LITHUANIAN SPORTS UNIVERSITY STUDENTS' AUTUMN SWIMMING COMPETITION REGULATIONS

I. OBJECTIVES

1. To promote swimming among students.

2. To enhance students' competencies through the study module "Swimming Didactics".

3. To identify the strongest Lithuanian Sports University (LSU) student teams and athletes in swimming competitions.

II. ORGANISATION AND CONDUCT

4. The competition is organised by the LSU Sports and Leisure Centre.

5. The competition is conducted by the Swimming Unit of the Department of Coaching Science.

6. Chief Referee: Ilona Zuoziene, ilona.zuoziene@lsu.lt; Chief Secretary: Inga Pravdinskiene, balticsand@gmail.com.

7. The event is funded by the LSU Sports and Leisure Centre and the Kiras Swimming Club (public institution).

III. DATE AND VENUE

8. The swimming competition will take place on 26 November 2026 at the LSU swimming pool (25 m), Sporto St. 6, Kaunas, Lithuania.

9. The competition starts at 13:00; the warm-up starts at 12:30.

IV. PARTICIPANTS

10. The following may participate in the competition:

10.1. Students in groups 1, 2, 3 and 4 of BNLTRS-25 (participation is compulsory);

10.2. Students from all LSU study programmes;

10.3. LSU students on academic leave;

10.4. Students studying at LSU under the ERASMUS programme.

11. There is no age limit for participants.

12. A team may consist of students from one academic group. Athletes who do not compete as members of a team participate individually.

13. Each participant may compete in one individual event and one relay.

14. Participants compete in two groups according to their skill level:

14.1. Advanced group – athletes who have practised the sport for more than five years;

14.2. Beginner group – athletes who have developed their swimming skills during the "Swimming Didactics" module or independently.

V. COMPETITION PROGRAMME

Programme:

1. Advanced group:

100 m individual medley (women and men)

2. Beginner group:

50 m backstroke (women and men)

50 m freestyle (women and men)

50 m breaststroke (women and men)

6 × 25 m freestyle relay

VI. COMPETITION RULES

12. The competition is conducted in accordance with the rules of World Aquatics.

13. The competition is an individual and team event.

14. Results will be recorded using stopwatches.

15. The one-start rule applies.

16. All races will be conducted as straight finals.

17. Participants' places will be determined according to the results achieved.

18. The winning team will be determined by the total number of points scored.

19. Team points are awarded as follows:

1st place – 15 pts	2nd place – 13 pts	3rd place – 11 pts
4th place – 9 pts	5th place – 8 pts	6th place – 7 pts
7th place – 6 pts	8th place – 5 pts	9th place – 4 pts
10th place – 3 pts	Each additional finisher – 1 pt	

Each participant who completes an event thereafter earns 1 point for their team.

20. Relay points are doubled.

21. If teams have the same number of points, the higher place will be awarded to the team with more first places, then second places, and so on.

22. Athletes who do not represent a team may compete for medals in individual events.

VII. AWARDS

23. Winners will be determined based on the results after each event has been completed.

24. Winners and runners-up in individual events will be awarded medals.

VIII. ENTRIES

25. Teams must register by submitting a technical entry form by 12:00 noon on 23 November (Appendix 1).

26. The entry form must be sent to the Chief Secretary at balticsand@gmail.com. The names of relay team members must be included in the email.

27. By submitting an entry, team participants undertake responsibility for their own state of health in accordance with the procedures established by the laws of the Republic of Lithuania.

IX. SUBMISSION OF PROTESTS

30. Protests may be submitted in cases of non-compliance with the competition rules and regulations, or where other circumstances pose a risk to the competition or athletes. Protests must be submitted within 30 minutes of the incident.

31. Protests must be submitted in writing together with a deposit of EUR 50.

32. Protests will be considered by an Appeals Committee appointed by the Chief Referee.

33. If a protest is upheld, the deposit will be refunded.

XII. FINAL PROVISIONS

34. The Lithuanian Sports University swimming competition is a public event at which filming and photography may take place.

35. Each participant is personally responsible for:

35.1. submitting the required documents on time;

35.2. holding a valid medical certificate;

35.3. ensuring appropriate conduct by participants during the competition.

36. By agreeing to participate in the competition, each participant confirms that they have read these regulations and will comply with them.

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