



"HOPE SWIMMING 2023" COMPETITIONS REGULATIONS

The purpose and tasks of the competition

Goal: Contribute to support and solidarity campaigns for cancer patients and organize a traditional international event for social groups of various ages - swimming competition "Hope Swimming". This year's motto is **"Let's give a gift to everyone who is looking for a Star, a Lighthouse, a Hope"**.

Tasks:

1. Promote a healthy lifestyle.
2. To inform the public about the free assistance provided at the oncology center.
3. To popularize the sport of swimming.

Time and place of the competition:

17th June 2023 in Klaipeda swimming pool is 50m long, on the day of the competition, the pool will be divided into 25m long, 10-lane swimming pools with an electronic timing system. Address: Dubysos st. 12, Klaipeda.

Competition judge: Mechislovas Doviakovskij, secretary: Milda Sheibokaite.
Registration of participants:

June 17 (Saturday) - 11:00 – 17.00.

Opening of the competition at 12:00 p.m.

Competition program:

June 17 (Saturday)

Warm up 1 part: 11:30 - 12:00,

The competition starts at 12:10:

1500m freestyle - time limit 30 min. (**Note:** exceeding the time limit – a fine of EUR 5.00),

800m freestyle - time limit 16 min. (**Note:** exceeding the time limit – a fine of EUR 5.00),

400m freestyle - time limit 10 min. (**Note:** exceeding the time limit – a fine of EUR 5.00),

200m medley (women, men) - time limit 6 min. (**Note:** exceeding the time limit - a fine of EUR 5.00).

400m medley (women, men) - time limit 12 min. (**Note:** exceeding the time limit – a fine of EUR 5.00),

If one full 1500m swim is not formed, other swimmers swimming in 800m, 400m can swim in one swim free style.

Warm up 2 part: 13.30 - 14.00

Awards 1500m, 800m, 400m - freestyle, 400m, 200m medley.

50m freestyle for beginners,

50 m freestyle disabled swimming

50m butterfly (women and men)

Awards 50 m freestyle for beginners&disabled

50 m backstroke for the disabled

50m backstroke (women and men)

Awards 50 m backstroke disabled

50m breaststroke (women and men)

50 m freestyle (women and men)

100 m medley (women and men)

4x50 m mixed combined relay

Participants of the competition: Athlete groups from 7 years old. up to 18 years age, 18-24 years age, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, etc.

The competition is personal. All participants of the competition will be awarded a "Hope Swimming" T-shirt, a souvenir card and a certificate.

Award:

In beginners group, prizes will be awarded for 1-3 places according to age groups;

The disabled will be awarded for taking 1-3 places in each event according to age groups;

Athletes will be awarded after taking part in 2 races of 50m distances in each age group, taking 1-3 places according to the highest points collected;

Athletes participated in 1500m, 800m, 400m freestyle, 400m medley, 200m medley., 100m medley will be awarded for taking 1-3 places in each event according to age groups;

Souvenirs will be awarded to the top five women and men, based on FINA ranking points.

Registration of participants:

For the registration of participants, the number of participants is submitted electronically to the address: **viltiesplaukimas@gmail.com until 1st June, 2023. NOTE:** The invitation will be sent after receiving information about the number of club participants at the above address and by the specified date. Teams apply through the Entry Editor application **by 6 June, 2023**. Changes are possible until June 16, 2023. 12:00. Changes are sent in a free form, there is no need to send an additional application.

Changes and new participants are not registered on the day of the competition.

In the application, please indicate the available results, if you do not have a result, please write NQ (Note: only fixed results are valid for long and medium distance events).

Competition donation:

- for the disabled - EUR 5.00,

- for beginners - 10.00 Eur,

- for athletes swimming one distance - 20.00 Eur,

- for athletes swimming two and more distances - 25.00 Eur,

- if you don't come to the start - the donation is not returned,

- participants' travel, accommodation and meal expenses are paid by the sending organization or by the participants themselves,

- the competition donation must be paid before the end of the participants' registration by bank transfer:

Recipient: Klaipeda plaukimo veteranu sporto klubas "Nendre" (193183543),
account no. LT467300010002329168, Swedbank 73000.

Cultural program: All information [here](#)

Final Provisions: The Competition is a public event where filming and photography may take place. Filmed or photographed material is distributed in the media and/or on the Internet. By submitting an application, the participant or team confirms that they are familiar with these regulations and will comply with them. **Competition participants are responsible for their own health and life during the competition.**

Competition organizers: Klaipeda City Swimming Federation.

Competition partners: Klaipeda City Municipality, Klaipeda Swimming Masters Sports Club "Nendri", Klaipeda "Gintaras" Sports Center, Klaipeda Swimming Pool.

