



SWIM LTU '26

VIŠTYTIS SWIMMING MARATHON

Confirmed by
Sveika Suvalkija founder
Benas Mačiulaitis

REGULATIONS

I. GENERAL PROVISIONS

- 1.1. DATE AND PLACE: AUGUST 8, 2026, Lake Vištytis, Vištytis, Vilkaviškis r. sav.
- 1.2. COMPETITION ORGANIZER: Public institution "Sveika Suvalkija"
- 1.3. COMPETITION CHIEF JUDGE: Benas Mačiulaitis
- 1.4. HEAD OF THE SWIMMING COMPETITION. JUDGE: Inga Pravdinskienė

II. GOALS AND OBJECTIVES OF THE COMPETITION

2.1. GOALS:

- To create opportunities for people of all ages and social backgrounds to compete to ensure the safety of participants
- To promote intergenerational communication through sport as a tool
- To create a meaningful competition program that encourages you to spend physically active, cultured leisure time

2.2. OBJECTIVES:

- To promote swimming in open water bodies
- To promote active leisure time of families through joint sports activities.
- To develop a culture of safe behaviour in the water for children and adults



III. COMPETITION PROGRAM

3.1. PRELIMINARY PROGRAM OF THE COMPETITION:

09:00 – 09:30 Arrival of participants at Šileli campsite (registration place of the competition)

09:00 – 10:15 Registration of participants, issuance of the starter package

10:15 – 10:25 Lithuanian anthem; SWIMLTU Competition Opening Ceremony

10:30 – 11:00 Transportation of participants of the 10 km and 5 km distance to the starting places

11:10 Total start of 10 km, 5 km, 2 km and 1 km distances

11:15 – 11:35 800 m junior start (J12-14 group)

11:35 – 12:05 1.2 km junior start (J15-17 group)

14:40 – 15:00 2x400 m family relay

15:00 – 16:00 Closing of the competition / daytime dancing with DJ

3.2. REGISTRATION:

- Pre-registration is carried out online by filling in the participant registration form www.swimltu.lt

- Pre-registration is open until 5 August 2026.

- Registration is also available on the day of the competition

- Registration fee, after the expiry of the deadline for early registration, increases by 10 Eur of tax

- Credit, distance and registration fees are detailed

3.3. RESPONSIBLE PERSONS:

- Organizer: Public Institution Sveika Suvalkija

- Senior Judge: Benas Mačiulaitis

- Head of the swimming competition. judge: Inga Pravidinskiė

- Competition judges: *to be filled in*

- Competition secretary *is filled in*

- Time capture: Žilvinas Naujalis, UAB BEIT

- Starting judges: *to be completed*

- Turn Judges: LSU Swimming Volunteers

- Water safety officers: specialists of the Vištytis border guard, specialists of the Vilkaviškis Fire and Rescue Service, volunteers;

- Medicine: *completed*

- Announcer of the competition: Rytis Kazlauskas

IV. The job description is provided in the Annex to the Regulations (Annex No. 1)

delay



V. COMPETITION STANDINGS

There are three qualifying categories in the competition:

5.1. JUNIOR STANDINGS, 1.2 KM AND 800 M DISTANCES

- J12-14 (12-14 years)
- J15-17 (15-17 years)

5.2. MEN'S, WOMEN'S STANDINGS, 10, 5, 2, 1 KM DISTANCES:

- F/M 18-29 (18-29 years)
- V/M 30-39 (30-39 n.)
- V/M 40-49 (40-49 m.)
- F/M 50-59 (50-59 m.)
- V/M 60+ (60 years and older)

5.3. FAMILY RELAY:

5.3.1. THE TEAM CONSISTS OF FAMILY MEMBERS:

- Husband and wife
- One parent (guardian) with the child
- Sibling teams
- All other closely related participants without age limit
- Relay is carried out in the general age standings

VI. REGISTRATION PRICES, COMPETITION FORMAT. PROGRAM, AWARDS

6.1. REGISTRATION PRICES:

- Junior classification – 15 Eur for the selected competition distance for the youth classification
- Men's and women's classification – 30 Eur for the selected distance of the men's or women's classification competition

• Family relay – free of charge for those participating in paid classifications. For those participating only in the family

a team registration fee of 15 Eur is applied in the relay

- 1st lap (400 m) - for one team member,
- 2nd lap (400 m) - for another member of the team.



6.2. COMPETITION FORMAT

- Junior, men's and women's classification competitions are held in freestyle
- Time is measured by an electronic timekeeping system, participants are given bracelets with a microchip for measuring time
- In the family relay, buoyancy aids (boards, vests, etc.) that do not give a speed advantage (e.g. fins, swimming paddles) are allowed. Those who use additional tools do not participate in the award standings.

6.3. PRELIMINARY PROGRAM OF THE DAY OF THE COMPETITION:

- 09:00 – 09:30 Arrival of participants at Šileli campsite (registration place of the competition)
- 09:00 – 10:15 Registration of participants, issuance of the starter package
- 10:15 – 10:25 Lithuanian anthem; SWIMLTU Competition Opening Ceremony
- 10:30 – 11:00 Transportation of participants of the 10 km and 5 km distance to the starting places
- 11:10 Total start of 10 km, 5 km, 2 km and 1 km distances**
- 11:15 – 11:35 800 m. J12-14 start
- 11:35 – 12:05 1.2 km J15-17 start
- 14:40 – 15:00 2x400 m family relay
- 15:00 – 16:00 Closing of the competition / daytime dancing with DJ



6.4. AWARDS:

- All participants who finish are awarded a medal by the finisher
- The winners of the youth classification are awarded with statuettes of the prize winners according to gender and age group. Prizes and gifts from partners are also available
- The winners of the men's and women's classifications are awarded with statuettes of prize winners according to their age group. Prizes and gifts from partners are also available
- If there are less than 3 participants in the youth, men's and women's age group, then this age group is connected to the nearest age group
- In the family relay, the overall standings are conducted. The winning families are awarded with statuettes of the prize winners
- The youngest and oldest participant of the competition will be awarded special prizes of the competition
- The organizers reserve the right to establish additional prizes or nominations.

VII. COURSE OF THE COMPETITION AND RULES

7.1. START AND FINISH:

- The competition will start from the official marked starting point in Lake Vištytis
- Different distances will have different starting points (transportation is taken care of by the organizer)
- The finish is scheduled for everyone at the same, clearly marked finish point

7.2. STARTING ORDER:

- Participants are transported from the registration point of the competition to the starting point of the selected distance
- Each group starts only after receiving the signal from the starting judge

7.3. RULES:

- Participants must swim on a marked course
- The organizers of the competition recommend the participants to use an individual buoy, especially in longer distances (2 km and longer). The organizer reserves the right to prevent the participant from swimming without a buoy in difficult weather conditions (strong winds, large waves, low water temperature)
- The use of swimming boards, fins, fins, hand or leg buoys and other auxiliary equipment is prohibited.
- Participants must wear swimming caps issued by the organizers
- The participant number must be visible to the judges throughout the swim



- Use of wetsuits:

| Water temperature | Swimming wetsuit |
|--------------------------|-------------------------|
| Up to 20°C | Mandatory |
| 20°C and 24°C | Recommended |
| 24°C and above | Not recommended |

- Wetsuits must be designed for swimming

7.4. SAFETY:

- Participants will be accompanied in the water by safety boats, volunteers with kayaks and paddle boards
- Participants who do not feel well or want to withdraw from the competition must immediately notify the accompanying staff
- Before the start, all participants must listen to a safety briefing

7.5. RECORDING RESULTS:

- The results are recorded by the team of judges electronically and manually.

7.6. DISQUALIFICATION.

7.6.1. PARTICIPANTS MAY BE DISQUALIFIED FOR:

- Violations of the rules
- Deliberate crossing of the boundaries of the route
- Poles marking the border of Lithuania
- Unfair behaviour or neglect of security.

7.7. TIME LIMITS.

- Maximum completion times apply to each distance, if exceeded the participant may be disqualified or removed from the course for safety reasons:

| Swimming distances: | Time limit: |
|----------------------------|--------------------|
| 10 km | 4h 30 min. |
| 5 km | 2 h 30 min |
| 2 km | 1 hour 30 min |
| 1.2 km | 35 min. |
| 800 m. | 25 mn. |
| 2x400 m family relay | 25 min. |



VIII. SAFETY AND RESPONSIBILITY

- 8.1.** The safety of participants during swimming is the most important priority of the competition. During the competition, the participants will be accompanied by boats with lifeguards, the organizers will cooperate with the officers of the Vištytis Border Guard of the Pagėgiai Border District, the Vilkaviškis PGT team, and other responsible institutions.
- 8.2.** The participant must be physically fit and able to cover the distance of the chosen length independently. Participants take full responsibility for their health and physical condition during the competition.
- 8.3.** It is recommended to use an individual buoy, especially when swimming distances longer than 2 km. Organizers may require the use of a buoy in difficult weather or water conditions.
- 8.4.** A participant who feels unwell or in danger must immediately signal (by raising his hand, whistling, other form) to the accompanying rescuers, judges or volunteers.
- 8.5.** Participants must follow the instructions of the organizers before, during and after the swim. The organizers have the right to suspend the participant from the start or the track if there is a danger to his health or life.
- 8.6.** Participants under the age of 18 are the responsibility of their parents or guardians, who must sign and submit the Participant's representative's consent form to the Event Organizer before the Competition.

IX. FINAL PROVISIONS

- 9.1.** Additional rules set out in the document "*Swimming Boundary Boundary Rules*" (Annex No. 2) apply to the participants of the competition
- 9.2.** The participant must get acquainted with this document and provide the organizers with personal data necessary for the permit to sail in the border area in accordance with the procedure specified therein.
- 9.3.** Failure to comply with these rules may result in administrative liability and disqualification of the participant.
- 9.4.** The regulations of the competition may be supplemented or revised by the decision of the organizers until the day of the event. All changes will be announced in the official information channels of the competition.
- 9.5.** The participant, who has registered for the competition, confirms that he/she has read the regulations of the competition, understands the risks and undertakes to comply with them.
- 9.6.** The event is public – it can be photographed and filmed. The Dayvis agree that their image can be used for the purpose of publicizing the competition.
- 9.7.** All other issues not provided for in these regulations shall be decided by the organizers of the competition.



Annex no. 1

JOB DESCRIPTION

1.1.The Chief Justice:

- Is responsible for the course of all competitions so that they take place and comply with International (World Aquatics) and National (LTU Aquatics) rules.
- Makes final decisions on disqualifications, protests and other contentious situations.
- Coordinates the work of all judges and convenes technical meetings.
- You have the right to suspend, cancel or adjust the competition for security or other important reasons.

1.2.The head coach of the swimming competition. Referee:

- Assesses whether the swimmer(s) are not violating the rules (e.g. not using unauthorized assistance).
- Provides reports by Chief Physician the judge about the observed violations.
- Monitors the finish line and determines the finishing order of the participants
- Assesses close finishes (when more than one swimmer finishes at the same time) and helps to decide on debatable situations.
- Ensures that the exact final alignment is determined.

1.3.Competition Secretary:

- Registers and checks the data and equipment of all participants before the start.
- Responsible for summoning participants to the starting line and grouping them properly.
- Ensures a smooth start.

1.4.Time Capture:

- Responsible for the official recording of the results of the competition.
- Ensures that the exact finish times of all participants are recorded.
- Records results electronically and manually (with timers).

1.5.Starting judges:

- Controls the startup process
- Gives the official starting signal.
- Can announce a false start and inform the head of the swimming competition. judge.

1.6.Turn judges:

- Watches swimmers at the turns of the course.
- Ensures that all swimmers complete the turn of the course correctly.
- Records violations and reports to the head of the swimming competition. judge.

1.7.Water Safety Officers:

- Responsible for the safety of the participants in the water.
- Coordinates the rescue team and measures.
- Monitors weather conditions, water temperature, and other risk factors by notifying the head of the swimming competition. The judge and the head of the competition. judge.

1.8.Medical officer:

- Is responsible for medical assistance to the participants during the competition.
- Coordinates first aid personnel.
- You may recommend suspending or preventing the participant from continuing the competition due to health problems.

1.9.Rapporteur:



- Informs participants and spectators about the course of the competition, results, and other important information.
- Introduces athletes, announces starts and finishes at the venue.
- Ensures smooth and informative communication of the event during the event.



Annex no. 2

RULES FOR NAVIGATING THE BORDER BOUNDARY

1. Participants' data is collected and submitted to the State Border Guard Service (SBGS)
2. Each participant must provide the following data during registration:
 - Name, surname
 - Personal identification number
 - Name of the identity document (passport/ID card)
 - Document number
 - Document expiration date
 - Citizenship
3. The organizer transfers this data about the participants to the Vištytis border guard no later than 7 days before the start of the event in order to obtain a SBGS permit for the participants' presence in the border area and to ensure compliance with the border protection rules.
4. Participants who do not wish to provide the data listed above in this Annex must independently register at the Vištytis Border Guard in order to obtain a permit to stay and swim in the border waters.
5. The participant's data is stored only for the time necessary to achieve the objectives of compliance with the border rules of the organization of the event. After the event, personal data is destroyed in accordance with the requirements of the GDPR.
6. Marking the boundary in water and rules of conduct:
 - Participants must follow the indicated swimming route and in any case may not cross the signs marking the state border.
 - Red buoys (pillars) mark the border of the State of Lithuania. Crossing this boundary means entering the prohibited territory. Such an action can be treated as a violation of the border and result in administrative liability and disqualification from the competition.
 - Yellow buoys (pillars) mark the boundary beyond which the territorial waters of the Russian Federation begin. Crossing these signs is strictly prohibited and can lead to serious legal consequences.