

LITHUANIAN OPEN SWIMMING CHAMPIONSHIPS 2023



APRIL 12-15
(Wednesday - Saturday)

Girstutis pool & sports center
(Kovo 11-osios g. 26, Kaunas)

WARM-UP AND COMPETITION GUIDELINES

- 1 To enter the swimming pool, use the side entrance at the beginning of the parking lot (near the street).
- 2 Lane one (1) will be used for BACKSTROKE STARTS ONLY (one-way direction). Backstroke ledges will be available.
- 3 Lane eight (8) will be used for DIVE START ONLY (no more than 20 m at the maximum speed / two-way direction).
- 4 2-7 lanes in the Competition Pool are CIRCLE SWIMMING ONLY. There is NO DIVING IN CIRCLE SWIMMING LANES, entry is feet first.
- 5 Thirty (30) minutes before the end of the warm-up, lane seven (7) can be used for 25 m, 50 m or 100 m sprints.

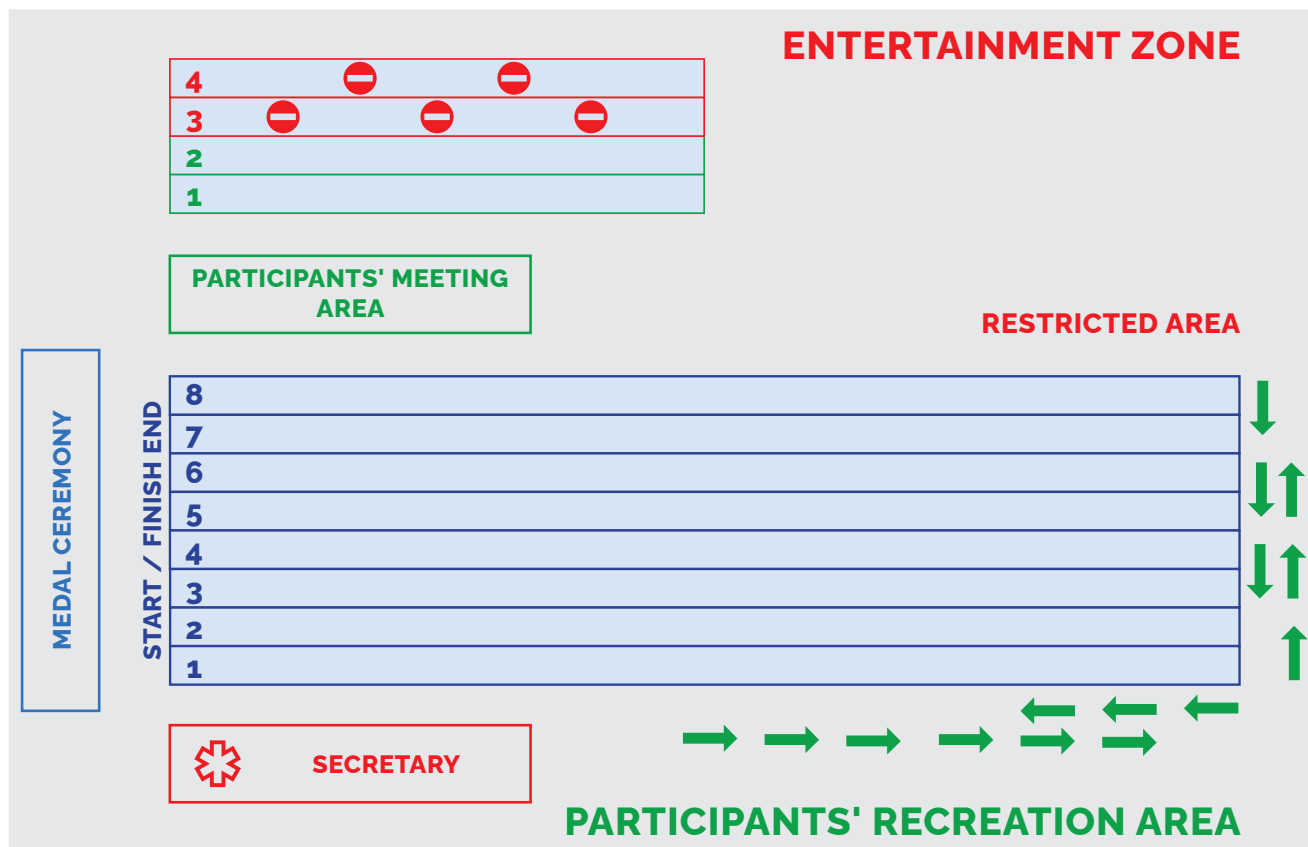
1	2	3	4	5	6	7	8
BACK STROKE STARTS ↓						SPRINT LANE (until 30 min.)	DIVE START (20 m) ↕
1	2	3	4	5	6	7	8

- 6 No other equipment than a kickboard or pull buoy is allowed in the Competition Pool (e.g. no paddles, no fins, no rubber bands, no parachutes, etc.).
- 7 The recreation area and cool-down pool swimming schedule for the participants are specified in Appendix 1.
- 8 The participants' meeting point is in the entertainment zone of the pool at the entrance to the 50 m pool.
- 9 In the entertainment zone, lanes one (1) and two (2) of the 25 M POOL CAN BE USED ONLY DURING THE COMPETITION (for cool-down swimming).
- 10 Athletes' clothing will NOT be taken from the starting place during the competition.
- 11 After finishing the heat, the swimmer must stay in the pool until the start signal for the next heat is given.
- 12 Athletes must get out of the water through the sides of the swimming pool. Getting out over the start/finish of the pool's edge is PROHIBITED.
- 13 Please familiarize yourself with the plan of the pool, which shows the meeting point of the participants, the medal ceremony place, the competition secretary, and the directions of movement.
- 14 First aid is provided by contacting the lifeguard near THE SECRETARY.

Thank you for your understanding and cooperation!

Appendix 1

PLAN OF THE POOL



ATTENTION!!! Ensure that all personal belongings are always secure.
Organizers are not responsible for the lost, stolen, or damaged personal items!!!

COOL-DOWN POOL SWIMMING SCHEDULE

April 12 (Wednesday)

25 m	11:00-14:00 / 18:00-19:30	Two lanes
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April 13 (Thursday)

25 m	10:00-13:00 / 17:00-19:30	Two lanes
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April 14 (Friday)

25 m	10:00-13:00 / 17:00-19:30	Two lanes
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April 15 (Saturday)

25 m	10:00-13:00 / 15:30-18:30	Two lanes
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