



BALTIC CUP

KAL
NĖS

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

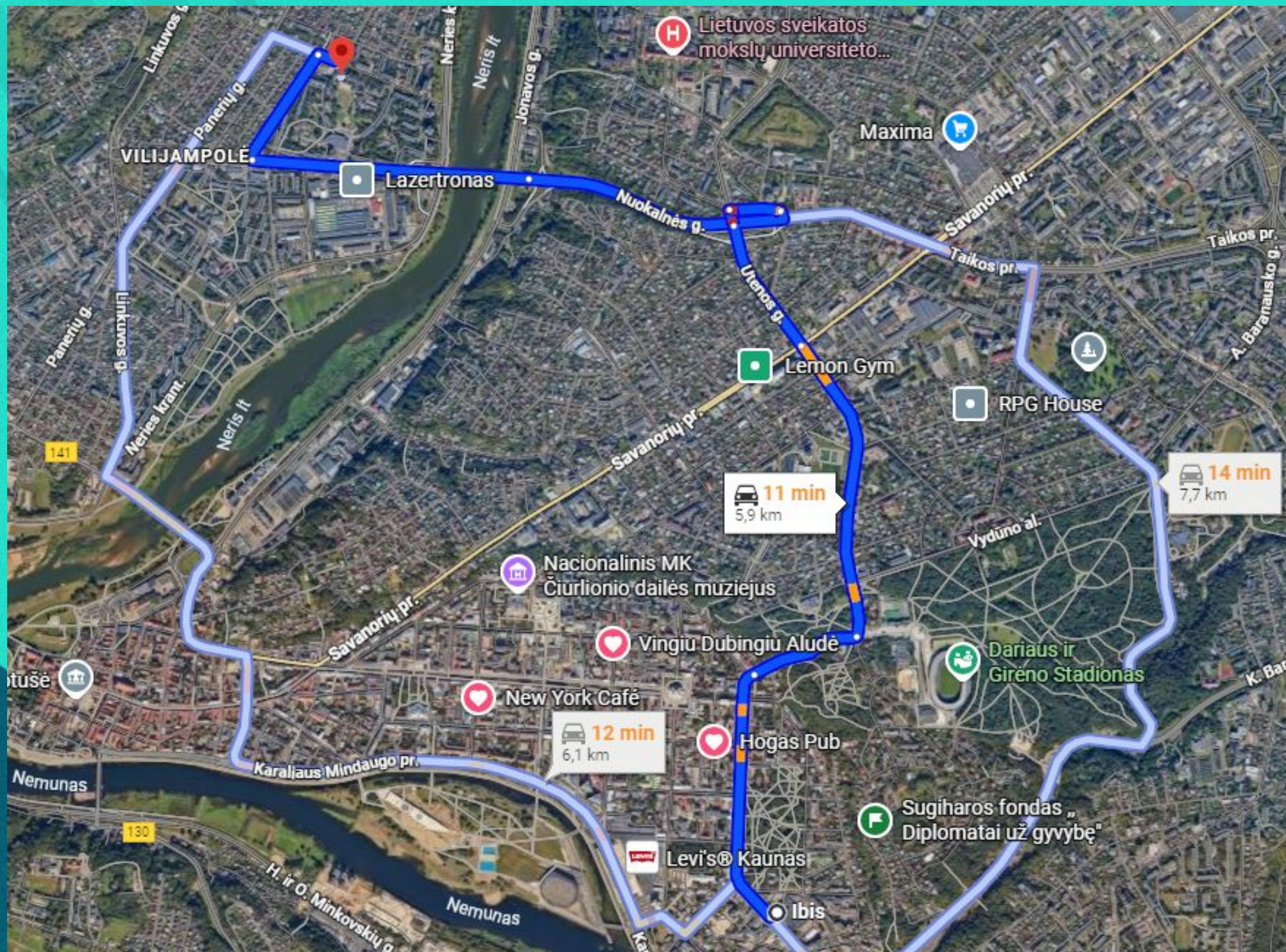
09:00	09:20	Swimming warm up (women) U17 U19 U22 S
09:25	09:45	Swimming competition (women) U17 U19 U22 S
10:00	10:15	Bus to fencing, Obstacle discipline and Laser-run
09:45	10:05	Swimming warm up (men) U17 U19 U22 S
10:05	10:35	Swimming competition (men) U17 U19 U22 S
10:50	11:05	Bus to fencing, Obstacle 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
16:20	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

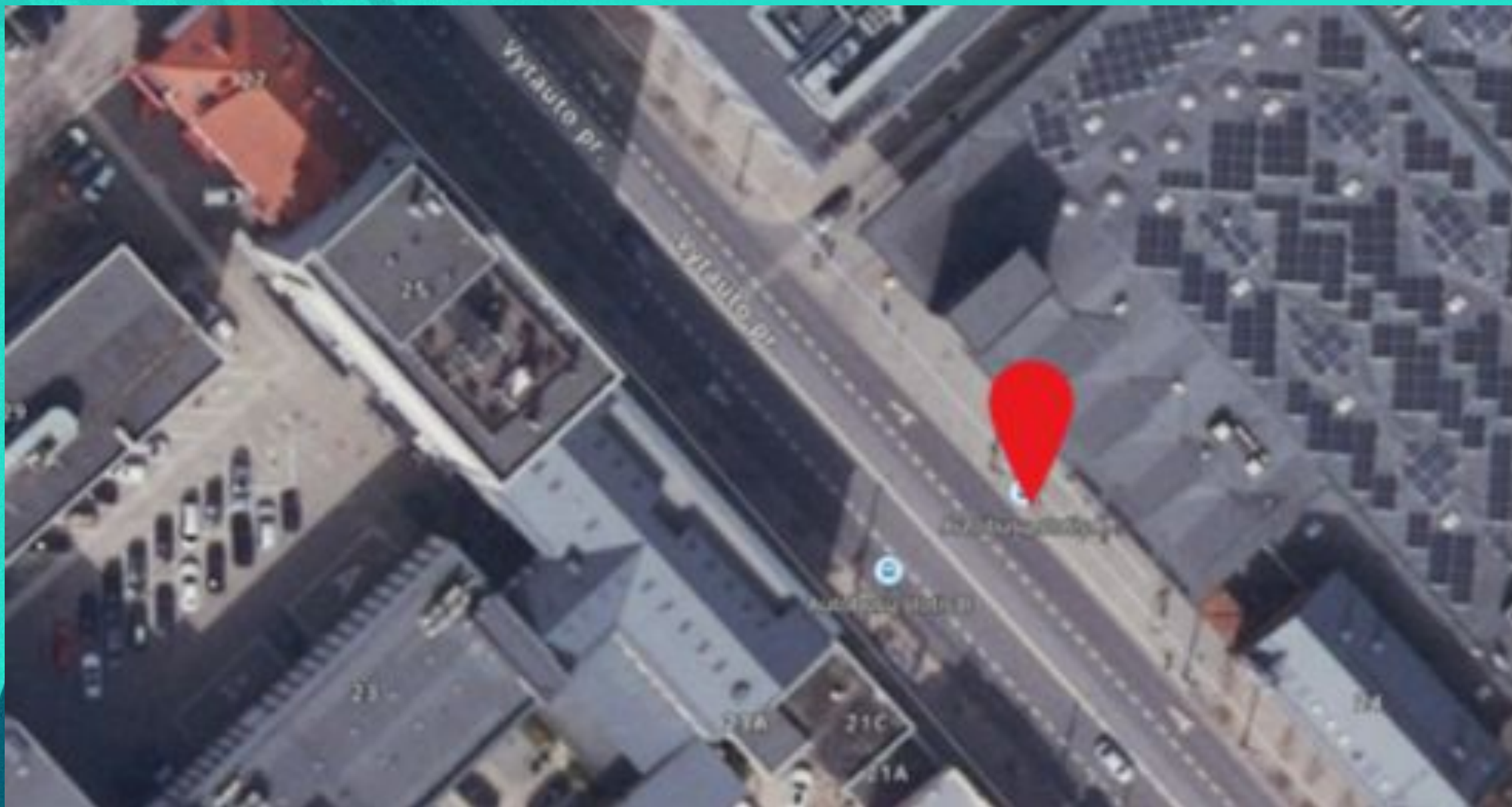
Departure from	Arriving at	Departure time	Arriving time
IBIS STYLE KAUNAS CENTER	SWIMMING POOL "Vilija"	08:20	08:35
IBIS STYLE KAUNAS CENTER	SWIMMING POOL "Vilija"	09:00	09:15
SWIMMING POOL "Vilija"	LSU INDOOR TRACK	10:00	10:15
SWIMMING POOL "Vilija"	LSU INDOOR TRACK	10:50	11:05
SWIMMING POOL "Vilija"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

HOTEL - SWIMMING POOL



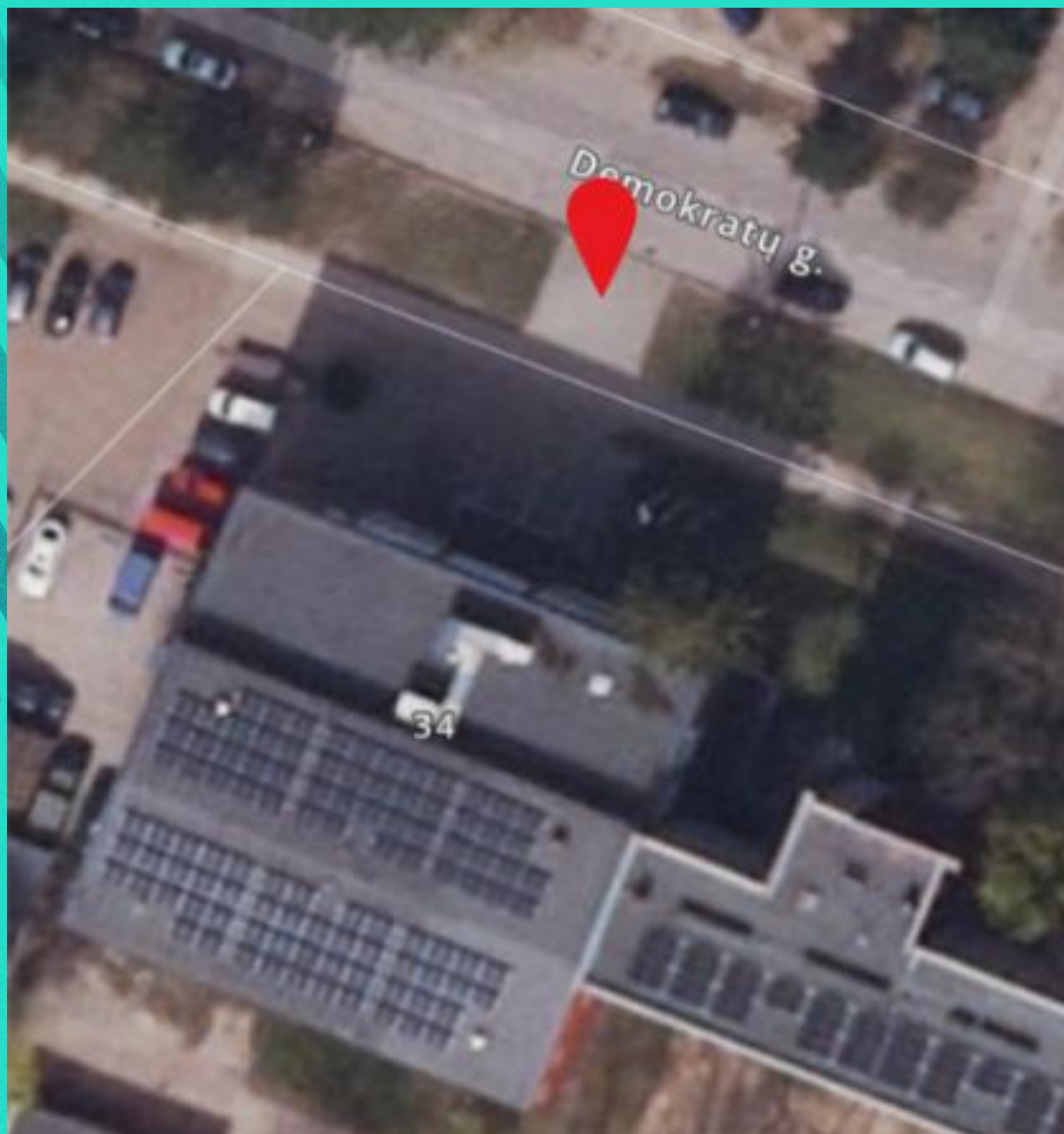
DISTANCE - 5,9 KM
TIME - 11-14 MIN.

PICK-UP POINT FROM HOTEL

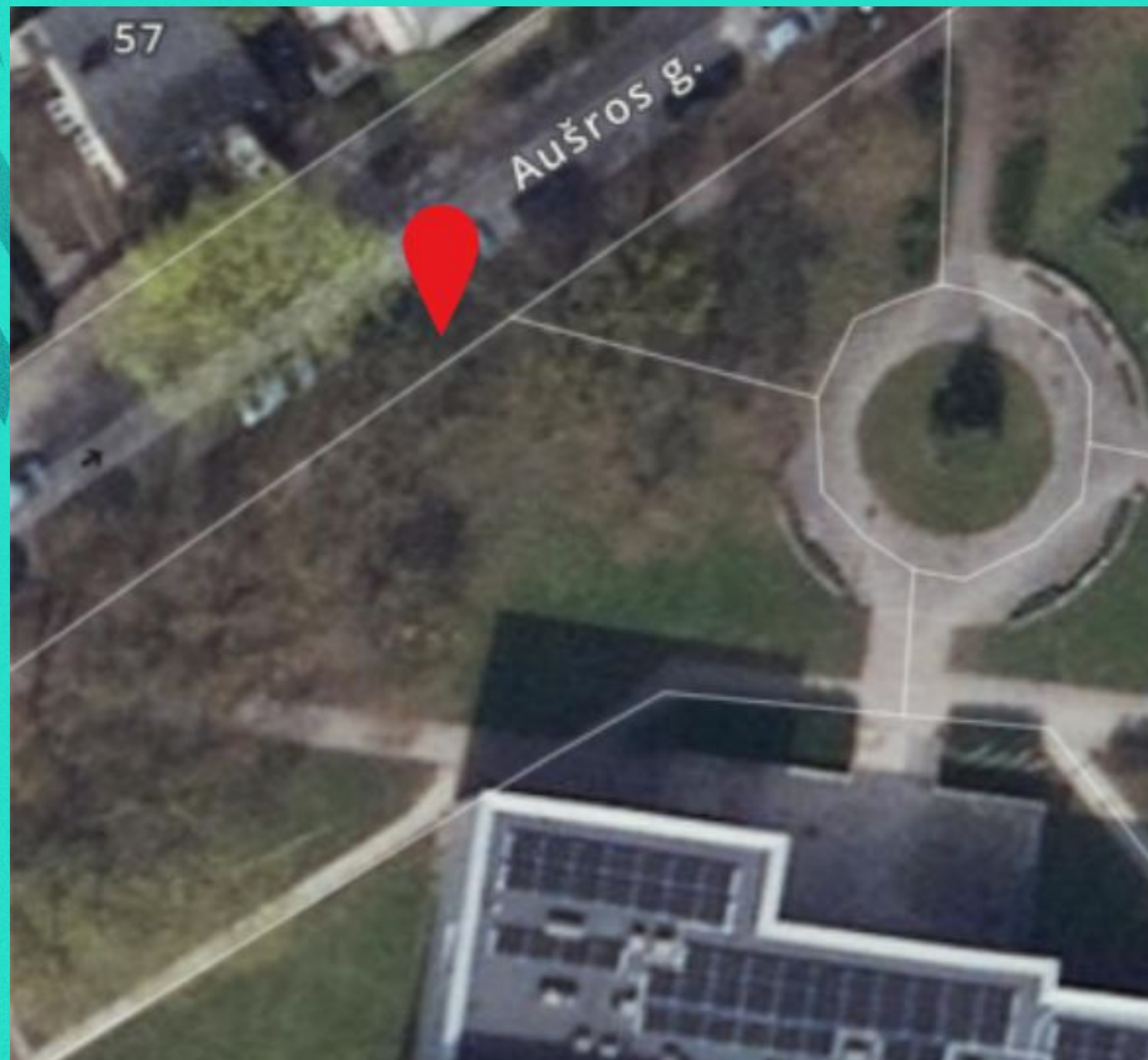


THE PICKUP POINT IS MARKED ON THE MAP ACROSS THE STREET FROM THE HOTEL. IT IS LOCATED ON VYTAUTO AVENUE.

PICK-UP POINT / DROP OFF FOR SWIMMING POOL



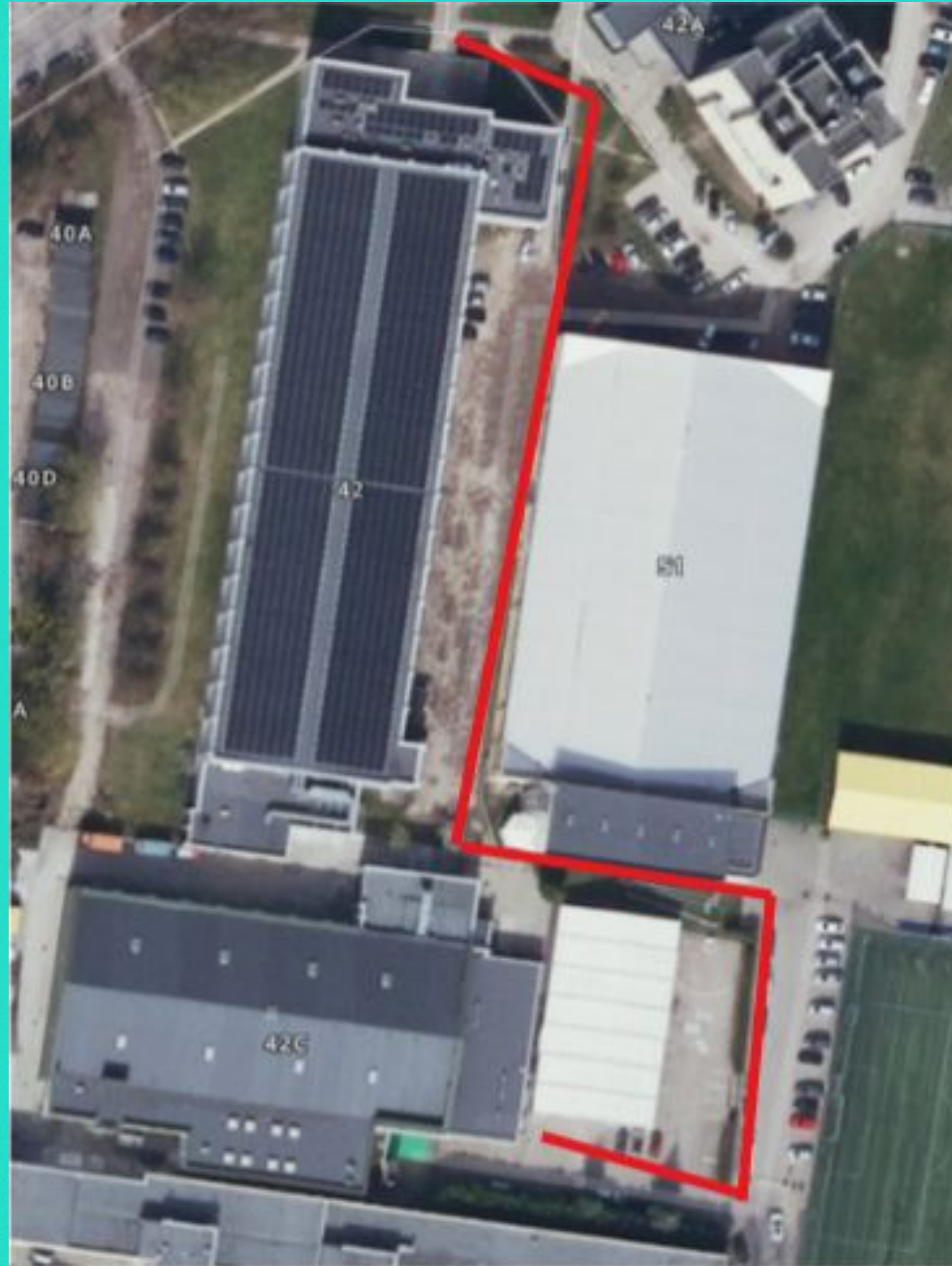
PICK-UP POINT / DROP OFF FOR LASER RUN/ OBSTACLE DISCIPLINE AREA



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



Balcony for spectators

Call room

Men's
changing
rooms

Women's
changing
rooms

LASER RUN

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

200 M. LAP

SPIKES ARE ALLOWED

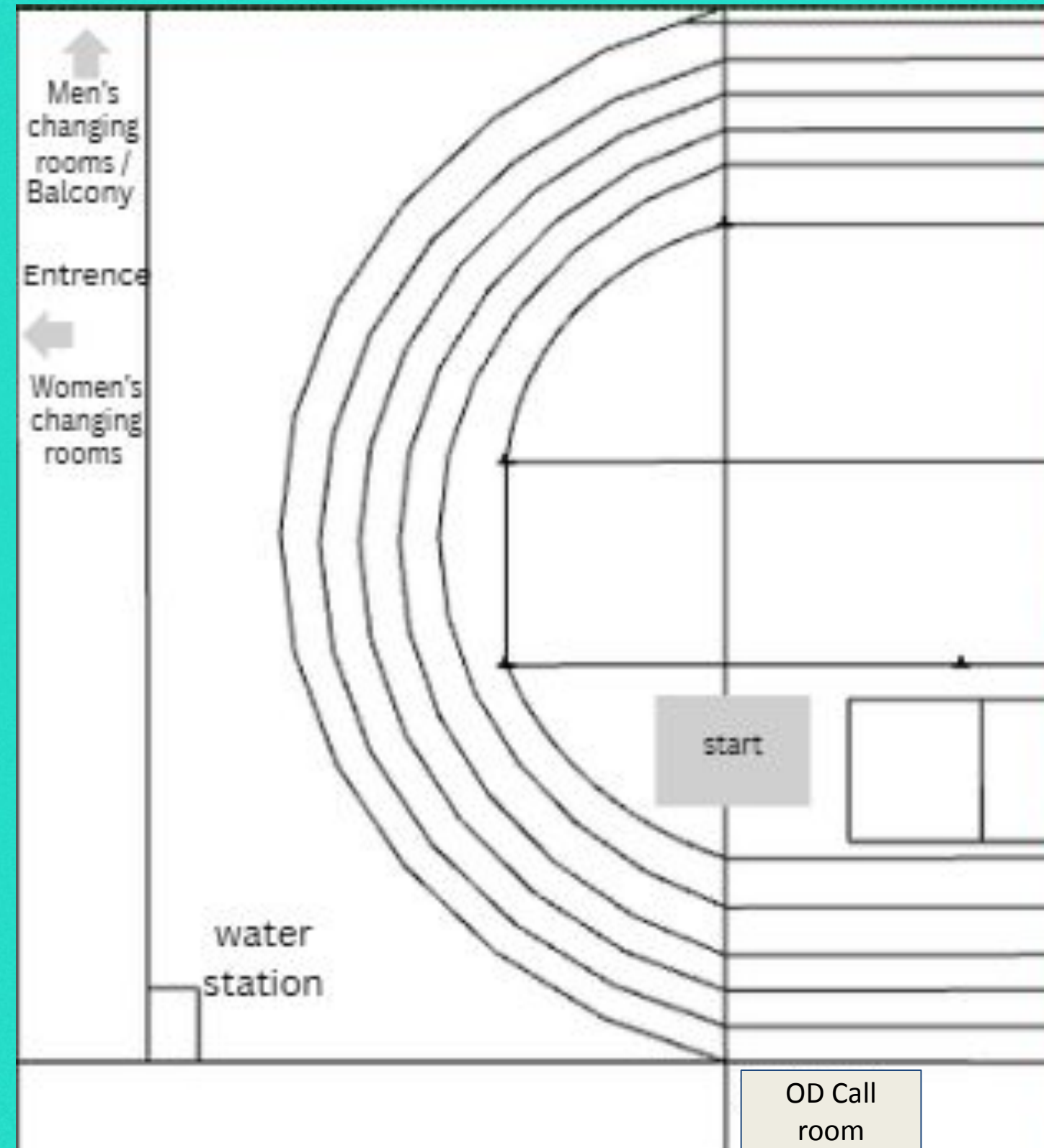
18 + 1 HIT/MISS ECOAIMS TARGETS

SHOOTING RESULTS ONLINE AFTER COMPETITION

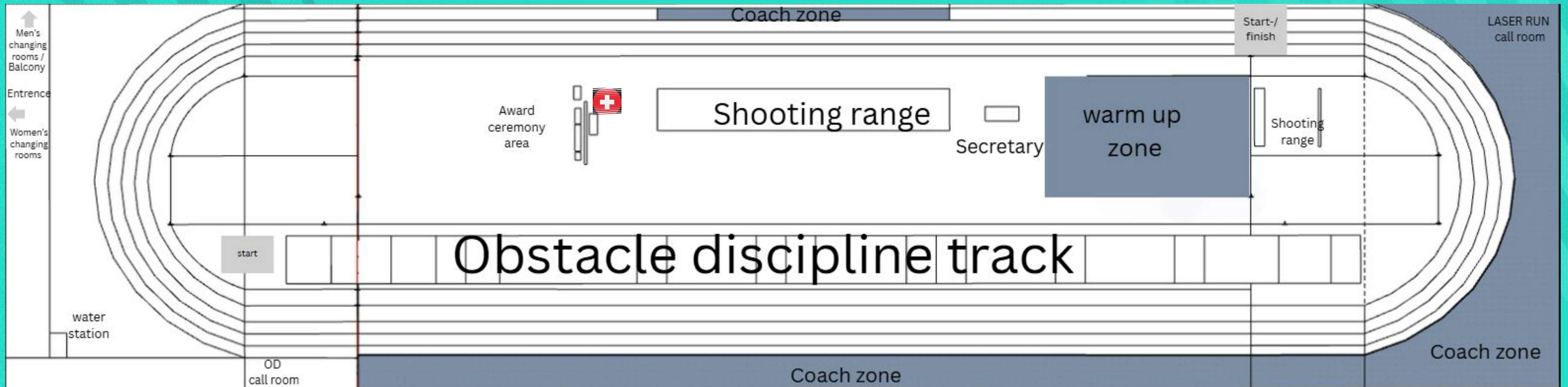
COACHES CAN GO TO WARM UP ZONE WITH THEIR ATHLETES

**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

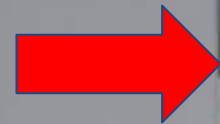


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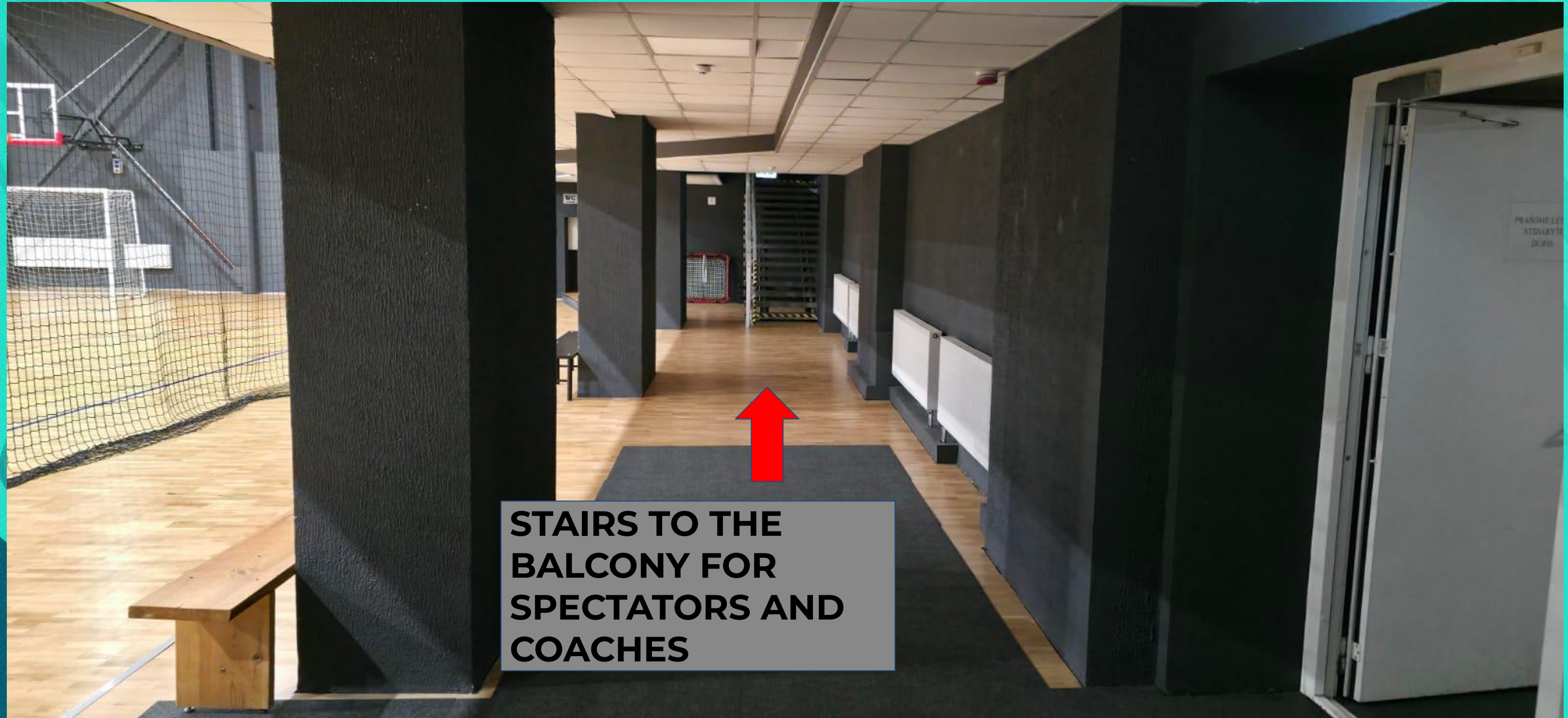


FENCING

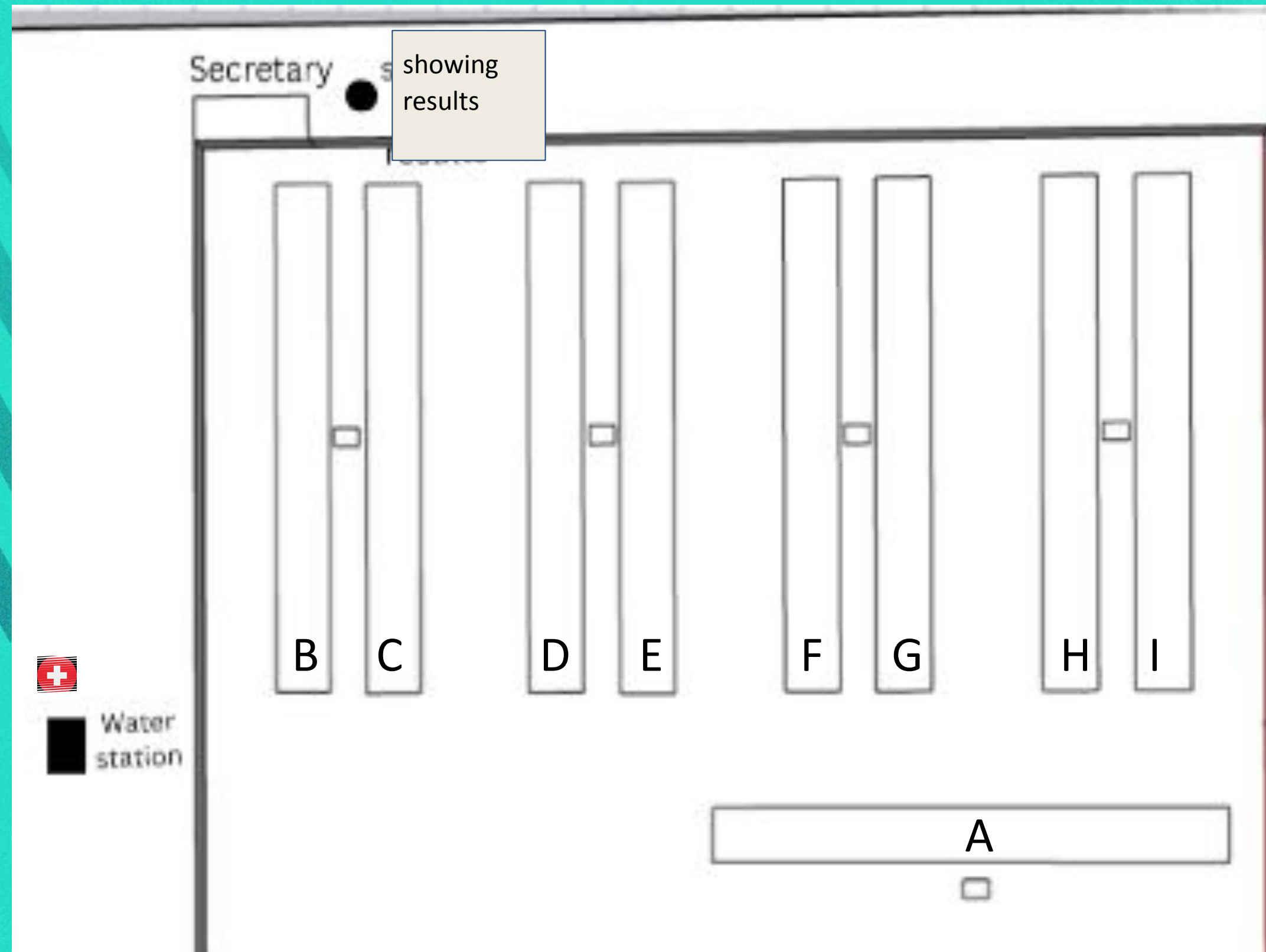
**ENTRY TO THE
FENCING HALL**



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
CHECKPOINT

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**

The background is a solid teal color. On the left side, there is a series of parallel, slanted lines in a slightly darker shade of teal, creating a sense of depth and movement. On the right side, there is a large, semi-circular shape with a similar slanted line pattern, also in a slightly darker shade of teal. The overall design is modern and minimalist.

QUESTIONS?



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

**KAL
NĖS**