

**APPROVED:**

Mantas Paulauskas  
Director VšĮ “Sveikas miestas”

**APPROVED:**

Arlandas Antanas Juodeška  
President of the Kaunas Swimming  
Federation

**APPROVED:**

Vladimir Fomin  
Secretary general ICAS

**COMPETITION REGULATIONS**  
**1st EURASIAN AMATUER SWIMMING CHAMPIONSHIPS(25m)**  
**LITHUANIA 2019**

**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**

30 March 2019

9.00-10.45 - registration of participants in the pool Fabijoniskes, warming up of competitions;

10.00 – warm-up;

10.45 - opening ceremony;

11.00 - the start of the competition

14-00-14-30 warm-up

14-30 competition.

31 March 2019

9.00 – warm-up;

10.00 - the start of the competition

13-00-13-30 warm-up

14-00 competition.

Address of the Republic of Lithuania , Vilnius, Fabijoniškes basin: Fabijoniškių baseinas. 45A,  
Vilnius (Fabijoniškių mikrorajonas) <https://www.fabijoniskiubaseinas.lt>

**3. ORGANIZATION**

The names of responsible organizations and names of organizers

The competition is organized by ICAS, VšĮ “Sveikas miestas”, Kaunas Swimming Federation,  
Vilnius City Sports Center.

Director of the competition - Gintautas Bartkus (+ 370 684 59115), [gintasbar@gmail.com](mailto:gintasbar@gmail.com) ,chief  
judge - Renata Juskiene. Competitors and chief judge are responsible for the safety of the  
participants.

**4. RULES OF THE COMPETITION**

Competitions shall be held in accordance with the rules of the ICAS (FINA Masters rules for  
«Masters»).

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	1999-1995	45-49	1974 -1970	70-74	1949-1945
25-29	1994-1990	50-54	1969-1965	75-79	1944-1940
30-34	1989 -1985	55-59	1964 -1960	80-84	1939-1935
35-39	1984 -1980	60-64	1959 -1955	85-89	1934-1930
-1975	65-69	1954 -1950	90-94	1929-1925	95+ 1924 гг.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 30 March 2019

Morning 11-00-14-00

50 m freestyle ; 50 m breaststroke ; 50 m на backstroke ; 50 m butterfly ; 100 m medley (SUPERMASTERS and athletes who take part in the 1st Eurasian Championship shall simultaneously compete for these five distances) ;

Daytime 14-30 -18-30

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

Воскресенье 31 марта 2019

Morning 10-00-13-00

800 m freestyle ; 100 m freestyle; 200 m на спине ; 200 m breaststroke ; 200 m баттерфляй ; 400 m freestyle

Daytime 13-30 -18-00

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

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

Distance payments shall be made online mainly (or, if it is paid on site, in cash) on the basis of 50 euros as an entry fee and 18 euros for a distance.

ATTENTION! The starting protocols shall be posted on the ICAS website on March 28, 2019. 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!

## 6. APPLYING FOR ENTRY INTO COMPETITIONS

ENTRY FEES to be paid by competitors in the 1st 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), 40 Euro relay;
  - card through the website [icasgames.org](http://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.

Technical bids for entry into competitions with preliminary scores shall be accepted up to and including March 15, 2019 through the site [icasgames.org](http://icasgames.org). The registration of competitors shall be carried out by Renata Juškenė, email: [gintasbar@gmail.com](mailto:gintasbar@gmail.com).

Applications for relay swims shall also be accepted up to and including March 15, 2019. At the credential 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](mailto: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 28, 2019. No changes to them shall be made! As of March 28, 2019, no applications or re-requests shall be allowed (except for relays)!

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**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! After the competition we invite you to our after-party, which will be held in restaurant-pub “Uzupio Ka-vine” (in city center <http://www.uzupio kavine.lt> address Uzupio g. 2, LT-01200 Vilnius). We will start at 19:00 with warm buffet dinner and shall proceed with drinks from the bar (please, no alcohol of your own this time), dancing, photo-memories on the big screen and merry friends. **30.03.2019**. The price is 20 euros and it should be paid before the competition in accreditation-office

## **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: [www.http://www.greenhotels.lt](http://www.greenhotels.lt) Green Park Hotel Vilnius Ukmergès g. 363, Vilnius 06327•(8-5) 238 8000

## **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 [infoicagames@gmail.com](mailto:infoicagames@gmail.com).