

INVITATION

This competition is approved as a qualifying event for the Paris 2024 Olympic Games and the 2023 World Aquatics Championships (Fukuoka, Japan).

1. VENUE & DATE

- 1.1** Venue: Girstutis pool & sports center, Kovo 11-osios g. 26, LT-51349 Kaunas.
- 1.2** Date: 12-15 of April, 2023 (Wednesday-Saturday).
- 1.3** Pool length – 50 m, 8 lanes.

2. PARTICIPANTS AND STANDARDS

- 2.1** Swimmers from Lithuania and abroad are welcomed to participate in the Lithuanian Open Swimming Championships 2023 if they have met the competition standards (2.6) after 1 January 2022.
- 2.2** There is no age limit for participants.
- 2.3** The number of team members is not limited.
- 2.4** After 1 January 2022, athletes who have met the competition standards in less than three events have the right to start only in those where they have met the competition standards.
 - 2.4.1** After 1 January 2022, athletes who have met the competition standards of three or more events can start in an unlimited number of events if they compete in at least three events where they have met the competition standards.
- 2.5** To popularize the sport of swimming, athletes who have not met the competition standards after 1 January 2022 are invited to participate. Conditions for the participation of athletes who have not met the competition standards:
 - 2.5.1** The entries of athletes who have not met the competition standards are submitted in a separate document when submitting team entries.
 - 2.5.2** Athletes who do not meet the competition standards can participate in only one event.
 - 2.5.3** The competition organizers determine the maximum number of athletes who have not met the standards after the submission of entries on 5 April.
 - 2.5.4** Athletes who have not met the standards of the competition may receive invitations from the organizers, considering the following:
 - The total number of competition participants.
 - WA (FINA) ranking of the athlete.
 - Number of free lanes in the events.
 - 2.5.5** The medalists of individual events of the 2022 Lithuanian Children's and Youth Championships are invited to participate in the competition. When these athletes compete in no more than one event per day, the competition participation fee, and the requirement to meet the championship standards are not applicable (it does not apply to late entries).

2.6 Standards are valid in 25 m and 50 m swimming pools:

WOMEN			MEN	
25 m	50 m	EVENT	25 m	50 m
28,88	29,82	50 m freestyle	25,50	26,34
1:04,63	1:06,51	100 m freestyle	57,67	1:00,33
2:27,30	2:30,86	200 m freestyle	2:12,69	2:16,20
5:12,36	5:15,75	400 m freestyle	4:43,42	4:53,86
10:40,07	10:47,35	800 m freestyle	9:52,11	10:03,72
20:25,83	20:29,13	1500 m freestyle	18:50,85	19:23,09
32,34	33,99	50 m backstroke	27,99	30,23
1:10,60	1:13,89	100 m backstroke	1:02,16	1:06,69
2:38,82	2:44,71	200 m backstroke	2:21,05	2:29,45
35,98	37,04	50 m breaststroke	31,81	32,69
1:20,21	1:22,48	100 m breaststroke	1:11,10	1:13,16
2:59,69	3:05,54	200 m breaststroke	2:40,45	2:48,41
30,71	30,77	50 m butterfly	27,40	28,05
1:10,21	1:11,36	100 m butterfly	1:01,45	1:03,60
2:39,72	2:42,65	200 m butterfly	2:24,53	2:27,86
2:42,72	2:48,41	200 m individual medley	2:26,39	2:32,23
5:45,77	5:55,67	400 m individual medley	5:13,55	5:25,60

3. ORGANIZATION & CONTACTS

- 3.1 Organizers – the Lithuanian Swimming Federation, partners – Girstutis pool & sports center.
- 3.2 The competition is held in accordance with the World Aquatics rules.
- 3.3 Director of the competition – World Aquatics referee Milda Šeibokaitė (+370 698 33991).
- 3.4 Email – lpf.paraiskos@gmail.com.
- 3.5 Results – www.ltuswimming.com.

LITHUANIAN OPEN SWIMMING CHAMPIONSHIPS 2023



4. SCHEDULE

Entrance to the swimming pool – 30 min. before the start of the warm-up. Before the relay swims, there will be a 15 min. break.

DAY 1 – April 12 (Wednesday)

SESSION I – PRELIMS		
Warm-up 10:00-10:55		Competition begins at 11:00
Event 1	50 m freestyle, men	Q
Event 2	200 m freestyle, women	Q
Event 3	200 m backstroke, men	Q
Event 4	100 m backstroke, women	Q
Event 5	200 m breaststroke, men	Q
Event 6	50 m butterfly, women	Q
Event 7	1500 m freestyle, men	Slower Heats
Event 8	1500 m freestyle, women	Slower Heats
SESSION II – FINALS		
Warm-up 17:00-17:55		Competition begins at 18:00
Event 1	50 m freestyle, men	B / A
Event 2	200 m freestyle, women	B / A
Event 3	200 m backstroke, men	B / A
Event 4	100 m backstroke, women	B / A
Event 5	200 m breaststroke, men	B / A
Event 6	50 m butterfly, women	B / A
Event 7	1500 m freestyle, men	Fastest Heat
Event 8	1500 m freestyle, women	Fastest Heat
Event 9	4 x 100 m medley relay, mix	Timed Finals

DAY 3 – April 14 (Friday)

SESSION V – PRELIMS		
Warm-up 9:00-9:55		Competition begins at 10:00
Event 22	100 m freestyle, men	Q
Event 23	50 m freestyle, women	Q
Event 24	100 m backstroke, men	Q
Event 25	50 m backstroke, women	Q
Event 26	200 m butterfly, men	Q
Event 27	200 m breaststroke, women	Q
Event 28	800 m freestyle, men	Slower Heats
Event 29	800 m freestyle, women	Slower Heats
SESSION VI – FINALS		
Warm-up 16:00-16:55		Competition begins at 17:00
Event 22	100 m freestyle, men	B / A
Event 23	50 m freestyle, women	B / A
Event 24	100 m backstroke, men	B / A
Event 25	50 m backstroke, women	B / A
Event 26	200 m butterfly, men	B / A
Event 27	200 m breaststroke, women	B / A
Event 28	800 m freestyle, men	Fastest Heat
Event 29	800 m freestyle, women	Fastest Heat
Event 30	4 x 100 m medley relay, men	Timed Finals
Event 31	4 x 100 m medley relay, women	Timed Finals

DAY 2 – April 13 (Thursday)

SESSION III – PRELIMS		
Warm-up 9:00-9:55		Competition begins at 10:00
Event 10	50 m breaststroke, women	Q
Event 11	100 m breaststroke, men	Q
Event 12	400 m freestyle, women	Q
Event 13	200 m freestyle, men	Q
Event 14	100 m butterfly, women	Q
Event 15	50 m butterfly, men	Q
Event 16	200 m backstroke, women	Q
Event 17	50 m backstroke, men	Q
Event 18	400 m individual medley, women	Q
Event 19	400 m individual medley, men	Q
SESSION IV – FINALS		
Warm-up 16:00-16:55		Competition begins at 17:00
Event 10	50 m breaststroke, women	B / A
Event 11	100 m breaststroke, men	B / A
Event 12	400 m freestyle, women	B / A
Event 13	200 m freestyle, men	B / A
Event 14	100 m butterfly, women	B / A
Event 15	50 m butterfly, men	B / A
Event 16	200 m backstroke, women	B / A
Event 17	50 m backstroke, men	B / A
Event 18	400 m individual medley, women	B / A
Event 19	400 m individual medley, men	B / A
Event 20	4 x 100 m freestyle relay, women	Timed Finals
Event 21	4 x 100 m freestyle relay, men	Timed Finals

DAY 4 – April 15 (Saturday)

SESSION VII – PRELIMS		
Warm-up 9:00-9:55		Competition begins at 10:00
Event 32	100 m freestyle, women	Q
Event 33	400 m freestyle, men	Q
Event 34	200 m butterfly, women	Q
Event 35	100 m butterfly, men	Q
Event 36	100 m breaststroke, women	Q
Event 37	50 m breaststroke, men	Q
Event 38	200 m individual medley, women	Q
Event 39	200 m individual medley, men	Q
SESSION VIII – FINALS		
Warm-up 14:30-15:25		Competition begins at 15:30
Event 32	100 m freestyle, women	B / A
Event 33	400 m freestyle, men	B / A
Event 34	200 m butterfly, women	B / A
Event 35	100 m butterfly, men	B / A
Event 36	100 m breaststroke, women	B / A
Event 37	50 m breaststroke, men	B / A
Event 38	200 m individual medley, women	B / A
Event 39	200 m individual medley, men	B / A
Event 40	4 x 200 m freestyle relay, women	Timed Finals
Event 41	4 x 200 m freestyle relay, men	Timed Finals

5. ENTRIES

- 5.1** Entries must be submitted by no later than **24:00, 5 April, 2023**.
- 5.2** Changes/withdrawals will be accepted until **15:00, 11 April, 2023**.
- 5.3** Late entries will be accepted from 24:00, 5 April to 15:00, 11 April. The fee – €30/event.
- 5.4** Submitting an extra event (not applicable to changes and withdrawals) in reference to 6.2. is considered to be a late entry.
- 5.5** No changes will accepted after **15:00, 11 April, 2023**.
- 5.6** Each competitor must have a doctor's visa, which confirms that the athlete is healthy and can participate in the competition.
- 5.7** Team leaders are responsible for the valid allowances. Entries must be submitted to competition organizers together with the list of team participants, certified by the seal and signature of the head of the organization.
- 5.8** Athletes participating without a team must submit a valid medical certificate to the organizers when sending the entry form, allowing them to participate in the competition. If the athlete cannot present a valid health certificate in the appropriate form, he/she must submit a signed document confirming that they are healthy and responsible for their own health during the championships. The legal representatives (parents/guardians) sign the paper for minor athletes.
- 5.9** The entry times must cover the period from 1 January, 2022 to 5 April, 2023.
- 5.10** With entries you must submit the relay teams' entry. Only the teams who have submitted the relay team will be allowed to submit the named entries during the competition (must be submitted 60 minutes before the beginning of that competition part where the relay event will take place). Only the total number of relay named team applications specified in the team application is accepted
- 5.11** Each club/sports school can have more than one relay team.
- 5.12** After 15:00, 11 April, 2023, if an athlete due to important reasons cannot take part in the championships and wants to avoid being fined, the team leader or coach should submit a written request to the Secretary of the competition and it should be done before the beginning of the morning warm up of the present day. The start protocols will not be changed but the organizers will have information and will not apply the fine for those athletes.
- 5.13** Each organization must submit a separate Excel file of all the participating swimmers and their coaches.
- 5.14** Entries may be submitted as following:

Swimrankings.net online

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

"Entry Editor"

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| A) 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); | D) The swimmers whose achieved results mismatch with the results from the technical entry or are achieved in the event of lower level than sports school's level will start with the mark "no result"; |
| B) The completed application forms (entries) must be named after the team (i. e., Kauno PM, Sostines SC)...); | E) All entries must be sent only by e-mail: lpf.paraiskos@gmail.com ; |
| C) The results must be achieved in the competition of at least the level of the sport's school; | F) Entries are considered to be accepted after a confirmation (reply) is received. |

6. COMPETITION

- 6.1** The results of the competition are recorded by an electronic timing system.
- 6.2** The competition is held with preliminaries (prelims) and finals.
- 6.3** Preliminaries and finals will be held in 8 lanes.
- 6.4** The maximum number of participants of foreign teams in the "A" final cannot exceed four athletes; in the "B" final – no limit.
- 6.5** In the 50 m, 100 m, 200 m and 400 m events will be held "B" (for 9-16 places) and "A" (for 1-8 places) finals, which are formed according to the results achieved by the athletes in the preliminaries. Events with less than 16 participants will be held as an "A" finals.
- 6.6** 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 – 11 minutes, 1500 m – 21 minutes. Swimming is stopped if the participants do not complete the event within the set time. Participants who did not finish the distance in time are recorded as DNF.
- 6.7** Relay swims are held as the timed finals. National relay teams and foreign relay teams are not eligible for the awards in relay swims.
- 6.8** 800 m and 1500 m freestyle events are held as the timed finals.
- 6.9** Before entering the race, the participant must register at the participants' judge in the call room. In the case of not show-up, the participant will not be allowed to participate in the event.
- 6.10** For the finals, two reserve names will be announced; they must come to the participants' meeting point. When there are 10 minutes left until the start, the reserve athlete will take their place if one of the eight finalists do not show up for the final.
- 6.11** The written withdrawal from the final must be handed to the secretary no later than 30 minutes after announcing the preliminary event results.

7. AWARDS

- 8.1** The first three swimmers/relay teams in each championships event, who have achieved the best results in the individual events in the "A" or timed finals, are awarded with medals for the I, II and III places.
- 8.2** The best six swimmers who will collect the higher amount of WA (FINA) points in total in three Olympic events (only in the individual events) will be awarded monetary prizes:
 - I place – 600 €;
 - II place – 500 €;
 - III place – 400 €;
 - IV place – 300 €;
 - V place – 200 €;
 - VI place – 100 €.
- 8.3** If two or more swimmers collect the same amount of WA (FINA) points in three events, the winners will be announced according to their ranking in the first (second, etc.) event.
- 8.4** The coaches of athletes who took I, II, and III places in individual events during the championships are invited together with the athletes to the medal ceremony for a family photo. The Lithuanian Swimming Federation will award the coaches of the six best championship athletes with special prizes.
- 8.5** An athlete or a coach who does not attend the medal ceremony may lose the right to receive award.
- 8.6** There might be additional prizes.

8. FINANCIAL TERMS

- 8.1** Participation fee:
- Non-Lithuanian citizens and representing a foreign country/club – €15/event;
 - For those who do not meet the competition standards – €30 (for those who start in one event, with the personal invitation of the competition organizers).
- 8.2** The fee must be paid for all participants included into the protocol.
- 8.3** Fine for missing the prelim or final (without using exception 5.12) – €15, for relay – €30.
- 8.4** The participants' travel, accommodation and food expenses are paid by the organization that delegates the team.
- 8.5** If you need an invoice, please contact lpf.paraiskos@gmail.com.
- 8.6** 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 50 (club's name)

9. PROTESTS

- 9.1** Protests are allowed only against competition rules and regulations violations and in situations where the competition or participants are endangered.
- 9.2** All protests must be submitted in writing to the referee together with a deposit of €50 no later than 20 minutes following the conclusion of the respective race.
- 9.3** Meet's Board of appeal will process protests according to the World Aquatics rules.
- 9.4** If the protest is upheld, the deposit will be returned.

10. FINAL STATEMENTS

- 10.1** The Lithuanian Open Swimming Championships 2023 is a public event, where videos and photos might be taken.
- 10.2** The filmed and photographed material may be published in the media and online.
- 10.3** The team leaders are responsible for:
- following the deadlines;
 - the participants' safety during the arrival/departure and the competition;
 - proper behavior of their athletes during the competition and the free time.
- 10.4** By submitting application form participants agree to the Terms and Conditions of the Event
- 10.5** The participants of the Lithuanian Open Swimming Championships 2023 are eligible for the submission of the doping samples (more information: <https://www.antidopingas.lt>).
- 10.6** The Organizers reserve the right to amend the date, the schedule or the programme of the competition if necessary at any time.
- 10.7** The Lithuanian Open Swimming Championships 2023 will be held under the current conditions laid down by the National Public Health Centre under The Ministry of Health for the management of the flow of people, safe physical distance, other key requirements for public health safety, hygiene, the provision of persons with necessary personal protective equipment, and other related requirements.