

Lithuanian Open Winter Swimming Competition Regulations 2027

1. Purpose

The purpose of the event is to popularize swimming in icy water, strengthen immunity, improve health, and enhance physical endurance. To identify the strongest swimmers in various groups.

2. Time and Location

The competition will take place on February 28, 2027, in Trakai, on Lake Galvė, in front of Trakai Castle.

The competition starts at 10:30 AM.

3. Management

The competition is organized by the Lithuanian Health Enthusiasts Association. The organizer appoints individuals who, following these regulations, oversee the swimming process. The competition is conducted by a team of referees.

4. Participants

The competition is open to all who wish to test their strength in swimming races and have paid the registration fee by February 25, 2027, at 23:59 [paid the registration fee](#). The number of participants and their age is not limited, but minors must have [parental consent](#).

By registering, the participant confirms that they agree to receive newsletters and SMS messages related to events organized by the "Lithuanian Health Enthusiasts Association."

Each participant, by registering, agrees that the event organizers may freely use all photos and video materials taken during the event for marketing purposes without separate consent.

25-meter swimming participants are divided into 6 age groups for men and women: up to 19 years; 20-29 years; 30-39 years; 40-49 years; 50-59 years; 60 years and older.

50, 100, 200, 450, 1000-meter swimming participants are divided into men's and women's groups.

5. Preliminary Competition Program

9:00 1000 meter swimming (women, men)

10:00 Registration begins and preparation for the competition

10:20 Event start

10:30 50-meter swimming (women, men)

11:10 100-meter swimming (women, men)

11:40 Free swimming (women, men)

11:50 450-meter swimming (women, men)

12:20 4×25 meters relay swimming

12:50 Free swimming (women, men)

13:00 Awards for 50, 100, 450, 4X25 relay swimmers

13:10 25-meter women's group swimming

13:10 up to 19 years inclusive (Girls)

13:15 – 20-29 years (women)

13:30 – 30-39 years (women)

13:45 – 40-49 years (women)

14:00 – 50-59 years (women)

14:10 – from 60 years (women)

14:15 Women's group awards / 25-meter women's group awards

14:20 25-meter men's group swimming / 25-meter men's group swimming

14:20 – up to 19 years inclusive (Boys)

14:25 – 20-29 years (men)

14:40 – 30-39 years (men)

15:10 – 40-49 years (men)

15:40 – 50-59 years old (men)

15:55 – from 60 years old (men)

16:10 25-meters men's group awards

6. Swimming Attire Rules

Participants must wear appropriate swimming attire (women - swimsuits, men - tight swimwear); swimming caps, goggles, and ear/nose plugs are allowed.

In competitive races, **it is not allowed** to wear thermal suits, shoes, socks, or other additional equipment. Participants wearing inappropriate attire may be disqualified from the swimming competition. It is also recommended to have **towels; a towel; quick-drying dry clothing.**

7. Swimming Process

In swimming races, freestyle swimming is allowed. Before their swim, participants must be warmed up and have done their exercises. It is recommended to start warming up 10-15 minutes before their start.

7.1. Participants of the respective start are called to the starting line.

Participants must **know** their **swimming and lane numbers**, which are indicated at the registration tent. Swimmers are expected at the starting line already prepared and in swimming attire. The maximum **waiting time for a participant is 1 minute**. Swimmers who do not present themselves on time cannot participate in the competitive races. Each participant stands at the lane assigned to them.

7.2. Signal to enter the water. (5s)

Swimmers enter the water and, holding the starting line, wait for the start signal. (3s)

7.3. Start signal. (Attention - whistle)

When starting, it is necessary to hold the starting line. When starting, it is not allowed to push off with the feet from the starting line or release the hand from the starting line before the start signal. Violation of the starting rules may result in the time not being recorded or a **five-second penalty**.

7.4. Finishing time recording

The swimming time is stopped only when the **finish line is touched**.

8. Rules for endurance swims (200, 450 and 1000 metres)

8.1 The minimum age for an endurance swimmer is 18 years at the date of signing an AFFIDAVIT form. The time required for each distance is as follows:

200 metres – 8 minutes (with 100 metres being completed in 4 minutes);

450 metres – 15 minutes (with 225 metres being completed in 7 minutes and 30 seconds);

1000 metres – 30 minutes (with 500 metres being completed in 15 minutes).

Medical checks are required for the 450 metre and 1000 metre endurance swims. A swimmer may be stopped by the race organizers at any point based on danger of health and other safety reasons.

8.2 When collecting swimmer passes, swimmers registered for an endurance swim must present the following documents:

- Electrocardiogram (ECG) not older than 1 year.
- [Declaration](#) form.

8.3 Endurance swimmers must have a registered assistant – a trusted person who knows the swimmer and can confirm the swimmer's ability to swim the endurance distance, and is able to provide the needed support to the swimmer until he or she is fully recovered.

The assistant must:

follow the swimmer to the pool area,
stay at the start end of the lane all the time during the swim,
signal the judge to halt the race if a swimmer's behavior raises safety concerns. Stop the swim if necessary to ensure their well-being.
support the swimmer after the swim and during recovery procedures until they are fully recovered.

8.4 It is highly recommended that endurance swimmers have a personal insurance policy providing coverage for extreme sports.

8.5 Mandatory briefing for endurance swimmers will be held according to the event schedule. All endurance swimmers must attend the meeting. A failure to appear at the briefing will result in disqualification.

8.6 Endurance swimmers must undergo a medical exam set by the event organiser, including blood pressure and drug/alcohol tests. Any medical restriction will prevent participation.

8.7 In case of severe weather changes posing risks, organizers may reduce or cancel the endurance swim for safety. Their decision is final.

8.8 Judges can halt a swimmer's race if they suspect inadequate behavior jeopardizing safety and well-being.

9. Rules for 200 metres breaststroke and freestyle endurance swims

9.1 Swim duration is limited to a maximum of 10 minutes per heat.

9.2 See paragraph 1, 2, 3, 7 and 8 for general regulations.

10. Rules for 450 and 1000 metres Endurance Swims

10.1 Swimmers must possess relevant qualifications to participate. For the 450 metres swim, they need to have completed a 200-metre swim in water no warmer than +5°C. For the 1000 metres swim, they must have accomplished a 450-metre swim in water no warmer than +5°C. Alternatively, swimmers can register for the 450 metres swim by completing a 200-metre endurance swim, and for the 1000 metres swim, they need to successfully complete the 450-metre endurance swim to confirm their registration. These qualifications must be presented during registration along with the documents listed in paragraph 8.2.

10.2 Swimming style is freestyle meaning any style.

10.3 Duration of the swim is limited by 15 minutes for 450 metres and 30 minutes for 1000 metres swim.

10.4 See paragraph 1 and 8 for general regulations.

11. Rules for relays

11.1 The swimming distance is 4 x 25 metres.

11.2 Each team must be of mixed gender and consist of 4 swimmers in total (i.e. three male swimmers and one female swimmer or two male and two female swimmers).

11.3 Each team must have a team captain. It's advised for the team captain to register a team, providing details of all team members.

11.4 Team members must agree on their start order prior to registration.

11.5 Each team may participate in one breaststroke relay and one freestyle relay.

11.6 When called to the pool area, team members will be instructed to take their position at the team's lane according to their start order. The first and third swimmers take the start end of the lane, while the second and fourth swimmers take the turning end of the lane.

11.7 A team must follow all rules of paragraph 7.

11.8 The first swimmer starts as described in paragraph 7.

11.9 No extra signal. Swimmers start when the teammate before them touches the wall. Be ready in the water as your teammate finishes.

11.10 A team finishes when the fourth swimmer touches the wall at the end of the lane.

12. Determination of Winners and Awards

Results are recorded by chronometers. Winners are determined based on the best recorded result. The competition is individual, and the one-start rule applies. All swimming races are conducted as final races. Competition participants - I, II, III place winners in each group are awarded with commemorative gifts and sponsors' prizes.

All competition participants receive commemorative gifts for completing the swimming distance.

13. Participation Conditions

Participants must register and pay the participation fee before the swim. The registration fee is non-refundable. Participants understand and confirm that the organizers are not responsible and will not compensate for any harm to the participant's health or life. All risks and responsibilities for health disorders, injuries, and accidents that occur during the event are solely the responsibility of the participant.

Before participating in the swimming competition, participants must check their health condition and ensure they have no health complications that could pose a risk to their life or health during the swim. Swimmers participating in the competition must be in good health and physical condition, allowing them to participate in the swimming competition of the respective distance. Participants must not be under the influence of alcohol, drugs, or any other substances. Each participant agrees to the competition conditions and regulations.

Each participant in the competition must have a wristband indicating that the participant is eligible to participate in the competition.

Participants, when not swimming, and their supporters are strictly prohibited from entering the ice during the competition.

On the day of the event, participants will have the opportunity to change in a heated tent, drink hot tea, and public toilets will be available.

14. Registration

Mandatory registration before the competition starts at the registration tent **for those who have not paid the registration fee**. Registration is only possible in your own name. Transferring your number to another participant is prohibited.

Registration starts at 10:30 and lasts until 15:00. During registration, each participant **is assigned their swimming order and lane number**. Registration must be completed **no later than 1 hour before the competition start time**. Participants who have purchased a ticket in advance must know their swimming order and lane number, which will be announced on the event day at the registration tent.

Early [registration and payment](#) ends in **2027-02-25, 23:59**.

Participants participating in the Ice Swimming Competition must have an ID document when registering on the event day.

Registration can be transferred to another person. Service fee is 5 EUR.

Changes to registration data are made when the participant pays for the service and informs the organizers by email simonas@sveikuoliai.lt, sending the payment receipt and the desired changes. All changes must be made by **February 25, 2027, at 23:59**.

Company details:

LIETUVOS SVEIKUOLIŲ SAJUNGA

Registered office address: Vytauto g.74, LT-00132, Palanga, Republic of Lithuania

Legal entity code: 191616227

Email: info@sveikuoliai.lt

Bank account: Swedbank A/S, No. LT497300010151973342. Bank code: 73000

Participants who have filled out the registration form and paid the registration fee but cannot participate on the event day can transfer their registration to the next year's Ice Swimming Competition. Service fee is 10 EUR. Notification of registration transfer must be made by **February 25, 2027, at 23:59.**

The Ice Swimming Competition participation fee is non-refundable.

15. Organizer's Responsibility

The organizer provides instructions during the swimming competition through referees and supervisors.

The organizer is not responsible for:

- the health condition and physical preparation of participants, inability to swim during the swimming competition;
- the actions of one participant towards another;
- damage to participants' health, life, or property caused by other participants or natural phenomena (breaking ice, etc.);
- weather conditions;
- non-use of personal safety equipment;
- lost, missing, or damaged property;
- other cases mentioned in the above regulations.

16. Participant's Responsibility

Participants must be able to swim and are responsible for their own health and life, which they confirm by registering for the competition. Participants participate in the swimming competition at their own risk and are responsible for any consequences: damage to other participants' health, life, or property caused by their own actions or negligence, including damage caused to other participants due to stopped or interrupted swimming competitions due to another participant's inappropriate actions; damage to their own health, life, or property caused by other participants' actions or negligence. Participants agree to the competition conditions and regulations.

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On the day of the event, participants will have the opportunity to change in a heated tent, drink hot tea, and public toilets will be available.

17. Force Majeure

[In the event of "force majeure" circumstances, the "Lithuanian Health Enthusiasts Association" is released from responsibility for the non-fulfillment of the event and is not obligated to refund reservation fees if the event is not fulfilled due to circumstances beyond the control of the party and which could not be reasonably foreseen at the time of registration, and which could not be prevented from occurring or their consequences.]{.mark}

18. Additional Information

In case of unforeseen circumstances, the organizers reserve the right to supplement the competition regulations and conditions. Smoking or consuming alcoholic beverages is strictly prohibited during the competition. Violation of this rule will result in disqualification. Intoxicated individuals are prohibited from participating in the event.

The organizer and/or supervisor has the right, without providing any reasons, to deny a person participation in the 25-meter swimming competition and to remove a participant without refunding the participation fee. The participant agrees not to make any claims or demands regarding such removal and the non-refunded participation fee.

The organizer and/or supervisor has the right, at any time during the competition, to stop or cancel the competition if there is a serious danger to any swimming participant or all participants. In such a case, the participation fee will not be refunded.

For more information, call: +37064839931 or email simonas@sveikuoliai.lt