



# BALTIC STATES SWIMMING CHAMPIONSHIPS

7th-8th of March 2026

Riga, Latvia



# 1. Venue and Schedule

- 8 lanes 50 m swimming pool RTU Kipsalas Swimming Pool (Latvia).

6 <sup>th</sup> of March 2026 (Friday)		DAY I: 7 <sup>th</sup> of March 2026 (Saturday)		DAY II: 8 <sup>th</sup> of March 2026 (Sunday)	
Arrival*	Session	Warm up	Competition	Warm up	Competition
14:00-..	Morning	8.45 – 9.55	10.00-..	08.00 – 8.55	09.00-..
	Evening	16.00-16:55	17.00-..	15.00-15:55	16.00-..

\*Pool sessions are available upon additional fee and arranged time schedule in advance.

# 2. Organization

- The Latvian Swimming Federation is responsible for the organization and management of the event.
- The competition will be officiated by the Officials Panel appointed by the Swimming Federation of Latvia.
- The competition will be officiated according to the World Aquatics (WA) rules and meet regulations.
- This meet is a WA approved qualification event for the World Aquatics Swimming Championships (25m) 2026, Beijing (CHN).

# 3. Age Groups and Categories

- **Youth (Y):** girls and boys born in 2010 or later.
- **Juniors (J) :** girls and boys born in 2008-2009.
- **Open (O):** women and men with no age restrictions.

# 4. Terms of participation

- The meet is open to athletes representing the Baltic States: Estonia, Latvia and Lithuania.
- There is no limit on the number of athletes per country entering the meet.
- The qualifying standard for event entry is 475 WA points.
- Each country may enter up to two (2) competitors per event in Youth and Junior categories regardless of qualifying standard.
- The number of relay entries per event per team is not limited.
- All entry times must be achieved in 15 months prior to the competition in 50m pool.

# 5. Program

DAY I			DAY II		
1.	100 free M	100 free M	18.	100 free W	100 free W
2.	200 free W	200 free W	19.	200 free M	200 free M
Awards Youth and Juniors		Award OPEN	Awards Youth and Juniors		Award OPEN
3.	200 breast M	200 breast M	20.	200 breast W	200 breast W
4.	100 breast W	100 breast W	21.	100 breast M	100 breast M
Awards Youth and Juniors		Award OPEN	Awards Youth and Juniors		Award OPEN
5.	100 Back M	100 Back M	22.	100 Back W	100 Back W
6.	200 Back W	200 Back W	23.	200 Back M	200 Back M
Awards Youth and Juniors		Award OPEN	Awards Youth and Juniors		Award OPEN
7.	200 Fly M	200 Fly M	24.	100 Back W	100 Back W
8.	100 Fly W	100 Fly W	25.	200 Back M	200 Back M
Awards Youth and Juniors		Award OPEN	Awards Youth and Juniors		Award OPEN
9.	400 Free M	400 Free M	26.	400 Free W	400 Free W
10.	50 Free W	50 Free W	27.	50 Free M	50 Free M
11.	50 breast M (O)	50 breast M (O)	28.	50 breast W (O)	50 breast W (O)
Awards Youth and Juniors		Award OPEN	Awards Youth and Juniors		Award OPEN
12.	200 IM M	200 IM M	29.	200 IM W	200 IM W
13.	400 IM W	400 IM W	30.	400 IM M	400 IM M
14.	50 Fly M (O)	50 Fly M (O)	31.	50 Fly W (O)	50 Fly W (O)
15.	50 Back W (O)	50 Back W (O)	32.	50 Back M (O)	50 Back M (O)
16.	4x100 medley M (Y and J)	4x100 medley M (O)	33.	4x100 medley W (Y and J)	4x100 medley W (O)
17.	4x100 free W (Y and J)	4x100 free W (O)	34.	4x100 free M (Y and J)	4x100 free M (O)
Awards Youth and Juniors		Award OPEN	Awards Youth and Juniors		Award OPEN
			TEAMS and BEST Performances award ceremonies		

## 6. Competition Rules

- The competition will be conducted with preliminaries, and A and B finals for all 50 m and 100 m events and A final for 200 m and 400 m events.
- All relay events will be conducted as timed finals.
- 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.
- Relay events scheduled for the morning sessions will be exclusively for youth and junior age groups.
- All swimmers must make registration before the heats of the event in the call room, otherwise the disqualification will be applied accordingly (mark 'DSQ' in the official results).
- The 1 substitute swimmer (reserve) for the finals are announced or published and athlete must arrive at call room before the final, otherwise the penalty fee of EUR 20,00 will be applied in case of not starting the appointed race (mark 'DNS' in the official results).
- Withdrawals from finals or reserve must be submitted to the official desk of the competition within 30 minutes after the announcement or publication of the results for the preliminary heats.
- If less than 16 participants are entered in preliminaries of an individual event, the slowest results from preliminaries will be ineligible for the finals.

## 7. Team scoring and awards

- The top 3 finishers in each event, age group and category will be awarded with meet medals.
- The best male and female swimmers of each age group will receive special prizes by the highest combined WA points in 2 events. The ties in combined WA points in 2 events will be broken by the highest WA points scored in the best event of an athlete.
- For the team scoring points will be awarded to two fastest swimmers from each participating country in each age group and category for the 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. The Baltic Trophy will be awarded to the team with the most points overall.

## 8. Entries and fees

- Final Entries should be submitted using the Online Entry System that can be found on the address: <https://www.swimrankings.net/manager/>. System closes on the 1st of March 2026 at 20:00.
- All competing swimmers must be entered in the meet (even if they are not entered in individual events) and relay entries should be filled with the names of the swimmers respectively.
- Names for the team delegates together with the Entry Reports must be sent by the team representative by midnight on the 1st of March 2026 to the address: [info@swimming.lv](mailto:info@swimming.lv) indicating in the e-mail subject the names of the meet and the team.
- The last corrections (substitution or withdrawal) for an individual or relay events must be submitted to the secretary of the competition no later than 30 minutes before the start of the session in which the race takes place.
- By submitting the entries, the represented organization confirms all participants' eligibility of their health conditions and ability of all entrants to take part in competition, and takes the full responsibility of their health insurance, accommodation, catering and travel etc. expenses.
- Participation fee of 30,00 EUR for each athlete shall be paid by 3rd of March using bank transfer.
- Penalty fee of 20,00 EUR will be applied to the team of athlete in case of not starting the appointed race (mark 'DNS' in the official results).
- Deposit fee in case of protest is 50,00 EUR in cash.

## 9. Accommodation and Catering

**Accommodation: Radisson Park Inn Valdemāra**

**(15-minute walk and 5-minute drive from the venue)**

- Single room: EUR 63,00 per night (breakfast included)
- Twin room: EUR 70,00 per night (breakfast included)
- Twin room + additional bed for youth swimmers: EUR 95 per night (breakfast included)
- Late check out on March 8 is included (until 16:00)

**Catering:**

- Lunch at the hotel (buffet style): EUR 25.00 per meal per person on March 7 and 8 (minimum 20 persons)

- Dinner at the hotel (buffet style): EUR 30.00 per meal per person on March 6 and 7 (minimum 20 persons)
- Lunch or dinner at the pool café: EUR 15.00 per meal per person. Please note that seating capacity at the pool café is limited, so queues may occur.
- Take-away dinner on March 8, 2026, at the pool café: EUR 15.00 per meal per person.
- Please provide the provisional number of rooms till the 30<sup>st</sup> of January to the address: [info@swimming.lv](mailto:info@swimming.lv)
- Please provide the final room number till the 12<sup>th</sup> of February to the address: [info@swimming.lv](mailto:info@swimming.lv)

## 10. Contacts

- General questions and: Alona Fokina, president of the Swimming Federation of Latvia – [info@swimming.lv](mailto:info@swimming.lv)
- Other questions: Pavels Murans, secretary general of the Swimming Federation of Latvia – [pavels.murans@swimming.lv](mailto:pavels.murans@swimming.lv), +37129240059.
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