FINSWIMMING OPEN BALTIC CUP

Palanga, Lithuania
16-19 April
2020
1. GENERAL INFORMATION
The competition will take place in Palanga (Lithuania)
Vilnius ~335 km; Kaunas – 235 km;

The competition will take place in Palanga, Lithuania on 16 - 19 April, 2020. It will be hosted in Palangos swimming pool (Kretingos str.-23) 25 metres long, 8 lanes. Depth-2.0 m, water temperature 27 °C ± 1 °C.

2. ORGANISING COMMITTEE:
The competition is organized by CMAS together with:
• Lithuanian Underwater Sport Federation;

Aurelijus Kinas, President of Lithuanian Underwater Sport Federation:
+37068658974 e-mail: kinas303@gmail.com

Felicta Vaitkute, organizer: +37068639598 e-mail: felvait@gmail.com
3. PARTICIPANTS:
The participants are divided into groups by gender & age
Female, male age year of birth 2002 and older
Female, male - 2003-2004
Female, male -2006-2007
Female, male - 2008 and junger
Competitor can race 4 distances and relays. There is no limit for athletes from one club on each distance.

4. REQUIRED DOCUMENTS
Valid passport;
Medical approval.
Life insurance.

5. ANTIDOPING
According to CMAS.

6. PROGRAMME
16/04 (Thursday) until 17:00 h - arrival teams
17.00-18.30-mandate Commission in Pool
18.30-19.00- meeting of team representatives
19.00-21.00 -training session (in your account)

17 April (Friday)
16.00-17.00- training session

18 April (Saturday)
11.00-11.30- warmup
11.30-13.00 competition:
25 m AP;50m BF; 100m BF;200mBF
16.00-16.30 warming up
16.30-18.00 competition:
400m BF; 4 x 50m BF mix
19.00-closing competition

19 April (Sunday)
Departure of the teams

7. RULES AND REGULATIONS:
Competitions will follow CMAS rules.

8. PRIZES
Individual prizes: medals will be awarded to the first three classified athletes in each category (men and women). Teams prizes: - cups for the best three clubs.

9. APPLYING FOR THE COMPETITION: in order to enroll, you must apply via felvait@gmail.com. The deadline of preliminary application is until 25th March 2020. Further information about start fees, etc. will be given after the preliminary applications. The final application deadline is on 12 April, 2020. Visa application deadline - 6th March 2020

10. ORGANISATION ENGAGEMENT FEES
- Club fee 20 euro.
- Fee per athlete-10 euro

11. BOOKING
Entry fee per participant is 100 €. This includes:
- Accommodation in double or triple hotel room.
- from 16th April( Thursday )starting with dinner until 18th April(Saturday) dinner ending
- single room exstra prais +35 eur per person/night
- Extra day – 45 € per person.
- Extra 2 day -90 € per person.
- If you don’t want an accommodation from us, we will not take any fee, but then the starting cost is 40 euro/athlete

12. TRANSFER:
Vilnius airport – hotel - Vilnius airport - 50€ per person;
Kaunas – hotel – Kaunas - 40€ per person;
Palanga – hotel – Palanga - 10€ per person; Hotel – swimming pool – 300m

Description
Palanga is a resort town on Lithuania’s Baltic coast. Palangos Pliažas is a long beach, backed by dunes. Palangos Tiltas, an L-shaped pier, was constructed in the late 1800s. It joins the lively, pedestrianized Basanavičiaus Street, lined with bars and restaurants. The neo-Renaissance Tiskevičiai Palace houses the Palanga Amber Museum, which has a large display of amber, and exhibits on the gemstone’s history.