

**INVITATION TO OPEN LITHUANIAN MASTERS SWIMMING CHAMPIONSHIPS IN
ALYTUS (LITHUANIA) 28-29.11.2009 Long course (50 m)**

I. AIM OF THE COMPETITION:

To make swimming popular among adults as a means of exercise and entertainment in the water and even as a means of improving state of health and maintaining good relationship. Moreover, competition aims at disclosing the best Lithuanian masters swimmers and encouraging people of various age and social status to be engaged in active physical and sportive activity.

II. TIME AND VENUE OF THE COMPETITION:

The competition is going to take place on the 28th – 29th of November, 2009 in the swimming pool in ALYTUS (about 100 km from Vilnius), (50 m in length, 8 lanes, electronic timing), Water temperature 27°C,

ADDRESS: Naujoji str. 52, Alytus. Tel.: (8 315) 37 622

TIME:

28th of November (Saturday)

9.00 a.m. – registration of the participants,

11.00 a.m. – warming-up,

12.00 a.m. – start of competition

29th of November (Sunday)

7.30 a.m. – warming-up,

8.00 a.m. start of competition.

III. ORGANIZERS:

The competition is held by:

Lithuanian Swimming Federation info@ltuswimming.com ; tel./fax (8 5) 233 9288

Alytus municipal administration of sport and Recreation Department

Kaunas Swimming Club “Banginiai” astatkevicius@gmail.com; tel. 86 88 21870

IV. PARTICIPANTS AND AGE GROUPS OF THE COMPETITION:

- There can attend the participants under the age of 25 years and older in the competition who are finished active sports career and paid the participation fee.
- Age ranges are divided according to the regulations of FINA respectively. Points will be calculating by DSV Master Performance Table 2004.
- The competitions will be conducted in heats. There will be no final. This is a personal competition. The number of distances and relays is **unlimited** to all participants.
- Participants are self-responsible for their health and life during the competition, thus they have to countersign in a special roll.

• AGE GROUPS:

A 25-29 years **F** 50-54 years **J** 70-74 year

B 30-34 years **G** 55-59 years **K** 75-79 years

C 35-39 years **H** 60-64 years **L** 80-84 years

D 40-44 years **I** 65-69 years **M** 85-89 years

E 45-49 years

AGE GROUPS FOR RELAY EVENTS AS FOLLOWS

A 100-119 years old **D** 200-239 years old

B 120-159 years old **E** 240-279 years old

C 160-199 years old **F** 280+ years old

V. SCHEDULE (PROGRAMME) OF THE COMPETITION:

28th November (Saturday)2009

Morning schedule:

9.00-11.00 a.m. registration

11.00 a.m. warming-up

12.00 a.m. start

100 m free (female, male)
50 m breaststroke (female, male)
200 m butterfly (female, male)
200 m backstroke (female, male)
400 m free (female, male)

Afternoon schedule:

16.00 p.m. warming-up

17.00 p.m. start

50 m free (peoples with disabilities)
200 m breaststroke (female, male)
100 m butterfly (female, male)
50 m backstroke (female, male)
200 m free (female, male)
4x50 m relay medley (female)
4x50 m relay medley (male)

19.00 p.m. friendly after party.

29th November (Sunday)2009

7.30 a.m. warming-up (long distance)

8.00 a.m. start

800 m free (female, male) *

*P.S. event is held in case there are more than 3 participants.

9.30 a.m. warming-up

10.00 a.m. start

50 m free (female, male)
100 m breaststroke (female, male)
100 m backstroke (female, male)
50 m butterfly (female, male)
200 m individual medley IM (female, male)
4x50 m free (female)
4x50 m free (male)

14.00 –VICTORY CEREMONY

VI. Prize giving to the winners.

- Champions of each event will get medal for first place.
- Top ten swimmers will be prize given. (The calculation of their best 3-results by the amount of the DSV MASTER PERFORMANCE TABLE 2004).

VII. ENTRIES: Name, club, year of birth, sex, events and times must be sent by 15th of November 2009. E-mail: info@ltuswimming.com or mail: LPF, Zemaites g. 6. LT-2600 Vilnius, fax: +370 52339288. (The sample of the requisition is given in the appendix)

VIII. COMPETITION FEES

- **Competition fee for one participant – 40 LT (about 12 EUR)** (Note: 65 years and older Lithuanian swimming masters are exempt from participant's taxation)
- **Friendly after party fee – 50 LT (about 15 EUR)**

IX. Spending a night in Aytus approximately 20-50 Lt(note Appendix; book yourself in advance).

WELCOME TO ALYTUS !!!

ACCOMODATION OF THE PARTICIPANTS

(Participants are asked for booking accommodation themselves)

Alytaus „Dzūkijos hotel“ , Pulko g. 14/1, tel. (8 315) 52 002; <http://www.hoteldzukija.lt>

HOTEL „Senas namas“, Užulankos g. 24, tel. (8 315) 53 489; (8 315) 55 552;
<http://www.senasnamas.lt>

„Šolenos“ hostel, Rato g. 7A, tel. (8 315) 21 044; <http://www.solena.lt/en/kontaktai.html>

Alytus Vocational Training Center dormitory, day 25.00 LT, consistent with Mary Žalienė, Mob.
Tel. +370 616 34 953

HOTEL „Odė“, Naujoji 8C, te. (8 315) 32 929; <http://www.ode.lt>

More info regarding accommodation in Alytus in this website: <http://www.alytus-tourism.lt>