



11th November
2023

15:00-20:00

Palodia Junior School
Kyrenias 3, 4549, Palodia, Limassol

Online Registration:
www.limassolrowingcentre.com

Information & Queries
info@limassolrowingcentre.com

Information on Limassol
www.limassoltourism.com

ORGANISED BY



ENTRY FEES

The entry fee is €10.00 for all individuals. This entitles them to take place in both the individual, double and U19 Four Team Challenges.

Any team wishing to participate in the Gym Challenges will be subject to an extra €40.00 fee per team.

EVENT LIST

INDIVIDUAL EVENTS

- Under 10s (1 minute)
- Under 13s (500 m)
- Adaptive Rowing (2 minutes)
- Under 15s (1000 m)
- Under 17s (1000 m)
- Under 19s (1000 m)
- Seniors 19 - 26 years (1000 m)
- Masters A: 27 - 39 years (1000 m)
- Masters B: 40 - 49 years (500 m)
- Masters C: 50 - 60 years (500m)
- Masters D: 60+ years (500m)

1000m TEAM EVENTS (DOUBLES)

- Junior Girls Under 13s
- Junior Boys Under 13s
- Junior Girls Under 15s
- Junior Boys Under 15s
- Junior Girls Under 19s
- Junior Boys Under 19s
- Men Open
- Womens Open
- Masters B+ Men
- Masters B+ Women

2000m TEAM EVENTS (TEAMS OF 4) ***

- Junior Boys Under 19s
- Junior Girls Under 19s
- GYM CHALLENGE MEN
- GYM CHALLENGE WOMEN

*** WARNING *** STROBE LIGHTS & LIGHT DIMMERS WILL BE USED DURING THIS EVENT

EVENT AGE CLASSIFICATIONS

UNDERS 10s: A competitor may compete in this category until December 31 of the year of his or her 10th birthday.

UNDER 13s: A competitor may compete in this category until December 31 of the year of his or her 12th birthday.

UNDER 15s: A competitor may compete in this category until December 31 of the year of his or her 14th birthday.

UNDER 17s: A competitor may compete in this category until December 31 of the year of his or her 16th birthday.

UNDER 19s: A competitor may compete in this category until December 31 of the year of his or her 18th birthday.

SENIORS: A competitor may compete in the SENIORS category until December 31 of the year of his or her 29th birthday.

SENIORS (OPEN): Senior (Open) events are open to competitors of any age.

MASTERS: A Masters athlete is a competitor who has attained, or will attain, the age of 27 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a Master on January 1 of the year of his or her 27th birthday.

A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number.

Masters competitors are required to race within the event designated for their age category.

COMPETITORS ARE NOT ELIGIBLE TO RACE IN EVENTS DESIGNATED FOR OLDER OR YOUNGER CATEGORIES.

MASTERS AGE CATEGORIES

Category	Ages
A	27-39
B	40-49
C	50-59
D	60+

IMPORTANT DATES AND INFORMATION

- October 1, 2023: Online registration opens
- November 06, 2023: Online registration closes
- November 8, 2023: Racing schedule will be posted
- November 11, 2023: On-site credential pick-up is available

SCHEDULE INFORMATION

Racing will take place from 15:00 - 20:00 on Saturday 11th November 2023.
A complete racing schedule will be available following the close of entries.

ENTRY INFORMATION

No paper entries will be accepted for this event. All entries must be made online at www.limassolrowingcentre.com

REGISTRATION AND INSURANCE INFORMATION

All competitors, regardless of whether they are members of a club or association affiliated with a national rowing federation, shall be responsible for their own adequate medical and accident insurance, as well as insurance covering liability, property and equipment.

COMMITMENT FORM/EVENT RELEASE OF LIABILITY

All participants must sign the Rower's Commitment Form/Event Release of Liability during online registration.

ATHLETE CHECK-IN

Race bracelets will be issued to competitors on the 11th November 2023 at Athlete check-in at the race venue.

Race bracelets will be available for pick up by Club Affiliation. Unaffiliated rowers will pick up Race bracelets under the listing "Unaffiliated" and then by name.

Race bracelets must be picked up no later than one hour prior to race time.

COMPETITORS WILL BE REQUIRED TO SHOW THEIR RACE BRACELET IN ORDER TO ENTER THE COMPETITION FLOOR.

WARM-UP

Warm-up ergometers will be available just off the competition floor with priority given to competitors for the next race taking place on the race floor.

OUTSIDE ASSISTANCE

- In the doubles team events, **TWO OUTSIDE ASSISTANTS WILL BE ALLOWED** to hold the foot straps down
- In the four-member team events, **NO OUTSIDE ASSISTANCE** is permitted

MEDALS AND AWARDS

All competitors will receive a Diploma of Participation.
Medals (Gold, Silver and Bronze) will be given to the top three finishers in all events.
Trophies will be awarded to the top 3 teams in all 4X challenges.

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