

LITHUANIAN SWIMMING FEDERATION

BALTIC STATES SWIMMING CHAMPIONSHIP 2018

MARCH 23-24th (Friday-Saturday) 2018

Kovo 11-osios st. 26, Kaunas

Recommendations and Rules

1. Transport of the participants should be parked in the parking place of "Girstutis" sports complex and in the non-paved parking place behind the paved parking place.
2. The participants enter the swimming-pool and the changing rooms through the side entrance closer to the street.
  - Having passed the balcony, go downstairs to the swimming-pools and changing rooms.
  - During the competition the participants can use the WC near the changing rooms and those near the entrance to the 50 m swimming-pool.
3. Those who need to leave clothes at the changing rooms will be given an electronic bracelet for locking the lockers.
  - The bracelets will be given only under the deposit of 5 Eur.
  - The money will be returned back having returned the bracelet, which will be valid for two days.
4. To swim in the 1st lane at 25 m swimming pool at the recreation zone is allowed only during the competition.
  - It is not allowed to swim at the 25 m swimming- pool during the warm up, as the group trainings will take place at that time.
5. During the warm-up it is allowed in the 1st lane to swim at a max speed to one side only, backstroke and other starts;
  - in the **8th lane** is allowed to swim at a max speed to one side only and starts only from a diving platform;
  - in the lanes 2-7 - swimming in a circle.
  - During the warm-up it is not allowed in the lanes 2-7 to jump into the water from a standing position neither on the head nor feet. Getting into the water should be from a sitting position, feet first.
6. To use the backstroke ledge will be allowed during the warm-up in the 1st lane.
7. 30 min till the end of the warm-up the **7th lane** will be used for "speed tests" to swim 25, 50 or 100 m.
8. It is forbidden to use any of the swimming equipment during the warm-up.
9. The rest zones for the participants are indicated in appendix No.1.
10. The meeting place of the participants is behind the referees' room at the 50 m swimming-pool.
11. During the preliminary heats the clothes of the sportsmen will not be carried away from the start place.
  - The clothes will be carried away only during the finals.
12. During the preliminary heats having finished the distance (except the 50 m distance), participants have to stay in the water until the start for the next heat.
13. Sportsmen should get out of the water through the sides of the swimming pool.
  - Getting out through the start/ finish side is FORBIDDEN.
14. The first aid is supplied by the medical staff in the referees' room.

LOOKING FORWARD TO MUTUAL UNDERSTANDING AND COOPERATION