

BALTIC CUP 2024

Kaunas, Lithuania

KALU
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EVENT DIRECTORS

PENTATHLON DIRECTOR: Ūla Andrejevaitė

SWIMMING DIRECTOR: Vilma Jašinskė

FENCING DIRECTOR: Tomas Makarovas

LASER RUN DIRECTOR: Greta Daunoravičiūtė

OB DIRECTOR: Dainius Liutkus

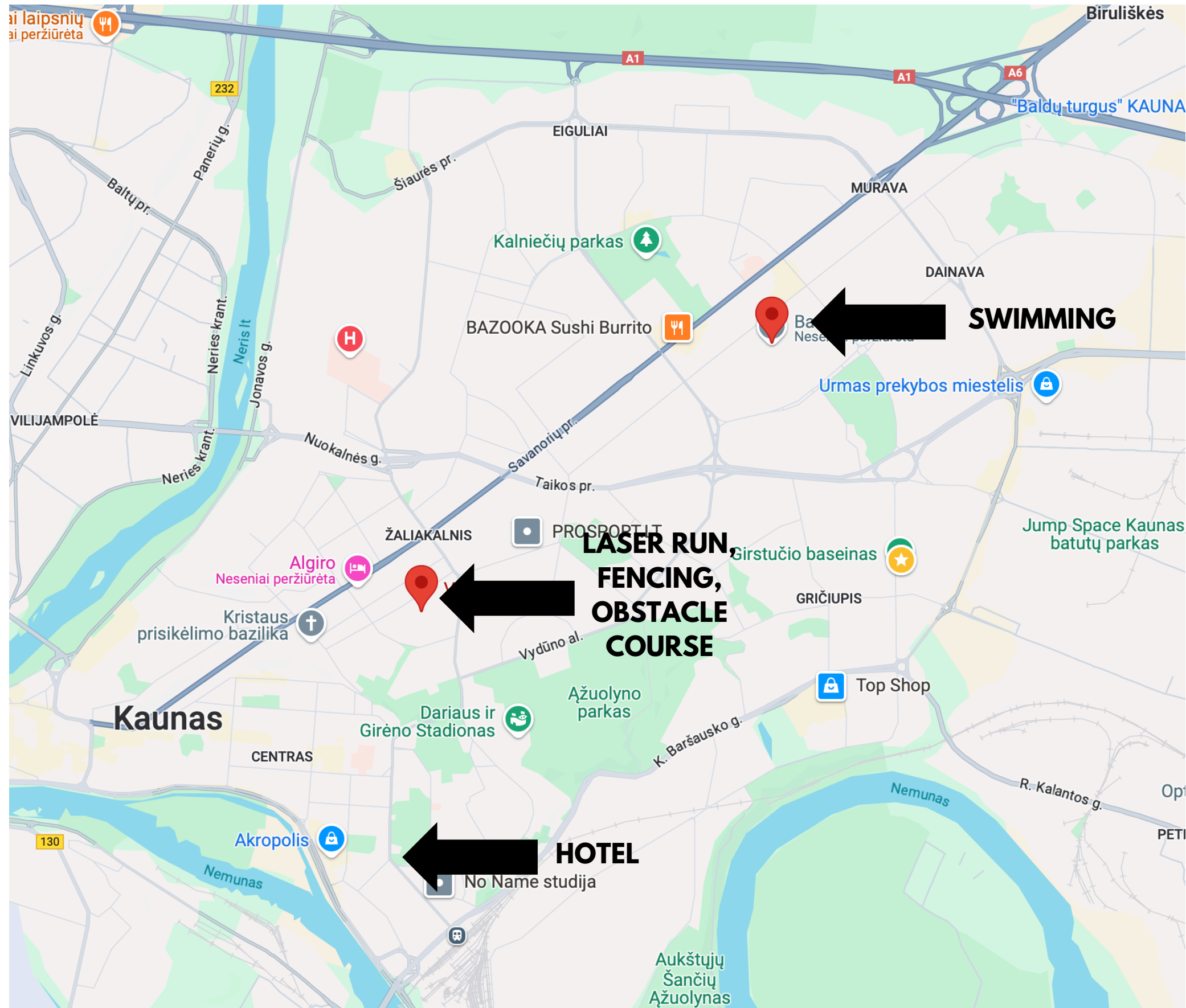
ROLL CALL

TECHNOLOGY MANAGER: Daumantas Malinauskas

SCHEDULE:

Start	Finish	Program:
09:00	09:20	Swimming warm up (women men) S U22 U19 U17
09:25	10:10	Swimming competition (women men) S U22 U19 U17
10:10	10:25	Swimming warm up (women men) U15
10:25	10:45	Swimming competition (women men) U15
10:45	11:00	Swimming warm up (women men) U13 U11
11:00	11:30	Swimming competition (women men) U13 U11
10:25	10:35	Bus from swimming pool to laser run/fencing/obstacle course
11:45	12:05	Obstacle course warm up men S U22 U19 U17
12:10	12:40	Obstacle course competition men S U22 U19 U17
10:50	11:10	Fencing warm up women S U22 U19 U17
11:10	13:10	Fencing competition women S U22 U19 U17
13:10	13:30	Fencing warm up men S U22 U19 U17
13:30	15:30	Fencing competition men S U22 U19 U17
14:10	14:30	Obstacle course warm up women S U22 U19 U17
14:35	14:55	Obstacle course competition women S U22 U19 U17
12:40	12:55	Obstacle course warm up women U15
13:00	13:20	Obstacle course competition women U15
13:20	13:35	Obstacle course warm up men U15
13:40	14:00	Obstacle course competition men U15
12:30	12:40	Running start women U11
12:40	12:50	Running start men U11
12:50	13:05	Running start women U13
13:05	13:20	Running start men U13
13:30	13:40	Award ceremony U11 U13
14:00	14:15	Laser run I heat U15 women
14:20	14:35	Laser run II heat U15 women
14:40	14:55	Laser run I heat U15 men
15:00	15:15	Laser run II heat U15 men
16:10	16:20	Award ceremony U15
15:20	15:35	Laser run U19 U22 S women
15:40	15:55	Laser run I heat U17 women
15:55	16:10	Laser run II heat U17 women
16:20	16:35	Laser run U19 U22 S men
16:40	16:55	Laser run I heat U17 men
17:05	17:20	Laser run II heat U17 men
17:30	17:40	Award ceremony S U22 U19 U17

COMPETITION MAP



SWIMMING:



SWIMMING POOL "DAINAVA"
PARTIZANŲ STR. 46,
INDOOR SWIMMING POOL
25 M. 6 LANES
MANUAL TIME KEEPING

**NO SHOES ALLOWED IN A SWIMMING
POOL CHANGING ROOMS**

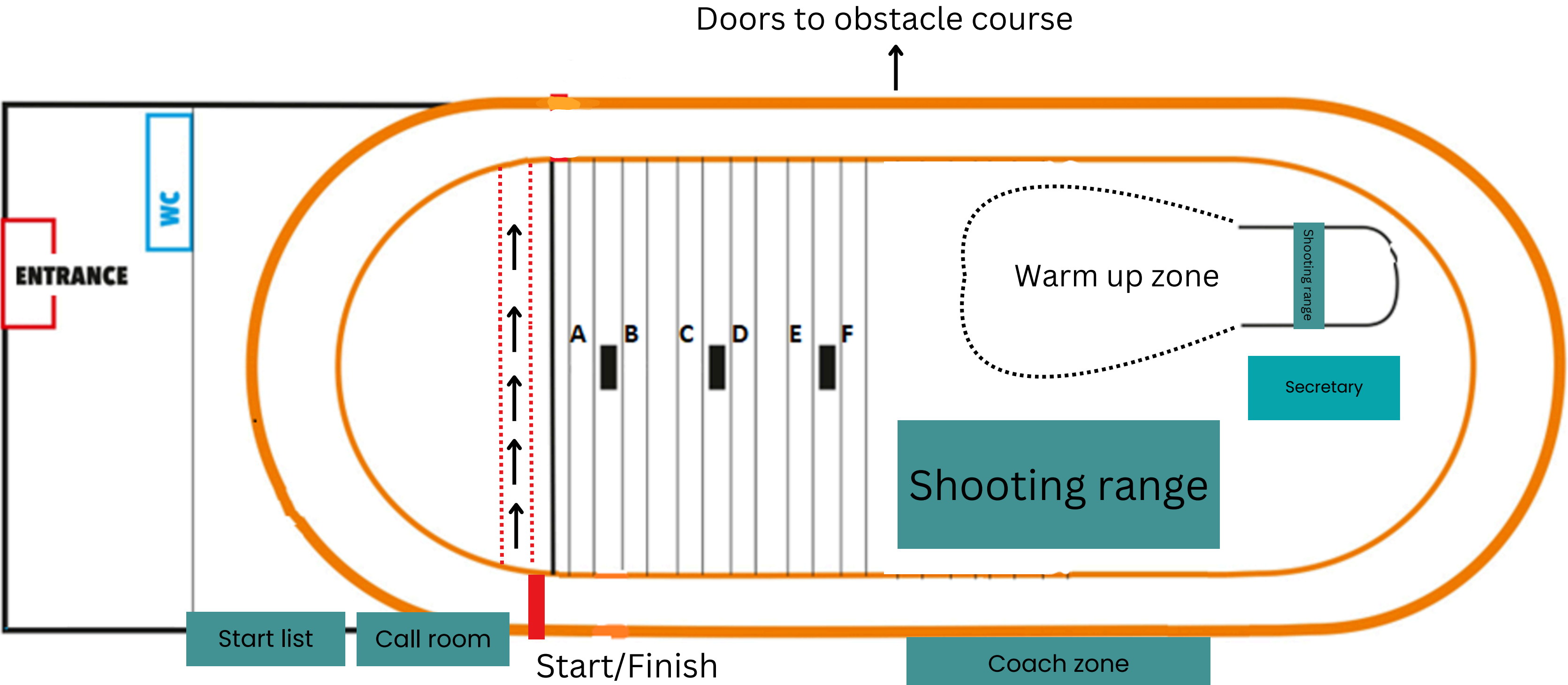
ONLY ATHLETES AND COACHES

LASER RUN:

LSU INDOOR TRACK AND FIELD ARENA AUSROS STR.42, KAUNAS
200 M. LAP
SPIKES ARE ALLOWED
18 HIT/MISS ECOAIMS TARGETS
SHOOTING RESULTS ONLINE AFTER COMPETITION

**NO BAGS ALLOWED IN THE LASER
RUN AND FENCING ARENA**

LASER RUN AND FENCING:



FENCING:

ADDRESS: LSU INDOOR TRACK AND FIELD ARENA , AUSROS
STR.42, KAUNAS

6 FENCING PISTE

WEAPON CONTROL BEFORE EACH BOUT ON THE PISTE

**NO BAGS ALLOWED IN THE LASER
RUN AND FENCING ARENA**

OBSTACLE COURSE:

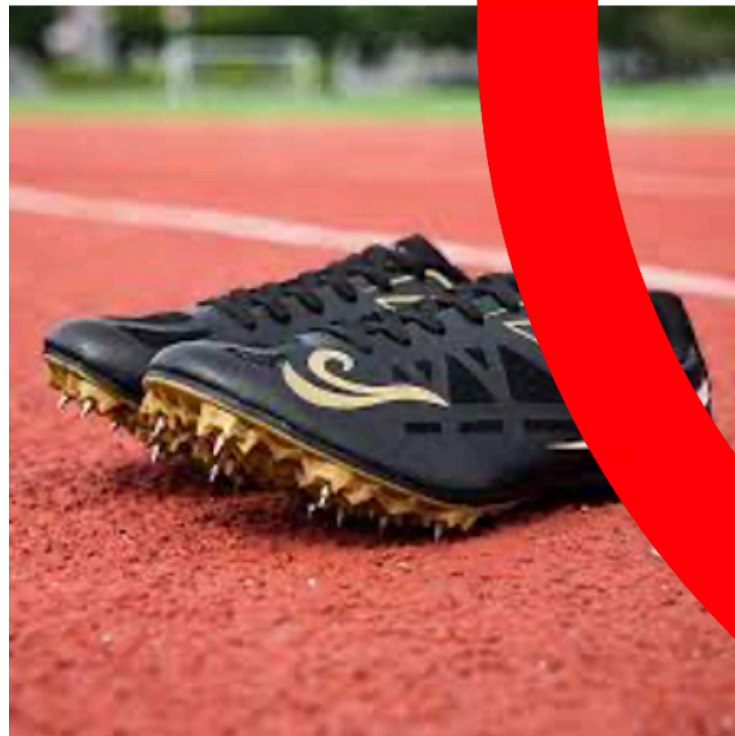
8 obstacles :

- Steps
- Big wheel
- Over-under-through
- Rings/Tilting ladders
- Balance beam
- Wheels
- Monkey bars
- Finish wall

OBSTACLE COURSE:



OBSTACLE COURSE:

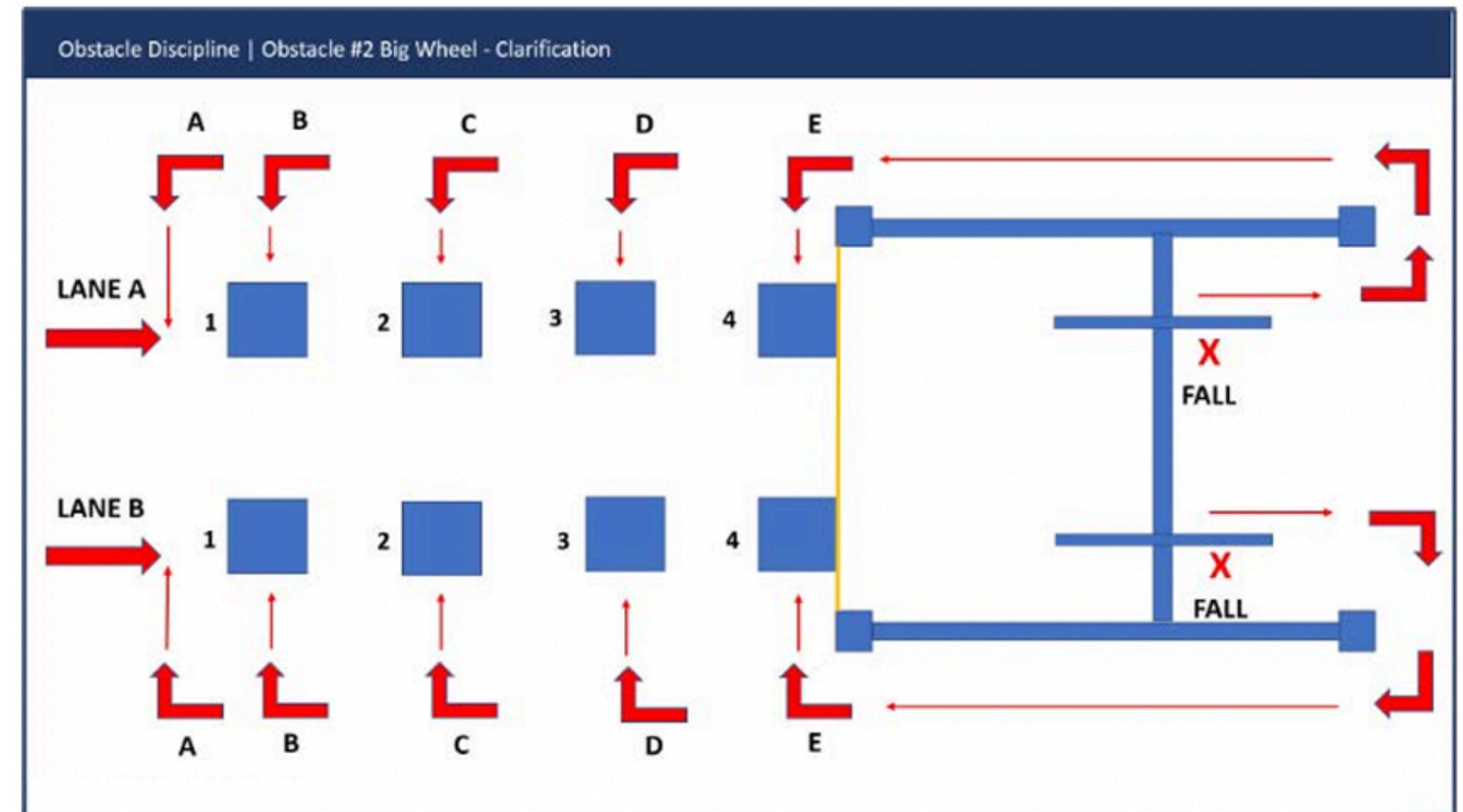
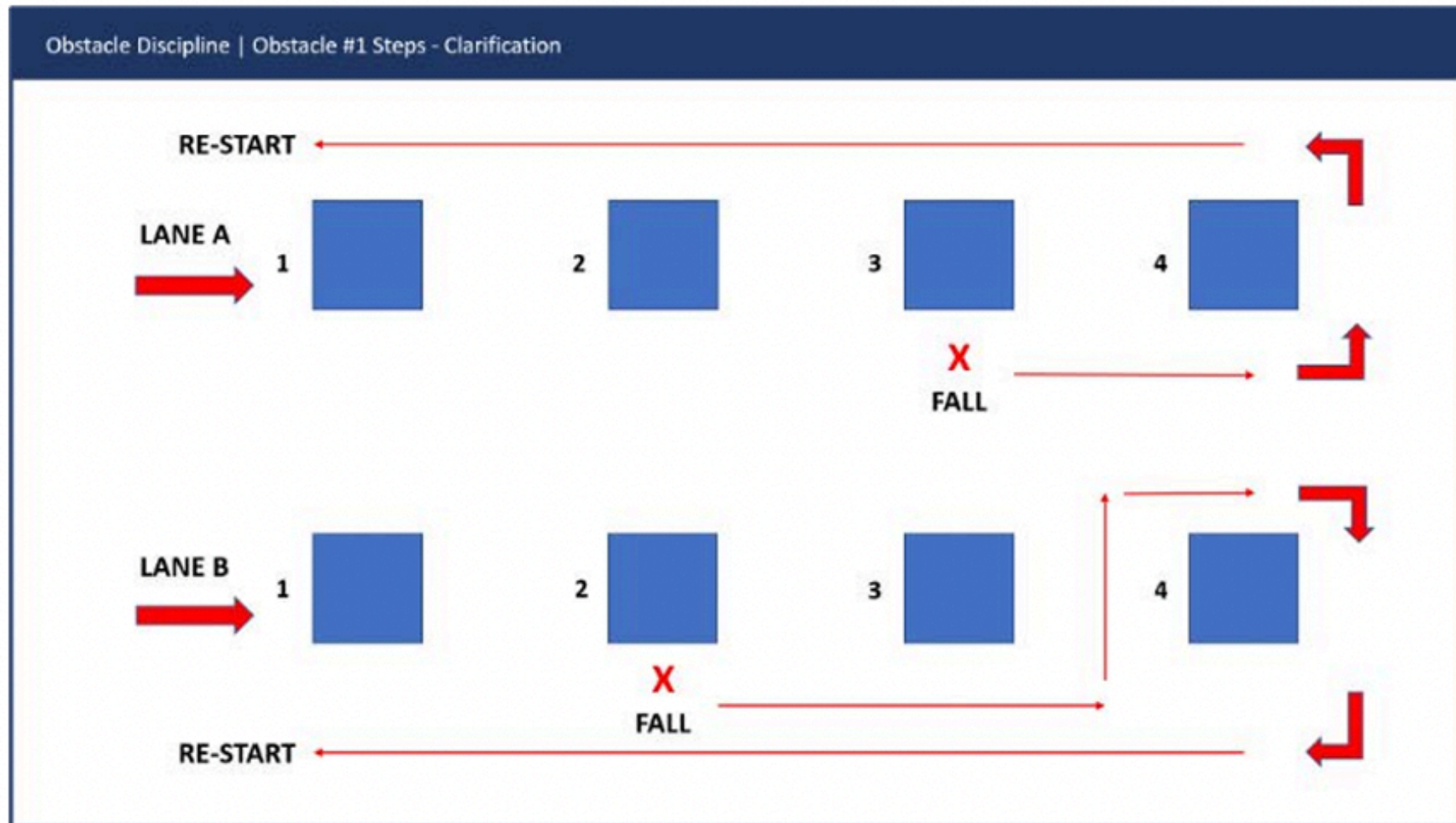


OBSTACLE COURSE RULES:

- **Start:** whistle
- **Failing an obstacle:**
 - 1st time: Yellow flag + Verbal “fail” = the athlete can try it again
 - 2nd time: Red flag + Verbal “stop” = ELIMINATION
- **Finish:** button, manual timing

• **During the warm-up, it is forbidden for an athlete to start one obstacle while another athlete is still overcoming it**

OBSTACLE COURSE RULES:



- Strictly prohibited to purposefully discard any clothing or equipment(e.g., gloves) along the course.
- If an athlete slips, brushes, or glides against the crash mats or the vertical trusses without gaining any benefit, such as obtaining momentum or regaining balance, it will not be considered a failure.
- If an athlete steps on the ground next to a platform, this is not considered a failure.

WEBSITE:



Whatsapp group:



Baltic cup 2024

WhatsApp group



QUESTIONS?

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