

APPROVED:

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Director VšĮ "Palangos investicijų
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APPROVED:

Arlandas Antanas Juodeška
President of the Kaunas Swimming
Federation

APPROVED:

Vladimir Fomin
Secretary general ICAS

**COMPETITION REGULATIONS
2^{TB} EURASIAN AMATUER SWIMMING CHAMPIONSHIPS(25m)
LITHUANIA 2020**

1. GOALS AND OBJECTIVES

- promotion of swimming, healthy lifestyle and active longevity;
- strengthening friendly ties among the athletes and the peoples of the world.

2. DATE AND VENUE

Date and time and competitions 11-00 - 17-00 28, March 29, 2020

28 March 2020

9.00-11.00 - registration of participants in the pool Palanga, warming up of competitions;

10.00 – warm-up;

11.00 - opening ceremony;

11.15 – 14.1 competition

14-15-14-30 warm-up

14-30 -17-00 afternoon session..

29 March 2020

08.00 – warm-up;

09.00 – 15-00 competitions

Accreditation for the competition 9-00 -11-00 March 28, 2020 in the Palanga basin, as well as on the days of competition

Address: Republic of Lithuania, Palanga, Palanga basin: Kretingos g. 23, Palanga 00132 Website <https://www.palangosbaseinas.lt>

3. ORGANIZATION

ICAS, Sports Department of the Municipality of Palanga, State Institution "Investment Management of Palanga", Kaunas Swimming Federation and Kaunas Club TAKAS.

The director of the event is Gintautas Bartkus (mobile + 370 68459115). gintas-bar@gmail.com, secretary Andrius Bichkauskas (mobile + 370 682 97778) e-mail: kaunotakas@gmail.com. For the safety of participants, the participants themselves and the chief judge of the competition are responsible.

4. RULES OF THE COMPETITION

Competitions shall be held in accordance with the rules of the ICAS (FINA rules for «Masters» however, there is no time limit, all are allowed to participate, regardless of the level of training). Swimmers older than 20 years (as of December 31 of the current year) who have made the entry fee may be entered into the competition. Swimmers of other ages shall be allowed to participate only out of the competition.

- each competitor shall be personally responsible for the state of his / her health during the competitions and shall confirm his (or her) responsibility with his (or her) signed statement;
- as individual the swimmer shall compete in the following age groups (the group membership shall be specified as of December 31 of this year) no more than 6 times a day:

20-24	2000-1996	45-49	1975 -1971	70-74	1950-1946
25-29	1995-1991	50-54	1970-1966	75-79	1945-1941
30-34	1990 -1986	55-59	1965 -1961	80-84	1940-1936
35-39	1985 -1981	60-64	1960 -1956	85-89	1935-1931
40-44	1980 -1976	65-69	1955 -1951	90-94	1930-1926
				95+	1925 г.рожд.и старше

- in relay swims, the teams of clubs shall compete in the following age groups: 80-99; 100-119; 120-159 years; 160-199 years; 200-239 years; 240-279 years; 280-319; 320-359; 360+
- the same swimmer shall not be allowed to compete in the one and the same kind of relay swims in two or more different age categories;
- in swims for all distances the single start rule shall be complied with (no swim may be stopped whatever false start, and a competitor who has made a false start shall be disqualified);
- Attention! The athletes shall be given a start immediately after the previous swim, while the competitors are in the water holding on to the lane divider without touching the shields. The competitors shall leave the water upon command after the starter signal.
- it is allowed to start from the margin of the pool or from the water;
- competition of two swimmers on one lane may be possible for a distance of 800 meters freestyle;

5. FORMAT OF THE COMPETITION

Saturday 28 March 2020

Morning 11-15-14-15

50 m freestyle ; 50 m breaststroke ; 50 m backstroke ; 50 m butterfly ; 100 m medley (SUPERMASTERS and athletes who take part in the 2nd Eurasian Championship shall simultaneously compete for these five distances, each participant has the opportunity to get two medals in one swim) ;

Daytime 14-30 -17-00

400 m medley ; 100 m butterfly ; 200 m freestyle ; 100 m breaststroke ; 25 m backstroke; 25 m butterfly 4*50 m medley (mix) ; 4*50 m medley (f) ; 4*50 m medley (m)

Воскресенье 31 марта 2019

Morning 09-00-11-00

800 m freestyle ; 100 m freestyle; 200 m backstroke ; 200 m breaststroke ; 200 m butterfly ; 400 m freestyle

Daytime 11-30 -15-00

200 m medley; 100 m на спине ; 25 m freestyle; 25 m breaststroke ; 4*50 m freestyle (mix) ; 4*50 m freestyle (f) ; 4*50 m freestyle (m)

6. APPLYING FOR ENTRY INTO COMPETITIONS

ENTRY FEES to be paid by competitors in the 2nd Eurasian Amateur Swimming Championship:

- 28 Euro (registration fee 7 Euro, for the distance (number of distances less or equal 3) , 50 Euro (for any number of distances), 20 Euro relay;
 - card through the website www.icasgames.org
 - by the order to Kaunas Swimming Federation, account number LT12 7300 0100 0225 7515, before 15/03/2019;
 - 55 EUR on the day of competitions in cash.
- the specified fee amounts may be changed after the 1st of March;
- paid fees shall not be refundable.

Registration for participation with preliminary results is accepted until March 15, 2019 inclusively through <http://www.icasgames.org>.

Registration of participants is also carried out by the secretary Andrius Bichkauskas (mob. + 370 682 97778) e-mail: kaunotakas@gmail.com

Applications for relay swims shall also be accepted up to and including March 29, 2020. At the credentials committee it will be possible only to make changes concerning stages and competitors for the dates indicated (no age category may be changed).

All questions on a change of distances over the registration period (up to and including March 15), as well as applications for a record-setting swim shall be sent to the email address: infoicasgames@gmail.com.

Those who have not been registered in the ICAS database as yet shall do it in accordance with the appropriate form on the website of the ICAS.

ATTENTION! The starting protocols shall be posted on the ICAS website on March 26, 2020.

No changes to them shall be made! As of March 28, 2019, no applications or re-requests shall be allowed (except for relays)!

At the credential committee each competitor shall be obliged to sign a statement confirming his (or her) responsibility for the state of his (or her) health during the competitions.

Please pay special attention to the fact that a document of accreditation shall be delivered personally to each competitor.

No one shall be admitted to the pool or the bowl without accreditation.

A document of accreditation shall be presented by competitors at the assembly place without fail before going to the start!

PLEASE NOTE: Those who want to take part both in the Championship and in 'SUPERMASTERS' simultaneously shall register separately while paying the fee. In this case, the result of the competitor at any relevant championship distance will also be considered a result in the 'Supermasters' events. For example, his / her result at a distance of 50 m freestyle may be taken into account (no extra swim) when distributing awards in both competitions.

7. PRIZE-GIVING CEREMONY

All registered athletes shall receive a certificate of participation in the competition.

Winners and prize-winners in individual and relay swimming in each age group shall be medaled.

Dear friends! Friendly dinner and discussion of the results with the participants at 19:00 03/29/2020. Seats are limited, please purchase tickets in advance. Tickets cost 20 euros. Website <http://www.ramybepalanga.lt/> VILA RAMYBĖ Address of the bar Vytauto g. 54.

Note: notify upon registration for swimming upon accreditation

8. GENERAL FINANCING

The organizers of the competition shall bear the costs of organizing and holding the competition in accordance with the approved cost estimates.

The costs of providing services of swimming pool shall be paid by the organizing Committee.

The costs of sending participants (travel, accommodation, meals, payment of entry fees) are borne by the swimmers or sending organizations.

9. Training and equipment

- Each swimmer shall have his (or her) own equipment, sports clothes and so on.
- The organizers shall provide an opportunity for competitors to work out.
- Each competitor shall be responsible for the safekeeping of his (or her) personal property.

9. TECHNICAL MEETING

There shall be a technical meeting which will take place before the start of the tournament.

10. INSURANCE AND MEDICAL CERTIFICATE

All the competitors shall organize their personal insurance of accidents.

The competitor's registration fee shall not apply to his (or her) insurance of accidents. Each competitor shall have an effective medical certificate of his (or her) fitness for competitive exercise.

11. ACCOMMODATION OF THE PARTICIPANTS

Accommodation:

1. <http://www.ramybepalanga.lt>/VILA RAMYBĖ address Vytauto g. 54 Palanga Reservations are accepted: tel: +370 620 76729; palanga@vilaramybe.lt

2. <http://www.kerpehotel.lt> KERPE address: Vytauto g. 76, Palanga. Reservations are accepted: tel. +370460 49215 / info@kerpeho-tel.lt;

3. <https://www.goodmorning.lt/> Alanga Address: st. S.Neries 14, Palanga. Reservations are accepted: +370 460 49 215 / [mailto: info@alanga.lt](mailto:info@alanga.lt)

Note: Registration code -SUPERMASTERS 2020

12. ADDITIONAL INFORMATION

All competitors are recommended to monitor official announcements on the website of the competition in order to know all the latest information.

You can put more questions at infoicasmaster@gmail.com , kaunotakas@gmail.com и gintas-bar@gmail.com

This provision should be considered an official call-up to the competition.