



LIETUVOS PLAUKIMO FEDERACIJA
LITHUANIAN SWIMMING FEDERATION

Žemaitės g. 6, 03117 Vilnius, kodas 1919 17910, tel./faks. +370 5 2339288, el. paštas: info@ltuswimming.com;
Atsiskaitomoji sąskaita Nr. LT49 7044 0600 0150 1455, AB SEB Vilniaus bankas

**INVITATION TO OPEN LITHUANIAN MASTERS SWIMMING CHAMPIONSHIPS IN
ELEKTRĖNAI (LITHUANIA) 29-30.11.2008**
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 29th – 30th of November, 2008 in the swimming-pool in Elektrėnai (about 50 km from Vilnius), (50 m in length, 8 lanes), Water temperature 27^oC, Timing: manual.

ADDRESS: Draugystės g. 20, LT-26115 Elektrėnai Tel./FAX: (8-528) 39 757, 39 578

TIME: 29th of November (Saturday) 9.00 a.m. – registration of the participants,
11.00 a.m. – warming-up, **12.00 a.m.** – start of competition
30th 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
- Kaunas Swimming Club “Kiras”. vssk@lkka.lt ; tel. (8 37) 302 666

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. Moreover, 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:

29th November (Saturday)2008

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.

30th November (Sunday)2008

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)

VI. Prizegiving to the winners.

Champions of each event will get medals and certificates, the second prize and the third prize winners will get certificates (diplomas). Top ten swimmers will be prizegiven.

ENTRIES: Name, club, year of birth, sex, events and times must be sent by 17th of November, 2008. e-mail: info@ltuswimming.com or mail: LPF, Zemaites g. 6. LT-2600 Vilnius, fax: +370 5 2339288. (the sample of the requisition is given in the appendix)

Note: changing of events is not allowed during competitions.

ENTRY FEE: 15 Lt./event (about 4,3 EUR)

VIII. Entry fee (1 distance) – 15 Lt. (about 4,3 EUR)

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

X. After party tax 50 Lt. (about 14,50 EUR)

Note: 65 years and older Lithuanian swimming masters are exempt from participant's taxation.

WELCOME TO ELEKTRĖNAI !!!

ACCOMODATION OF THE PARTICIPANTS
(Participants are asked for booking accommodation themselves)

1. Guesthouse “Bačkonys“ (about 10-12 km from Elektrėnai)

65 beds

Price: 50,00 Lt (breakfast excluded).

Tel.: 8 34660091, fax. : 8 34654245 mob.tel. 861422955

E-mail: rinkodara@backonys.lt

Location: Bačkonyse, Žiežmarių sen. Kaišiadorių district., 8 km from Elektrėnai

2. Elektrėnai vocational training centre (hostel and hotel)

Hostel – 80 beds

Price: 20,00 Lt (breakfast excluded). 4 people in a room.

Hotel – 30 beds.

Price: 25,00 Lt (breakfast excluded). 2-3 people in a room.

Tel. mob: 869804991, fax.8 528 54301

Location: Rungos street – 20, Elektrėnai

Email: pav.praktikai@eem.lm.lt

Person responsible for reservation: Vidas

Note: there is a canteen that serves breakfast in there.