

REGULATIONS

I. VENUE AND TIME

- 1.1. The competition is scheduled for March 23-24, 2024 at 13 Erfurto street, LT-04220, Vilnius, Lithuania.
- 1.2. The event features a 50-meter swimming pool with 10 lanes for competition.
- 1.3. A 25-meter pool with 4 lanes will be available for warm-up and cool-down sessions during the competition.
- 1.4. Participants should plan to arrive on March 22 and depart on March 25.

II. ORGANISATION

- 2.1. The event is organized by the Association LTU Aquatics
- 2.2. The event will be officiated by a panel of referees appointed by LTU Aquatics, and judging will be conducted in accordance with World Aquatics (WA) rules and regulations.
- 2.3. This competition serves as a qualifying event for the 2024 Olympic Games.

III. PROGRAM

DAY I SATURDAY, MARCH 23									
MORNING SESSION					AFTERNOON SESSION				
Warm-up 8:45 - 9:55 Start 10:00					Warm-up 16:00 - 16:50 Start 17:00				
1	M	100 m	Free	Preliminaries	1	M	100 m	Free	Finals
2	W	200 m	Free	Preliminaries	2	W	200 m	Free	Finals
Award ceremony Youth and Junior					Award ceremony Open				
3	M	200 m	Breast	Preliminaries	3	M	200 m	Breast	Finals
4	W	100 m	Breast	Preliminaries	4	W	100 m	Breast	Finals
Award ceremony Youth and Junior					Award ceremony Open				
5	M	100 m	Back	Preliminaries	5	M	100 m	Back	Finals
6	W	200 m	Back	Preliminaries	6	W	200 m	Back	Finals
Award ceremony Youth and Junior					Award ceremony Open				
7	M	200 m	Fly	Preliminaries	7	M	200 m	Fly	Finals
8	W	100 m	Fly	Preliminaries	8	W	100 m	Fly	Finals
Award ceremony Youth and Junior					Award ceremony Open				
9	M	400 m	Free	Preliminaries	9	M	400 m	Free	Finals
10	W	50 m	Free	Preliminaries	10	W	50 m	Free	Finals
11	M	50 m	Breast (open)	Preliminaries	11	M	50 m	Breast (Open)	Finals
Award ceremony Youth and Junior					Award ceremony Open				
12	M	200 m	IM	Preliminaries	12	M	200 m	IM	Finals
13	W	400 m	IM	Preliminaries	13	W	400 m	IM	Finals
14	M	50 m	Fly (open)	Preliminaries	14	M	50 m	Fly (open)	Finals
15	W	50 m	Back (open)	Preliminaries	15	W	50 m	Back (open)	Finals
16	M	4x100 m	Medley (age groups)	Timed finals	16	M	4x100 m	Medley (open)	Timed finals
17	W	4x100 m	Free (age groups)	Timed finals	17	W	4x100 m	Free (open)	Timed finals
Award ceremony Youth and Junior					Award ceremony Open				

DAY II SUNDAY, MARCH 24									
MORNING SESSION					AFTERNOON SESSION				
Warm-up 8:45 - 9:55 Start 10:00					Warm-up 15:00 - 15:55 Start 16:00				
18	W	100 m	Free	Preliminaries	18	W	100 m	Free	Finals
19	M	200 m	Free	Preliminaries	19	M	200 m	Free	Finals
Award ceremony Youth and Junior					Award ceremony Open				
20	W	200 m	Breast	Preliminaries	20	W	200 m	Breast	Finals
21	M	100 m	Breast	Preliminaries	21	M	100 m	Breast	Finals
Award ceremony Youth and Junior					Award ceremony Open				
22	W	100 m	Back	Preliminaries	22	W	100 m	Back	Finals
23	M	200 m	Back	Preliminaries	23	M	200 m	Back	Finals
Award ceremony Youth and Junior					Award ceremony Open				
24	W	200 m	Fly	Preliminaries	24	W	200 m	Fly	Finals
25	M	100 m	Fly	Preliminaries	25	M	100 m	Fly	Finals
Award ceremony Youth and Junior					Award ceremony Open				
26	W	400 m	Free	Preliminaries	26	W	400 m	Free	Finals
27	M	50 m	Free	Preliminaries	27	M	50 m	Free	Finals
28	W	50 m	Breast (open)	Preliminaries	28	W	50 m	Breast (Open)	Finals
Award ceremony Youth and Junior					Award ceremony Open				
29	W	200 m	IM	Preliminaries	29	W	200 m	IM	Finals
30	M	400 m	IM	Preliminaries	30	M	400 m	IM	Finals
31	W	50 m	Fly (open)	Preliminaries	31	W	50 m	Fly (open)	Finals
32	M	50 m	Back (open)	Preliminaries	32	M	50 m	Back (open)	Finals
33	W	4x100 m	Medley (age groups)	Timed finals	33	W	4x100 m	Medley (open)	Timed finals
34	M	4x100 m	Free (age groups)	Timed finals	34	M	4x100 m	Free (open)	Timed finals
Award ceremony Youth and Junior					Award ceremony Open				
TEAMS AND BEST PERFORMANCES AWARD CEREMONY									

IV. TERMS OF PARTICIPATION

- 4.1. The Baltic States Championship is open to athletes from national teams and clubs of World Aquatics member countries.
- 4.2. National teams from Estonia, Latvia, and Lithuania will compete for Baltic team trophy.
- 4.3. There is no limit to the number of participants per team in the preliminaries.
- 4.4. 6 lanes in the A Final is reserved to 2 fastest swimmers from Estonian, Latvian and Lithuanian national teams.
- 4.5. The number of participants per team in the B Final is not limited.
- 4.6. Athletes within a 2% range of the Olympic A cut based on performance in preliminaries, who are not eligible for the A or B final, may apply for a time trial swim in the evening session.
- 4.7. The entry time standards are set at 450 World Aquatics (WA) points for Youth, 475 WA points for Junior, and 500 WA points for Open category athletes.
- 4.8. Teams will be invoiced 20 EUR for each preliminary start that falls below the time standard.
- 4.9. There is no limit to the number of relay entries per team.
- 4.10. All entry times must have been achieved in a 50 m pool within 15 months prior to the start of the competition.

V. AGE GROUPS

- 5.1. Youth (Y): This category includes athletes born in the year 2008 and later.
- 5.2. Junior (J): This group comprises athletes born in the years 2006 and 2007.
- 5.3. Open (O): There are no age limitations for this category.

VI. COMPETITION RULES

- 6.1. The competition will be conducted with preliminaries, and A and B finals for all individual events, adhering to World Aquatics swimming rules and regulations.
- 6.2. All relay events will be conducted as timed finals.
- 6.3. Finals eligibility is restricted to athletes who have met open age group time standards in the preliminaries.
- 6.4. In the event that fewer than 16 participants achieve the time standards in an event during preliminaries, the 'all minus one athlete' rule will be applied, whereby the slowest swimmer who has still met the open category time standard will be ineligible for the finals.
- 6.5. Winners in the youth and junior age groups for individual events will be determined based on times from the preliminary heats, which will serve as timed final races.
- 6.6. Relay events scheduled for the morning sessions will be exclusively for youth and junior age groups.
- 6.7. Wearable devices that have been approved by the organizers are permitted for use during the competition.

Manufacturer	Product Name	Product Type
Abbott	FREESTYLE LIBRE 2	Glucose Sensor
Exello	GPSEXE Pro2	GPS Tracking Device
FES Institut	FES SwimSensor	GPS Tracking Device & Sensor
Garmin	HRM-SWIM REF 010-12342-00	Heart Rate Band
Garmin	HRM TRI REF 010-10997-09	Heart Rate Band
Movella	Xsens dot	Sensor
Polar	Polar OH1	Heart Rate Band
Polar	Verity Sense	Heart Rate Band
Polar	Polar H10	(Heart rate band / chest)
Polar	Polar OH1	(Heart rate sensor / head)
Tritonwear	Triton 2	Transponder

- 6.8. If wearable devices are used, they must be presented to the judge in the call room for inspection and registration.
- 6.9. A penalty fee for failure to report to the call room or the start (marked as 'DNS' in the Official Results) is set at 20 EUR for individual events and 30 EUR for relay events.
- 6.10. Withdrawals from the finals or as a reserve must be communicated to the competition secretary within 30 minutes following the last heat of the respective event.
- 6.11. A deposit of 50 EUR is required for lodging a protest (refundable if the protest is upheld). This deposit must be paid in cash.

VII. AWARDS AND TEAM SCORING

- 7.1 Medals will be awarded to the top three finishers in each age group for individual events and relays.
- 7.2 In each age group, the best male and female swimmers, determined by the highest combined World Aquatics (WA) points in two events, will receive special prizes. In the case of a tie in combined scores, the winner will be the athlete with the higher WA points in their top event.
- 7.3 For the Baltic Team Trophy, points will be awarded to the two fastest swimmers from each participating country in each age group for individual events as follows: 1st place – 7 points, 2nd place – 5 points, 3rd place – 4 points, 4th place – 3 points, 5th place – 2 points, 6th place – 1 point. In relay events, the fastest team from each country in every age group earns points as follows: 1st place – 14 points, 2nd place – 10 points, 3rd place – 8 points.
- 7.4 Only the rank between Estonian, Latvian and Lithuanian national team athletes counts to the Baltic Team Trophy score.
- 7.5 Teams participating in the Baltic Trophy will be awarded a cup based on their overall ranking.

VIII. ENTRIES AND FEES

- 8.1 Entries for the competition must be submitted using one of the two specified methods no later than March 15 at 14:00.

Swimrankings.net online system	Using „Entry Editor“
<ul style="list-style-type: none"> - Enter all team athletes and relays - Save the file "entries by athlete", generated by the system. - Send the file by e-mail entries@ltuaquatics.com, together with the information of contact person for entries and the team leader and billing info. - The entry is considered submitted when the confirmation e-mail from LTU Aquatics received. 	<ul style="list-style-type: none"> - The exact result, with date and place, date of birth of an athlete must be entered for every team athlete and event to the competition lenex invitation file. - Filled entry file must be named by the team name and sent by an e-mail entries@ltuaquatics.com, together with the information of contact person for entries and the team leader and billing info. - The entry - Only the results visible in swimrankings.net system eligible. - The entry is considered submitted when the confirmation e-mail from LTU Aquatics received.

- 8.2 All swimmers who are part of a competing team must be registered for the meet, even if they are not participating in individual events. Additionally, relay entries must specify the names of the swimmers.
- 8.3 Any alterations, such as substitutions or withdrawals, for individual or relay events must be communicated to the competition secretary no later than 60 minutes before the race or sent via email to entries@ltuaquatics.com at least 4 hours before the start of the session in which the race occurs.
- 8.4 By submitting entries, the representing organization affirms that all participants are medically fit to compete and assumes full responsibility for their health insurance, accommodation, catering, travel, and other related expenses.
- 8.5 Each team will be issued an invoice for a starting fee of 20.00 EUR per athlete by March 18, 2024. This fee must be paid prior to the commencement of the competition.
- 8.6 If applicable, an invoice for any penalty fees will be issued within three days following the competition's conclusion. The invoiced team must settle this payment within ten days of receipt.
- 8.7 Information regarding invitations, accommodations, and transfers will be published on the www.ltuaquatics.com website and sent to the invited teams no later than two months prior to the start of the competition.

IX. CONTACTS

- 9.1 Email: entries@ltuaquatics.com, CC aiste.radvilaviciute@ltuaquatics.com, justas.achramavicius@ltuaquatics.com.
- 9.2 Phone, WhatsApp: Justas Achramavičius +370 676 79902
- 9.3 Messenger: Justas Achramavicius.