



BALTIC CUP

KAU
NAG

COMPETITION OFFICIALS

PENTATHLON DIRECTOR: Paulius Aleksandravičius

SWIMMING DIRECTOR: Vilma Jašinskė

FENCING DIRECTOR: Tomas Makarovas

LASER RUN DIRECTOR: Džastin Jasiulevičius

OBSTACLE DISCIPLINE DIRECTOR: Edvinas Ancuta

ROLL CALL

TECHNOLOGY MANAGER: Daumantas Malinauskas

SCHEDULE FOR SWIMMING

<u>09:00</u>	09:20	Swimming warm up (women) U17 U19 U22 S
09:25	09:45	Swimming competition (women) U17 U19 U22 S
09:45	10:05	Swimming warm up (men) U17 U19 U22 S
10:05	10:35	Swimming competition (men) U17 U19 U22 S
10:35	10:55	Swimming warm up (women and men) U15
10:55	11:15	Swimming competition (women and men) U15

SCHEDULE FOR FENCING

11:15	11:35	Fencing warm up women U17 U19 U22 S
11:35	14:05	Fencing competition women U17 U19 U22 S
14:05	14:25	Fencing warm up men U17 U19 U22 S
14:25	17:45	Fencing competition men U17 U19 U22 S

SCHEDULE FOR OBSTACLE DISCIPLINE

12:15	12:35	Obstacle discipline competition warm up men U19 U17 U15
12:35	13:15	Obstacle discipline competition men U19 U17 U15
14:25	14:45	Obstacle discipline competition warm up women U19 U17 U15
14:45	15:20	Obstacle discipline competition women U19 U17 U15
<u>16:20</u>	16:40	Obstacle discipline competition warm up women S U22
16:40	16:55	Obstacle discipline competition women S U22
16:55	17:15	Obstacle discipline competition warm up men S U22
17:15	17:30	Obstacle discipline competition men S U22

SCHEDULE FOR LASER RUN

13:40	13:50	Laser run start men U15
13:50	14:00	Laser run start men U15
15:45	15:55	Laser run start women U15
15:55	16:05	Laser run start women U15
17:25	17:40	Laser run start women U17
17:45	18:00	Laser run start men U17
18:05	18:20	Laser run start women U19 U22 S
18:25	18:40	Laser run start men U19 U22 S
18:45	19:00	Laser run start men U19 U22 S

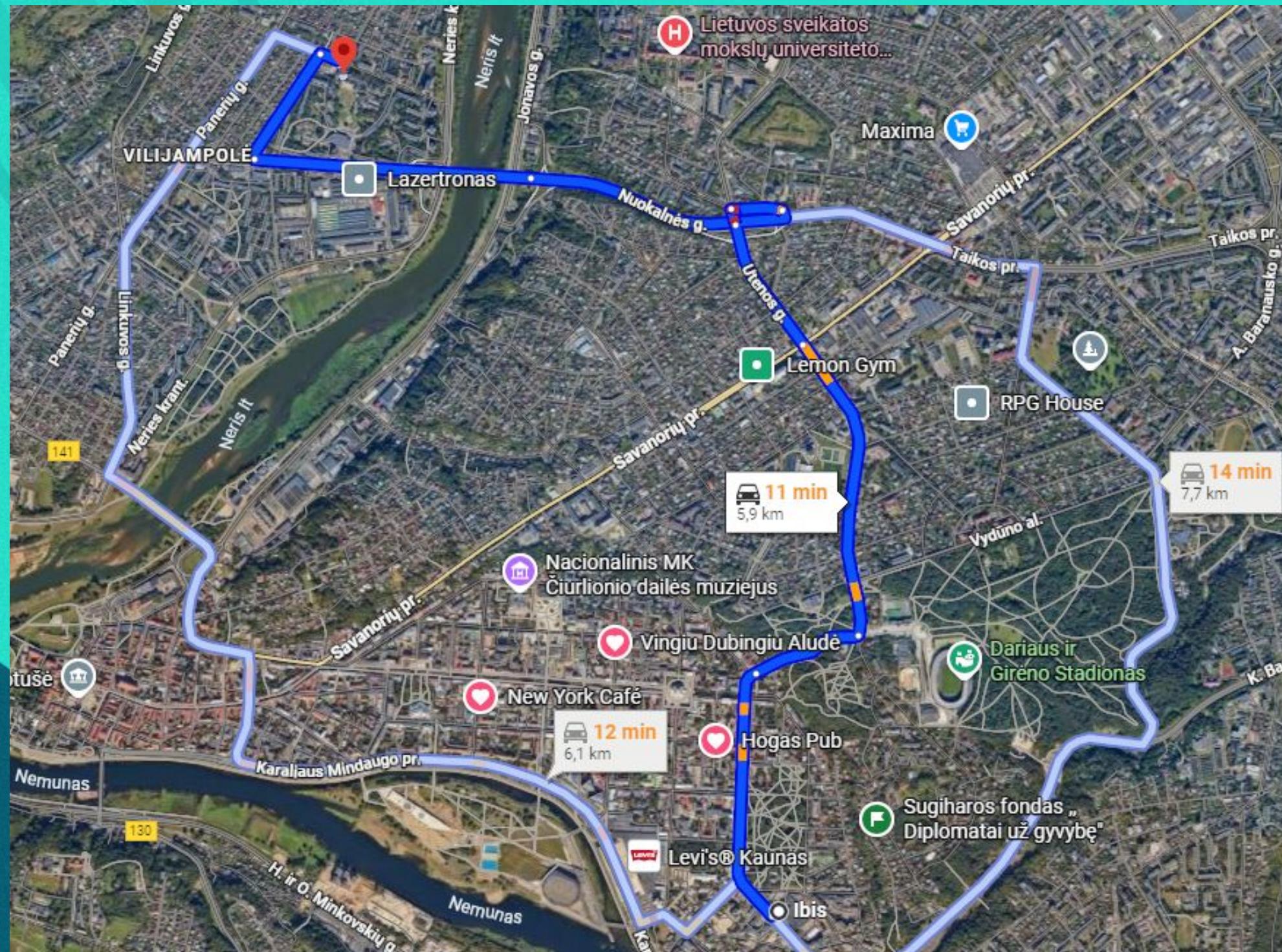
<u>09:00</u>	09:20	Swimming warm up (women) U17 U19 U22 S
09:25	09:45	Swimming competition (women) U17 U19 U22 S
10:00	10:15	Bus to fencing, Obstacle discipline and Laser-run
09:45	10:05	Swimming warm up (men) U17 U19 U22 S
10:05	10:35	Swimming competition (men) U17 U19 U22 S
10:50	11:05	Bus to fencing, Obstacle discipline and Laser-run
10:35	10:55	Swimming warm up (women and men) U15
10:55	11:15	Swimming competition (women and men) U15
11:30	11:45	Bus to fencing, Obstacle discipline and Laser-run
12:15	12:35	Obstacle discipline competition warm up men U19 U17 U15
12:35	13:15	Obstacle discipline competition men U19 U17 U15
11:15	11:35	Fencing warm up women U17 U19 U22 S
11:35	14:05	Fencing competition women U17 U19 U22 S
14:05	14:25	Fencing warm up men U17 U19 U22 S
14:25	17:45	Fencing competition men U17 U19 U22 S
14:25	14:45	Obstacle discipline competition warm up women U19 U17 U15
14:45	15:20	Obstacle discipline competition women U19 U17 U15
<u>16:20</u>	16:40	Obstacle discipline competition warm up women S U22
16:40	16:55	Obstacle discipline competition women S U22
16:55	17:15	Obstacle discipline competition warm up men S U22
17:15	17:30	Obstacle discipline competition men S U22
13:40	13:50	Laser run start men U15
13:50	14:00	Laser run start men U15
15:45	15:55	Laser run start women U15
15:55	16:05	Laser run start women U15
16:15	16:25	Award ceremony U15
17:25	17:40	Laser run start women U17
17:45	18:00	Laser run start men U17
18:05	18:20	Laser run start women U19 U22 S
18:25	18:40	Laser run start men U19 U22 S
18:45	19:00	Laser run start men U19 U22 S
19:15	19:30	Award ceremony U17 U19 U22 S

SCHEDULE

BUS SCHEDULE

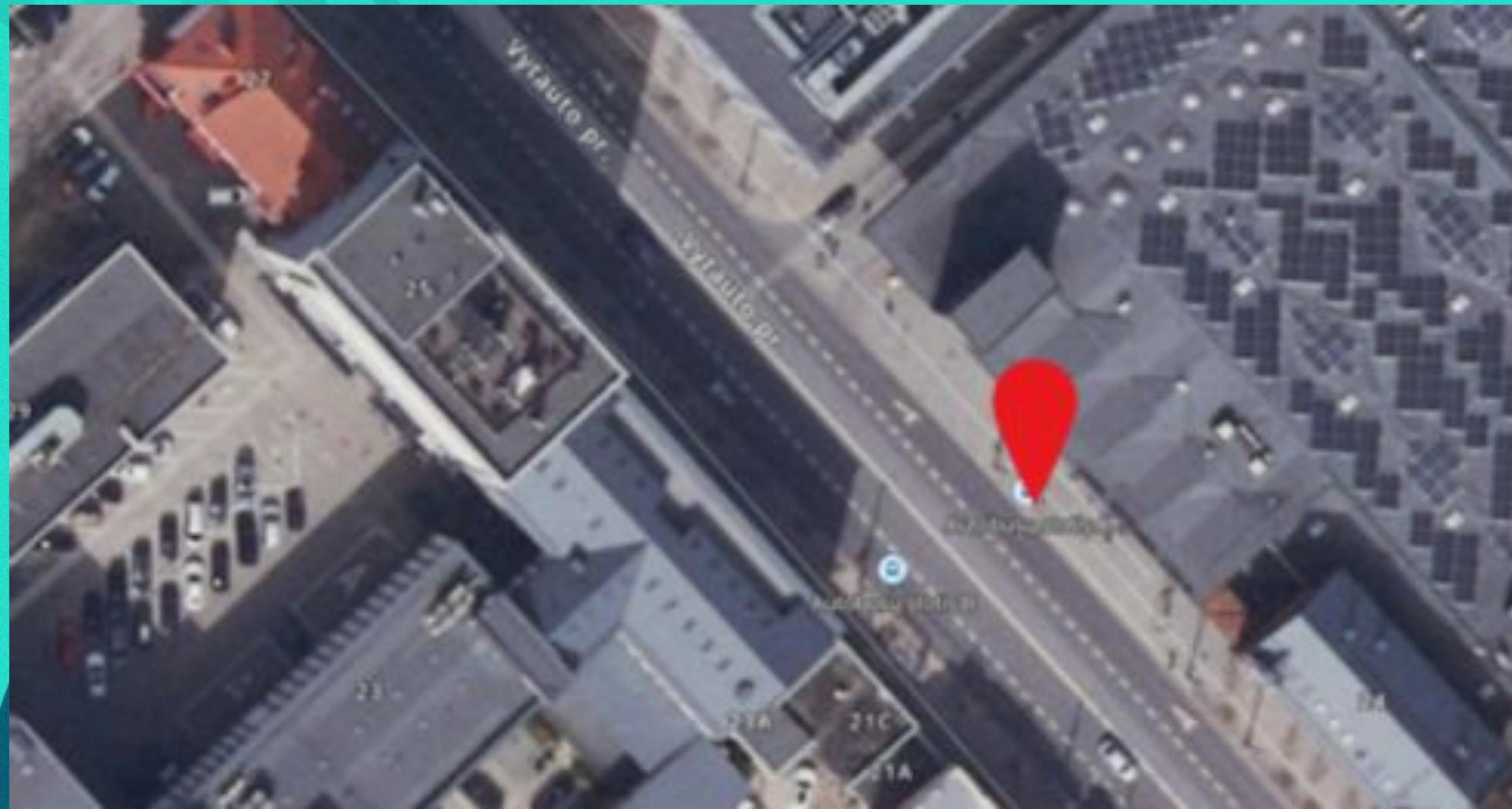
Departure from	Arriving at	Departure time	Arriving time
IBIS STYLE KAUNAS CENTER	SWIMMING POOL "Vilija"	08:20	08:35
IBIS STYLE KAUNAS CENTER	SWIMMING POOL "Vilija"	09:00	09:15
SWIMMING POOL "Vilija"	LSU INDOOR TRACK	10:00	10:15
SWIMMING POOL "Vilija"	LSU INDOOR TRACK	10:50	11:05
SWIMMING POOL "Vilija"	LSU INDOOR TRACK	11:30	11:45
SWIMMING POOL "Vilija"	IBIS STYLE KAUNAS CENTER	19:40	19:55

HOTEL - SWIMMING POOL



**DISTANCE - 5,9 KM
TIME - 11-14 MIN.**

PICK-UP POINT FROM HOTEL

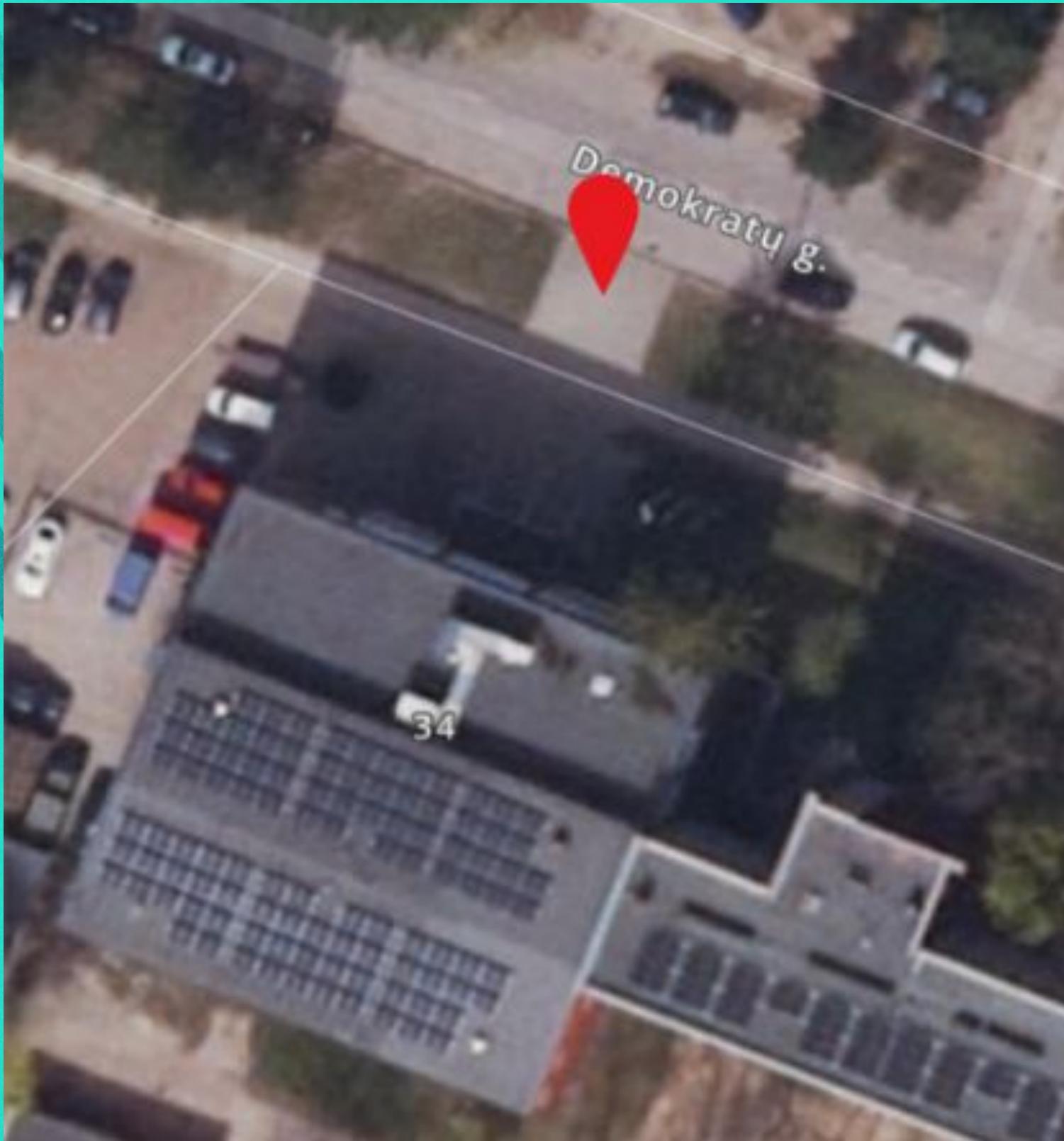


THE PICKUP POINT IS
MARKED ON THE MAP
ACROSS THE STREET
FROM THE HOTEL. IT IS
LOCATED ON VYTAUTO
AVENUE.

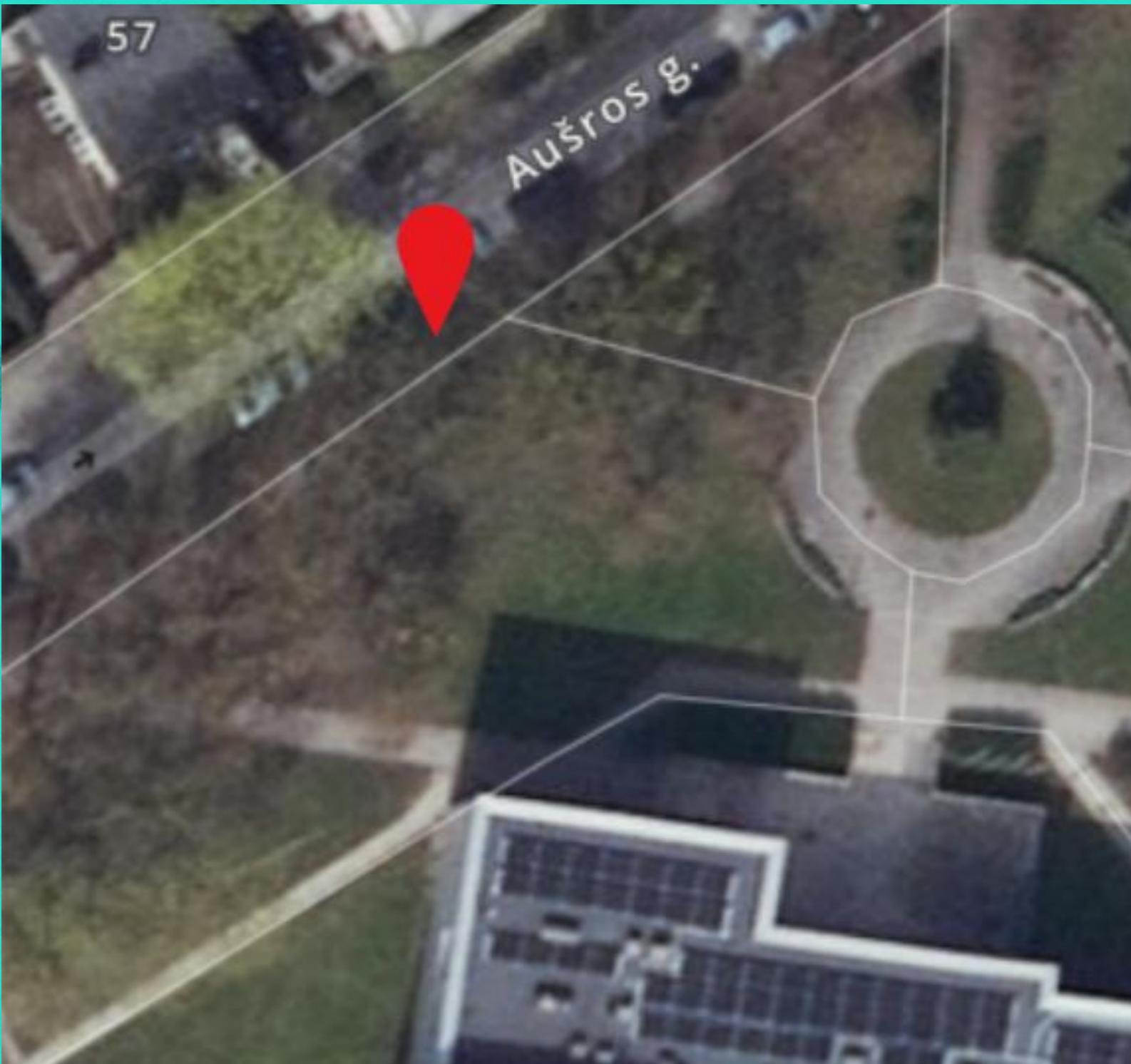


Lietuvos Šiuolaikinės
Penkiakovės Federacija

PICK-UP POINT / DROP OFF FOR SWIMMING POOL



PICK-UP POINT / DROP OFF FOR LASER RUN/ OBSTACLE DISCIPLINE AREA

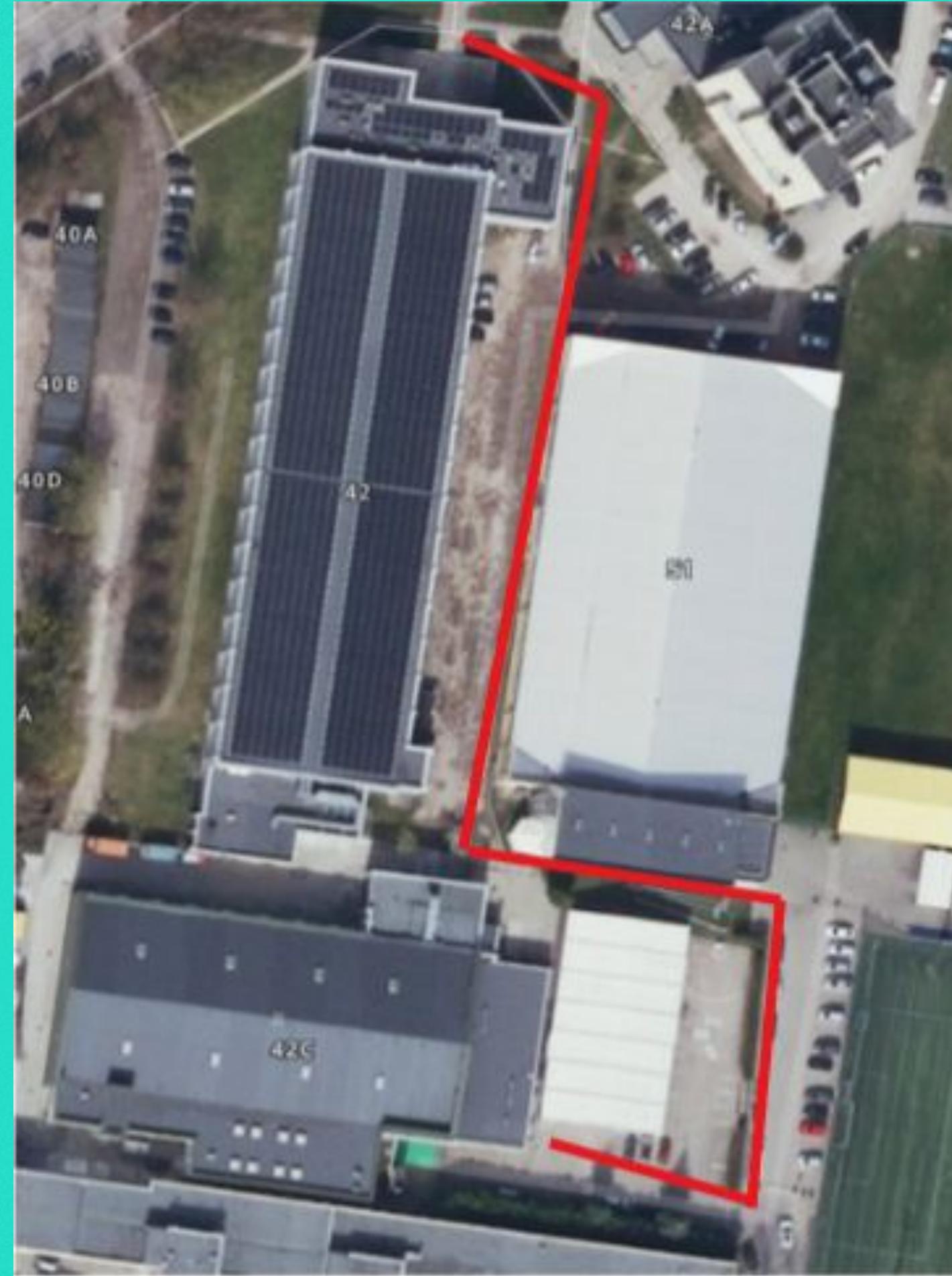


COMPETITION MAP

**DISTANCE BETWEEN
LOCATIONS - 3,9 KM
TIME - 8-10 MIN.**



**WAY FROM
FENCING TO
LASER RUN/
OBSTACLE
DISCIPLINE
AREA**



SWIMMING

SWIMMING POOL “VILIJA” - DEMOKRATU ST. 34, KAUNAS.

INDOOR SWIMMING POOL

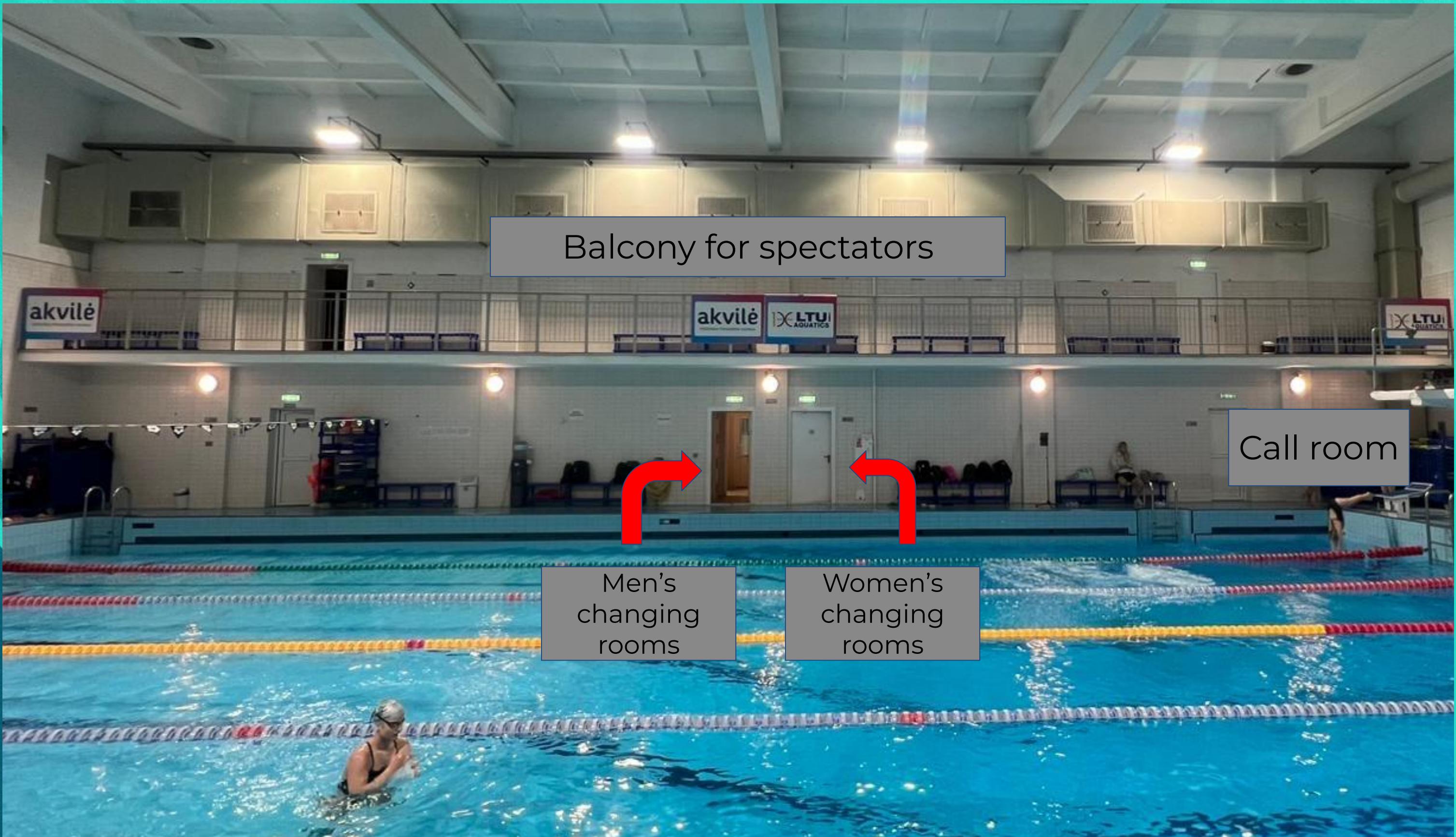
25 M. 6 LANES

MANUAL TIME KEEPING

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

**ONLY ATHLETES AND COACHES CAN BE
BY THE SWIMMING POOL**

SWIMMING



LASER RUN

LSU INDOOR TRACK AND FIELD ARENA AUSROS STR. 42 A,

KAUNAS

200 M. LAP

SPIKES ARE ALLOWED

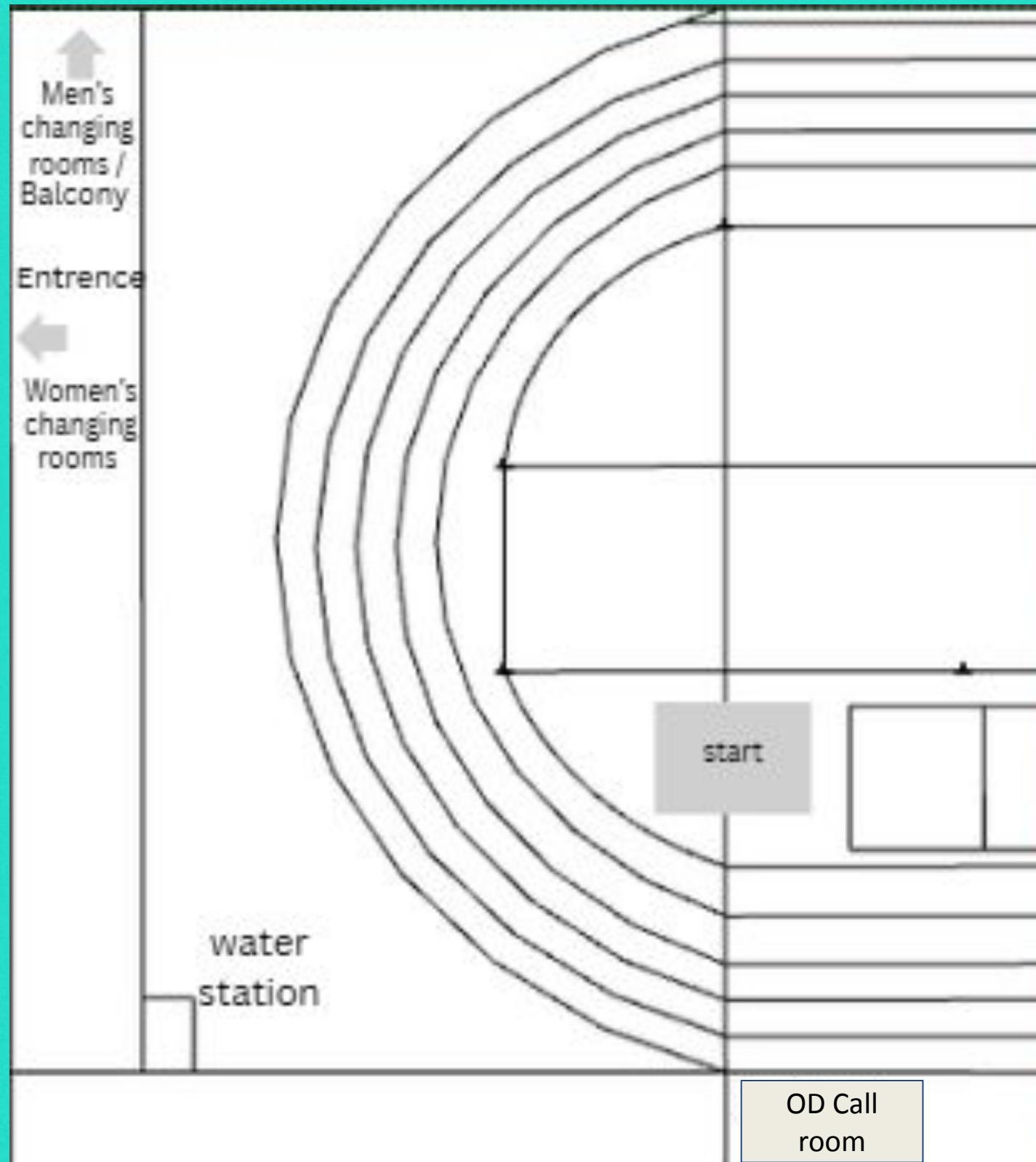
18 + 1 HIT/MISS ECOAIMS TARGETS

SHOOTING RESULTS ONLINE AFTER COMPETITION

COACHES CAN GO TO WARM UP ZONE WITH THEIR ATHLETES

**NO BAGS ALLOWED IN THE LASER RUN
AND OBSTACLE DISCIPLINE ARENA**

LASER RUN / OBSTACLE DISCIPLINE



LASER RUN / OBSTACLE DISCIPLINE



OBSTACLE DISCIPLINE

LSU INDOOR TRACK AND FIELD ARENA AUSROS STR. 42, KAUNAS
COACHES CAN GO ON THE TRACK ONLY DURING WARM-UP

**NO BAGS ALLOWED IN THE LASER RUN
AND OBSTACLE DISCIPLINE ARENA**

OBSTACLE DISCIPLINE U15, U17, U19

- 1. Steps**
- 2. Big wheel**
- 3. Rings**
- 4. Over under throw**
- 5. Wheels**
- 6. Balance beam**
- 7. Monkey bar**
- 8. Finish wall**

OBSTACLE DISCIPLINE SENIORS, JUNIORS

DRAW



<https://wheelofnames.com/>

1. Steps
2. Big wheel
3. Tilting ladders
4. Over under throw
5. DRAW #1 Ascension bars
6. Giant steps
7. DRAW #2 Swinging globs
8. Finish wall

FENCING

INDOOR FIELD ARENA AUSROS STR. 42 C, KAUNAS

9 FENCING PISTE

WEAPON CONTROL BEFORE EACH BOUT ON THE PISTE

BAGS MUST BE STORED IN THE CHANGING ROOMS

COACHES ZONE IS IN THE BALCONY

**IN THE MEN'S SENIOR AND JUNIOR ELIMINATIONS, THE TOP 5 U19
ATHLETES WILL JOIN BECAUSE OF THE NUMBER OF PARTICIPANTS**

**NO BAGS ALLOWED IN THE FENCING
FIELD**

FENCING



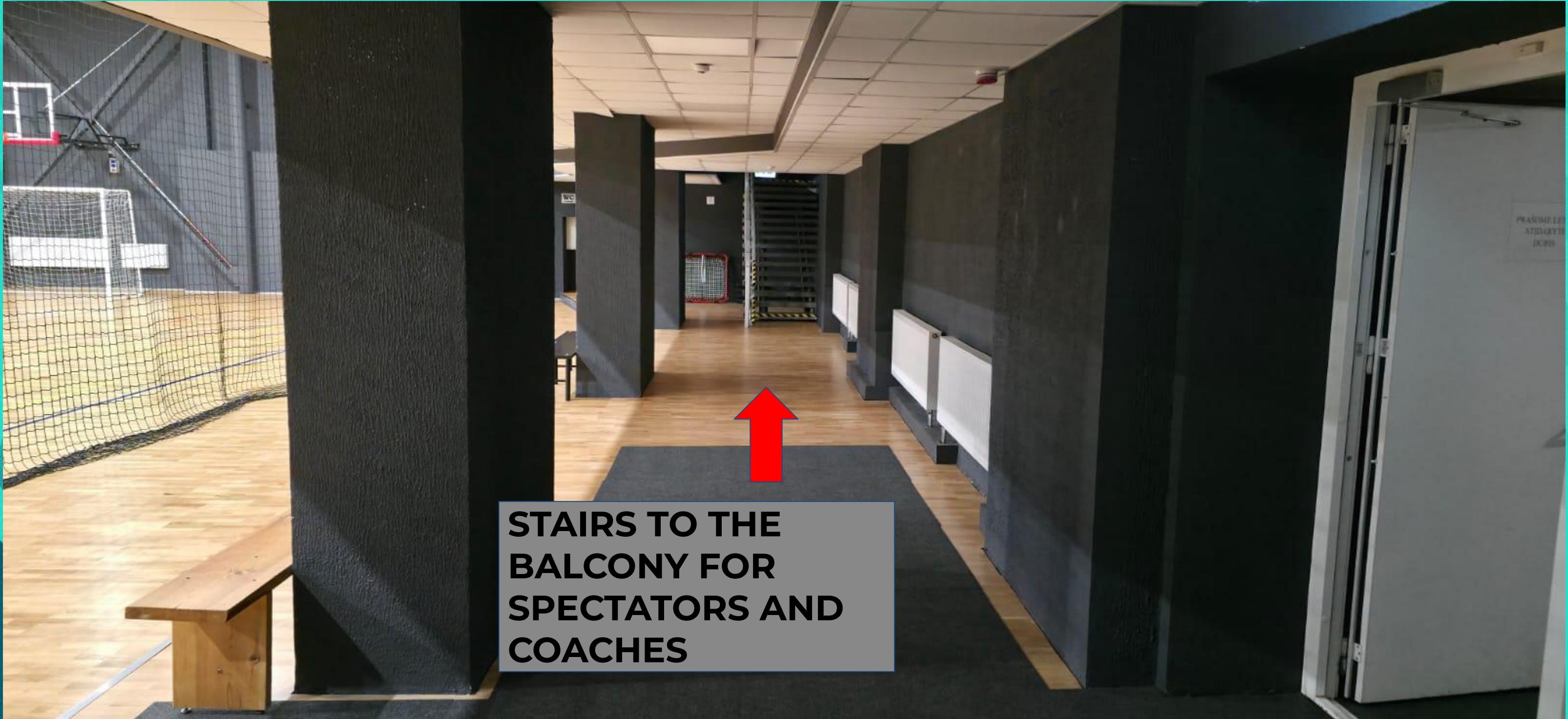
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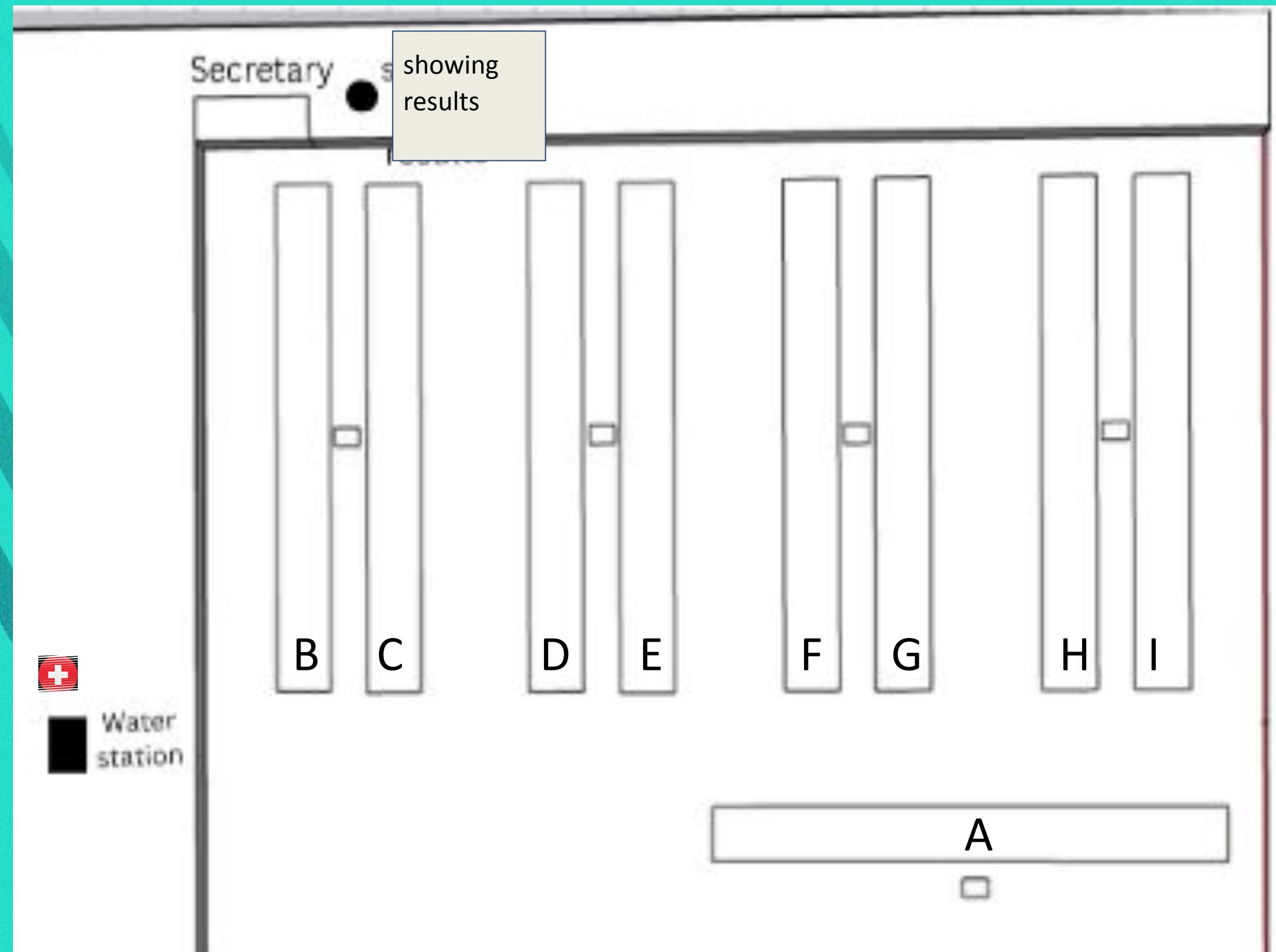
FENCING



FENCING



FENCING



ACCREDITATIONS

- COACHES ACCREDITATIONS WILL BE DISTRIBUTED IN THE SWIMMING POOL LOBBY ON THE FIRST FLOOR
- ACCREDITATIONS MAY NOT BE SHARED WITH OTHERS
- COACHES MUST WEAR THEIR ACCREDITATION AT ALL TIMES
- BE RESPECTFUL TO VOLUNTEERS
- ACCREDITATIONS WILL BE CHECKED AT EACH ENTRANCE TO THE MAIN FIELD OF PLAY

ACCREDITATION CHECKPOINTS

SWIMMING POOL

- AT THE ENTRANCE TO THE CHANGING ROOMS**

ACCREDITATION CHECKPOINTS

FENCING HALL

- AT THE ENTRANCE TO THE FENCING HALL



ACCREDITATION CHECKPOINTS

LASER RUN / OBSTACLE DISCIPLINE



JURY OF APPEAL

- PAULIUS ALEKSANDRAVIČIUS (LTU)
- ANDREI FEDOTOV (IRL)
- SVANTE RASMUSON (SWE)
- OLEGS BALAHNICEVS (LAT)
- JOEL JÕGISU (EST)

MEDIC

EMERGENCY PHONE NUMBER 112

**LITHUANIAN UNIVERSITY OF HEALTH SCIENCES HOSPITAL
KAUNAS CLINICS ADDRESS: EIVENIU G. 2, KAUNAS, 50161**

**IN CASE OF EMERGENCY, THE FOLLOWING DOCUMENTS
WILL BE NEEDED:**

- PASSPORT**
- EU HEALTH CARD OR INSURANCE**

WEBSITE



**FOR START LISTS
AND RESULTS**

WHATSAPP GROUP



**FOR COACHES
AND ATHLETES**



QUESTIONS?



**THANK YOU AND
GOOD LUCK
TOMORROW!!!**

**KAU
NAG**