**2018 Open Lithuanian Winter Aquathlon Championship with Ionized Alkaline Water**

**Regulations**

**Goals and objectives**

Boost the popularity of triathlon, duathlon and aquathlon in Panevėžys and Lithuania, prepare for the upcoming 2018 season

**Organizer**

The race is organized by Panevėžys triathlon club, Panevėžys physical culture and sports centre, UAB “Burbuliukas and Co”. Race referee – VidmantasUrbonas

**Race schedule**

Competition takes place on 7th April of 2018 in Panevėžys sports centre A. Jakšto str. 1.

The timing chips are given up until 10:00

Warm-up in swimming pool at 10:30

Start of competition 11:00

Running conduit will start as soon as swimming is finished.

**Registration**

Pre-registration before April 5, https://dbsportas.lt/lt/varz/2018020 registering to write the planned (real) swimming times. (Notes)

Starting fee: (by age group) AW, AM, BW, BM (free), MGW, MGM (3 euros), CW, CM DW, DM, IW, IM, JW, JM, V1W, V1M, V2W, V2M , V3W, V3M (3 Euros) EW, EM, (5 Euros), Sportsmen holding a valid LTF license are subject to a 20% discount. For sportsmen who do not have a license from their country, the one-time license fee is EUR 3. The competition license is available on the day of the competition.

Starting DAY STARTING DAY, EUR 10 (for all ages).

**Participants**

2009 and younger (AW girls and AM boys);

2007-2008 (BW girls and BM boys);

2005-2006 (CW girls and CM boys);

2003-2004 (DW girls and DM boys);

2001-2002 (IW girls and IM boys);

1999-2000 (JW girls and JM guys);

1979-1998 (EW women and EM men);

1969-1978 (V1W women and men V1M);

1959-1968 (V2W women and V2M men);

1949-1958 (V3W women and V3M men);

1948 and older (V4W women and men V4M);

Amateur group (MGW women and MGM men).

**The program**

AW, AM (100 m swimming, 400 m run), MGW, MGM 200 m swimming, 2000 m run team competition), BW, BM (200 m swimming, 1000 m run), CW, CM, DW, DM, V4W, V4M (400 m swimming, 2000 m run), IW, IM, JW, JM, V3W, V3M (800 m swimming, 4000 m running), EW, EM, V1W, V1M, V2W, V2M (1000 m swimming, 5000 m running)

**Awards**

Participants of the competition in different age groups are awarded by diplomas, medals and prizes of UAB “Burbuliukas and Co” (water bottles, Ionic showed heads, air ionizators, water ionizators). Elite group winners are awarded with cash prizes (1st – 100 €, 2nd – 70 €, 3rd – 50 € men and women). All participants receive a certificate and a participants t-shirt.

**Rules**

Competitions are carried out in accordance with ITU rules;

Swimming start is given from the water;

It is only allowed to swim with the swimwear approved by ITU;

Two participants make be swimming in one lane;

External help is forbidden for athletes (drinking, accompaniment, etc.). For violation - penalty of 15 seconds, repeat offense - disqualification;

Athletes who make a short cut of the track or finish not the whole racetrack disqualified;

Everyone can start in Elite group, but then they loose the right to compete in their age group.

Anyone can start in an amateur group.

Starting taxes will be paid for charity. The prize will be followed by a quiz - the theme of the water. In the lottery, it will be possible to win the great prizes of UAB Burbuliukasir Co.