

LITHUANIAN SWIMMING FEDERATION  
LITHUANIAN NATIONAL CHAMPIONSHIPS

27-29 May, 2021

(Dubysos 12, Klaipėda)

*COMPETITION RULES*

1. Face masks must be worn at all times (except during swimming). Body temperature will be checked at the entrance.
2. During warm-up, in lane 0 only one-way swimming is allowed at max speed, backstroke and other starts, in lane 9 one-way swimming is allowed at max speed and starting from the block, in lanes 1-8 round swimming is allowed.  
During warm-up, in lanes 1-8 must it is forbidden to jump from standing position either on the head or on the feet, the boarding should be from seating position, the legs first touching the water.
3. The back equipment will be available during warm-up in lane 0.
4. 30 minutes before the end of warm-up, lane 8 is devoted to “speed tests” to swim 25, 50 or 100 m.
5. During warm-up, it is forbidden to use: swimming equipment, paddles, elastic bands.
6. The recreational areas of the participants are listed in Annex 1.
7. Participants’ meeting point is by the window in the right corner of the pool.
8. During the heats and finals, there WILL BE NO carriers for the athletes' apparel.
9. During the heats, after finishing their distance (with the exception of 50 m distances) the participants must remain in the water until the start for the next swimming is given.
10. Athletes must get out of the water through the side edges of the pool. Getting out over the edge of the start/finish is FORBIDDEN.
11. Please get acquainted with the pool’s plan: meeting point of participants during the heats, finals, meeting point of the participants before the award ceremony, the officials’ table, and the directions of movement.
12. First aid will be available in the lifeguard’s room.

THANK YOU!

**EXIT TO THE AWARD**

**Tablo**  
**AWARD PLACE**

**PARTICIPANTS MEETING ROOM MORNING**  
**SESION**

**S**  
**T**  
**A**  
**R**  
**T**

9		9	↕	
8		8		
7		7		↕
6		6		
5	50 M. POLL	5		↕
4		4		
3		3		↕
2		2		
1		1		↕
0		0		

→ → → ↔ ↔

↕ RECREATION AREA FOR PARTICIPANTS SHOWERS/WC/DRESSING ROOMS

**SECRETARIAT**  
**PARTICIPANTS**  
**MEETING ROOM**  
**FINAL SESSION**

**BALCONY**

<b>RECREATION AREA FOR PARTICIPANTS</b>	<b>TV</b>	<b>TV</b>	<b>TV</b>	<b>RECREATION AREA FOR PARTICIPANTS</b>	
LTU TEAM	TV	TV	TV	LTU TEAM	EST TEAM
LTU TEAM	TV	TV	TV	LTU TEAM	LAT TEAM
LTU TEAM	TV	TV	TV	LTU TEAM	KAZ TEAM
LTU TEAM	TV	TV	TV	LTU TEAM	POL TEAM

**ATTENTION !!!! Clothes will not be stored in the locker rooms, in the pool, please take care of them during all competitions.**