



Association „AKVA VITAMĪNS” open water competition „Ciecernieks”

REGULATION

1. Goal:

Develop and popularize swimming in Saldus and Broceni. Find out the strongest swimmers.

2. Place and Time:

The competition will take place in lake “Ciecere”, in Broceni region (Brocēni-Imanta 2.km: see in the map in annex), on the 27. July (Saturday) 2019. Coordinates: 56.656695, 22.570348

Registration. 10:00 – 11:45

Competition opening 12:00

- Start 100m swim for kids – **12:20** (A,B age groups)
- Start 100m swim open group – **12:30** (combined C – G age groups)
- Start 400m swim – **12:40**
- Start for sport distance (2,3 km around „Ozolsalai”) – **13:20**

3. Competition organizers:

Association „AKVA VITAMĪNS”

Head organizer: Agris Vītoliņš

Head judge: Kristaps Vaģelis

4. Participants:

4.1. All swimming enthusiasts.

4.2. Age groups :

- A 5-12years
- B 13-16years
- C 17-20years
- D 21-29years
- E 30-39years
- F 40-49years
- G 50 +

Depending on the amount of participants on the day of the event, the organizers can decide to combine or divide age groups.

4.3. Distances :

- AKVA VITAMINS 100m - competes A un B groups, and combined C – G groups
- NORTH66 400m - competes combined AB group and C – G groups
(*Group A kids can only compete in 400m with a signed permission from a trainer or a parent*)
- LATSWIM 2,3km - competes B – G groups

Any distance can be swum in any desired swimming style and swimwear. All swimming aids are forbidden.

The age of a participant is determined to 2019. 31. December

Every participant is personally responsible for their own state of health, which they will vouch for with a signature.

Participants who are under 18 years of age will be signed for by their parent or trainer.

5. Awarding:

First three places in every distance will receive acknowledgements and medals, the rest of the participants will receive an acknowledgement with their result.

The fastest man and woman in 2,3 km distance around “Ozolsala” will be awarded commemorative prizes.

2,3 km distance participants will be counted in team standings, where the fastest 3 results of the team will be taken into account (team results will be calculated by adding up the three fastest results of the team).

Lottery in collaboration with Raivja Aršauska health centre.

6. Applications and participation fees:

Applications for the competition can be submitted beforehand until 25. July (including) sending them to

<http://bit.do/eSEAQ>,

When submitting the application beforehand participation fee for one distance is 10 EUR, if applying on the day of the event – 15 EUR. Every next distance adds 5 EUR.

For pensioners 50% discount.

Competition fee for participants under 16 years of age – **no fee**.

Competition fee is to be paid on the day of the event at registration.

Contacts: Agris Vītoliņš (Nr.: 26599313)

Kristaps Vaģelis (Nr.: 26665671)

7. Supporters:



Saldus piepilda



8. Race distance and venue

