

# LITHUANIAN OPEN SWIMMING SHORT COURSE CHAMPIONSHIPS 2010

## Regulations

### I. PLACE AND TIME

The competition will be held in Anykščiai, 16-18 of December 2010 in Anykščiai „Bangenis“ 25 m swimming pool. (Ažupiečių g. 1A, Anykščiai)

Beginning of the competition:

**16<sup>th</sup> December (Thursday):** Heats – 10.00  
Finals – 16.00

**17<sup>th</sup> December (Friday):**  
Heats – 10.00  
Finals – 16.00

**18<sup>th</sup> December (Saturday):**  
Heats – 9.00  
Finals – 15.00

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

<b>Day I</b>				<b>Day II</b>				<b>Day III</b>				
1	200 m Freestyle	Men	13	400 m Freestyle	Women	27	100 m Freestyle	Men	27	100 m Freestyle	Men	
2	200 m Freestyle	Women	14	400 m Freestyle	Men	28	100 m Freestyle	Women	28	100 m Freestyle	Women	
3	50 m Backstroke	Men	15	50 m Breaststroke	Women	29	200 m Backstroke	Men	29	200 m Backstroke	Men	
4	50 m Backstroke	Women	16	50 m Breaststroke	Men	30	200 m Backstroke	Women	30	200 m Backstroke	Women	
5	200 m Breaststroke	Men	17	100 m Backstroke	Women	31	100 m Breaststroke	Men	31	100 m Breaststroke	Men	
6	200 m Breaststroke	Women	18	100 m Backstroke	Men	32	100 m Breaststroke	Women	32	100 m Breaststroke	Women	
7	100 m Butterfly	Men	19	200 m Butterfly	Women	33	200 m IM	Men	33	200 m IM	Men	
8	100 m Butterfly	Women	20	200 m Butterfly	Men	34	200 m IM	Women	34	200 m IM	Women	
9	400 m IM	Men	21	50 m Freestyle	Women	35	50 m Butterfly	Men	35	50 m Butterfly	Men	
10	400 m IM	Women	22	50 m Freestyle	Men	36	50 m Butterfly	Women	36	50 m Butterfly	Women	
11	4x200 m relay Freestyle	Men	23	100 m IM	Women	37	800 m Freestyle	Men	37	800 m Freestyle	Men	
12	4x200 m relay Freestyle	Women	24	100 m IM	Men	38	1500 m Freestyle	Women	38	1500 m Freestyle	Women	
				25	4x100 m relay Freestyle	Women	39	4x100 m relay IM.	Men	39	4x100 m relay IM.	Men
				26	4x100 m relay Freestyle	Men	40	4x100 m relay IM	Women	40	4x100 m relay IM	Women

### IV QUALIFY TIMES

Women	Event	Men
31,02	50 m Freestyle	26,24
1.09,22	100 m Freestyle	58,38
2.33,95	200 m Freestyle	2.11,61

5.33,30	400 m Freestyle	5.00,54
11.25,80	800 m Freestyle	
	1500 m Freestyle	20.13,82
37,20	50 m Backstroke	31,86
1.20,13	100 m Backstroke	1.09,06
2.52,27	200 m Backstroke	2.33,54
41,71	50 m Breaststroke	34,62
1.30,48	100 m Breaststroke	1.16,02
3.14,43	200 m Breaststroke	2.54,37
35,30	50 m Butterfly	28,60
1.18,61	100 m Butterfly	1.05,85
2.52,98	200 m Butterfly	2.35,21
1.18,20	100 m IM	1.05,78
2.49,11	200 m IM	2.27,76
6.16,50	400 m IM	5.39,96

## V ENTRIES

- Preliminary entries must be sent before **17:00 of 22<sup>th</sup> November**.
- Technical entries must be sent before. **17:00 of 7<sup>th</sup> December**.
- The last corrections can be made till **15<sup>th</sup> December 10:00 AM**
- 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 October 1st 2009 till December 7<sup>th</sup> 2010.
- Entries must be submitted by using „**ENTRY EDITOR**“
- Invitation to entry editor's event will be sent after receiving preliminary entry form.
- 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 VSM..)
- All entries must be sent **only by e-mail [paraiskos2010@gmail.com](mailto:paraiskos2010@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 25 m swimming pool, the result could be written achieved in 50 m swimming pool. In that case there will be no time conversion from long course to short course.
- No possible correction after the start list is printed (after 15<sup>th</sup> of December 2010, 10:00 AM).

## VI COMPETITON PROCEDURE

- FINA rules are applied.
- A competition is held with heats and finals.
- Competitors shall only wear a swimsuit approved by FINA as published on the FINA website. A list of approved swimsuits valid until 31 December 2010 can be found at [www.fina.org](http://www.fina.org) (at [http://www.fina.org/project/index.php?option=com\\_content&task=view&id=2389&Itemid=49](http://www.fina.org/project/index.php?option=com_content&task=view&id=2389&Itemid=49) ).
- 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.
- Number of relay tems must be submitted in the final entries form

- 400 IM, 800 FREE, 1500 FREE will be slowest heats in the morning session and fastest heat in the evening session.
- It will be held „A“ and „B“ finals if there were registered more than 18 swimmers in the heats of the event.
- It will be held „A“ final, if there were registered 7-17 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.
- If there are 6 or less swimmers registered in the event, it will be held directly in the finals.
- 2 substitute's 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

- Three first swimmers in each event will be awarded with medals and diplomas, winners – special prizes. Three best male's swimmers and three best female's swimmers best performances in Olympic events will be awarded with money prizes. (I place – 300 Lt., II place – 200 Lt., III place – 150 Lt.)

## VIII Financial terms

- Competition registration fee: **10 Lt**
- Competition registration fee for non federation's members – 20 Lt.
- All expenses must be covered by sending organization

## IX CONTACTS

- E-mail – [paraikos2010@gmail.com](mailto:paraikos2010@gmail.com)
- Phones:  
Lithuanian Swimming Federation (+370 5) 233 9288  
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**LITHUANIAN OPEN SWIMMING SHORT COURSE CHAMPIONSHIPS 2010**

**PRELIMINARY ENTRY**

Organization	
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We will take part in Lithuanian Open Short Course Swimming Championships 2010.

Preliminary number of participations:

Sportsmen: Women \_\_\_\_\_

Men \_\_\_\_\_

Contact person name, surname, and phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ **(NECESSARY)**

Date \_\_\_\_\_

Name Surname (the head of the delegation) \_\_\_\_\_

**Entries must be sent here: [paraiskos2010@gmail.com](mailto:paraiskos2010@gmail.com) DEADLINE 22th of November 2010. 17:00 h.**