

## REGULATIONS FOR THE MASTERS DIVING COMPETITION IN KAUNAS, LITHUANIA



### I. GOALS AND AMBITIONS

- To introduce people of various ages to the sport of diving
- Keepingex-divers in shape
- Propagating a healthy and active lifestyle

### II. ORGANIZERS OF THE COMPETITION

The competition is organized and run by the Lithuanian swimming federation and masters diving club “SALTO”. Head judge for the competition is judge Margarita Radavičienė, head secretary is AlėPikturnienė.

### III. TIME AND PLACE OF THE COMPETITION

The competition will take place in Kaunas Lithuania, swimming pool “Vilija” (address: Demokratųst. 34) on the 29<sup>th</sup> of September. You can register in the methodical room inside the swimming pool until 12:00, September 29<sup>th</sup>.

### IV. PARTICIPANTS

Any sportsman over the age of 18 can take part in the competition, provided he/she has not taken part in any official diving competition in Lithuania for over a year. The interval between age groups is 10 years.

#### MASTERS

Age groups	1m+3m trampolines +5m tower	
	Women	Men
18-29	<b>6 dives</b>	<b>7 dives</b>
30-39		
40-49		
50-59	<b>5 dives</b>	<b>6 dives</b>
60-69		
70-79	<b>4 dives</b>	<b>5 dives</b>
80+	<b>3 dives</b>	<b>4 dives</b>

## AMATEURS

Age groups	1m+3m trampolines +5m tower	
	Women	Men
18-29	<b>4 dives</b>	<b>4 dives</b>
30-49		
50+		

Amateurs are allowed to perform instructional dives (100, 200, etc.)

### V. COMPETITION PROGRAMME

September 29<sup>th</sup>, Saturday

12:00 – 12:45 Warm-up

12:50 – 13:00 Opening ceremony

13:00 – 13:40 All women

13:50 – 14:30 All amateurs

14:30 – 15:00 All men

### VI. AWARDS

Separate age group and even winners are awarded with competition medals and diplomas.

### VII. ENTRY FORMS AND OTHER INFORMATION

Starting fee for each individual diver is 10 €. Competition banquet is 20 €. Fees must be paid during registration to the head judge. Organizers do not provide accommodation. Applications should be sent to the head coach, email: margaritaradaviciene@gmail.com, phone: +37068560959 OR to AstaGirdauskienė, email: [asta.gir@gmail.com](mailto:asta.gir@gmail.com), phone: +37061473600 before the **15<sup>th</sup> of September**.

### VIII. ACCOMMODATION OPTIONS

- **HOSTEL 10.** The cheapest available option, just 8 minutes away from the swimming pool on foot. The hostel offers a shared kitchen and free parking. More information can be found [HERE](#).
- **KAUNAS hotel.** A 4 star hotel right in the heart of the city centre, Laisvės Alėja. 10-15 minutes away from the swimming pool by public transport or 5-8 minutes away by car. More information can be found [HERE](#).