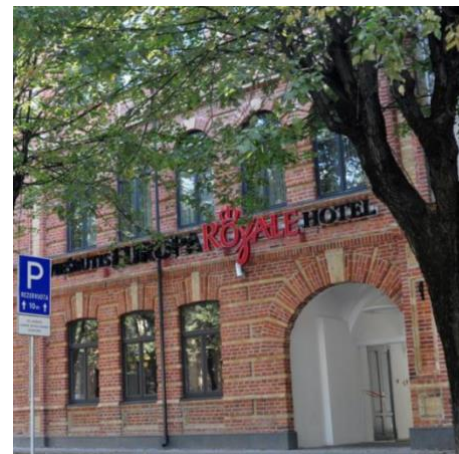
Room rates include breakfast, free Wi-fi, parking, VAT
Excl. €1,00 city tax per person/night

Lunch and dinner prices starting from €5,00/meal (to be ordered directly at the hotel).

Europa Royale

★★★★

Miško g. 11, LT-4432



Single €50,00 | Twin €55,00

Room rates include breakfast, free Wi-fi, parking, VAT
Excl. €1,00 city tax per person/night

Lunch and dinner €11,00 each (soup + main dish), other options possible (to be ordered directly at the hotel).

Best Baltic Kaunas

★★★★

A. Mickevičiaus g. 28, LT-44311



Single €60,00 | Twin €70,00
Triple €80,00

Room rates include breakfast, free Wi-fi, sauna and hotel pool (7:00–10:00 in the morning), VAT
Excl. €1,00 city tax per person/night

Lunch and dinner prices starting from €8,50 (to be ordered directly at the hotel).

Best Western Santaka

★★★★

J. Gruodžio g. 21, LT-44293



Single €60,00 | Twin €70,00
Triple €80,00

Room rates include breakfast, free Wi-fi, sauna and hotel pool (7:00–10:00 in the morning), VAT
Excl. €1,00 city tax per person/night

Lunch and dinner prices starting from €8,50 (to be ordered directly at the hotel).

Park Inn

★★★★

Miško g. 11, LT-44321



Single €62,00
Twin €72,00

Room rates include breakfast, VAT
Excl. €1,00 city tax per person/night

Lunch and dinner €12,00 each (to be ordered directly at the hotel).