

AGREED
Head of Alytus sport and
recreation department

Adomas Andrušaitis

AGREED
Swimming sport club „Koralis“
president

Romas Garbinas

APPROVED
Director of Alytaus sport and
recreation centre

Valdas Ku inskas

„DZUKIJA CUP 2010“

REGULATIONS

AIMS AND TARGETS

- To popularize swimming sport in Dzukija region;
- To maintain friendly relations with Lithuanian and foreign sportsmen;
- To clarify best young sportsmen in swimming.

PLACE AND TIME

Competitions are being held on 26 – 27 of March, 2010 in Alytus sport and recreation centre, address Naujoji g. 52, LT – 62381 Alytus. Swimming pool of 50 m with electronic timekeeping system „Omega“.

PARTICIPANTS

Personal ranking. Teams consist of 20 sportsmen. Participant can participate in two distances and one relay.

Age groups:

I a. gr.	born in 1994 and older (girls and boys)
II a. gr.	born in 1995 – 1996 (girls and boys)
III a. gr.	Born in 1997 and younger (girls and boys)

PROGRAM

Competition, March 26 (Friday) 15.00, warming-up 14.00

50 m freestyle	III, II, I a. gr.
100 m backstroke	III, II, I a. gr.
200 m breaststroke	III, II, I a. gr.
100 m butterfly	III, II, I a. gr.
200 m freestyle	III, II, I a. gr.
200 m complex	III, II, I a. gr.
8 x 50 m freestyle (mixed)	III, II, I a. gr.

Competition, March 27 (Saturday), 10.30, warming-up 09.30.

200 m backstroke	III, II, I a. gr.
100 m breaststroke	III, II, I a. gr.
200 m butterfly	III, II, I a. gr.
100 m freestyle	III, II, I a. gr.

PRIZES

Winners and prizewinners get medals and diplomas in each age group. Sportsmen (girls and boys) in each age group with best results according the ranking get cups.

CONDITIONS

Competition fee per participant – 10 Lithuanian Litas. All expenses to participate in the competitions (travel, lodging, accommodation) should be covered by sending organization.

Please send initial applications (list of participants and participation in events by email arunas@asrc.lt or fax (8 315) 51978 until **21 March, 2010**. We accept final changes until **23 March, 2010**.

Contact telephones: +370 698 35949 Viktoras and +370 687 27449 Romas.

ACCOMMODATION

- Hotel „Dzukija“, address Pulko g. 14, approx. 50 places, prices from 50 Lt, tel. +370 315 52002;
- Hostel „Šolena“, address Rato g. 7a, approx. 45 places, prices 40 – 50 Lt, tel. +370 315 21044, +370 682 49202;
- Dorm, address A. Jonyno g. 12, approx. 30 places, prices 20 – 25 Lt, tel. +370 616 34953 (Maryt);
- Dorm, address Putin g. 36, approx. 30 places, prices 20 – 25 Lt, tel. +370 674 68361 (Virginija);
- Dorm, address Daug g. 3, approx. 30 places, prices 20 – 25 Lt, tel. +370 614 02984 (Laima).

ORGANIZERS

- Alytus city municipality;
- Lithuanian swimming sport federation;
- Alytus sport and recreation centre;
- Swimming sport club „Koralis“.