

3rd Cyprus Indoor Rowing Championships *In Memory of Stephanos Malekkides* 11 November 2023

In the context of the development of the sport of Indoor Rowing, the dissemination of athletic ideals and the cultivation of 'fair play' among clubd and athletes in Cyprus and abroad; the Limassol Rowing Centre, in collaboration with the Municipality of Palodia and Pericles Demetriou Running club is pleased to announce the 3rd Cyprus Indoor Rowing Challenge in memory of Stephanos Malekkides.

Racing will take place on **November 11, 2023** at the indoor gym of the Palodia Junior School ,
3 Kyrenia Street,4549, Limassol.

Participants in the 3rd International Indoor Rowing Race will have the opportunity to compete in individual and team events in a beautiful and festive environment.

Below is more information about the race and the rules of the event.

SPONSORS



Basic Information

Racing will take place on the afternoon of **Saturday 11 November 2023**, between **15:00 – 20:00**. Admission is free to all spectators.

The final schedule will be announced after registration **closes on Friday, November 10, 2023**.

Registrations open on **October 1, 2023** and will only be available online at <https://limassolrowingcentre.com> page under **EVENTS** and then **CIRC APPLICATION FORMS**. The closing date for registrations is **Monday, November 6, 2023 at 20:00**.

Participants in individual and team events will receive race bracelets on the day of the event.

Event List:

Individual Events:

These events are available for both males and females

- **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)

Each team must consist of 2 athletes of the same sex.

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

2000m TEAM EVENTS (TEAMS OF 4)

In the GYM CHALLENGE, all 4 athletes MUST be of the same gender.

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

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.

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.

EVENT AGE CLASSIFICATIONS

UNDERS 10s: Athletes born 01/01/2013 and after

UNDER 13s: Athletes born 01/01/2011 - 31/12/ 2012

UNDER 15s: Athletes born 01/01/2009 – 31/12/2010

UNDER 17s: Athletes born 01/01/2007 – 31/12/2008

UNDER 19s: Athletes born 01/01/2005 – 31/12/2006

SENIORS: Athletes born 2004 and before

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.

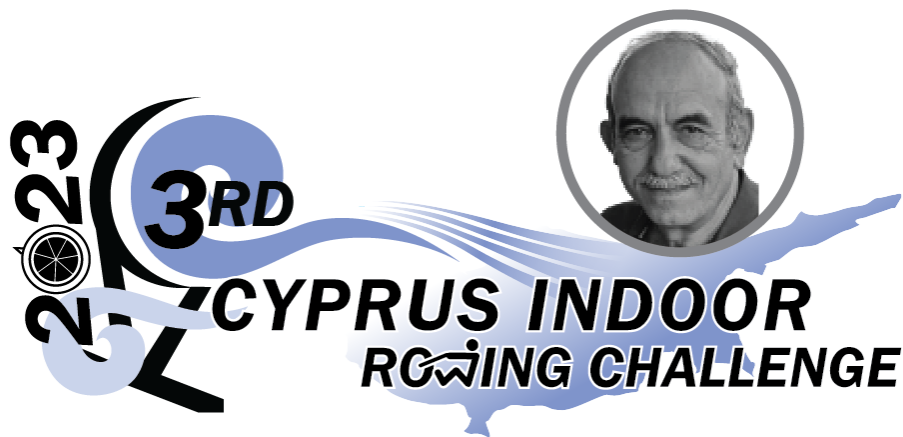
Masters competitors are required to race within the event designated for their age category.

Contact

info@limassolrowingcentre.com

UNDER THE AUSPICES OF:





IN LOVING MEMORY OF
STEPHANOS
MALEKKIDES

Stefanos Malekkides was born in 1959 in the village of Agios Ioannis Pitsilias, Limassol district. He studied Civil Engineering at the Higher Technological Institute of Cyprus (ATI), and then served as a Sergeant in the Special Forces, in the 31st Squadron.

Stefanos was devoted to his loving family and dedicated his professional years in service to the Limassol Town Planning Department. A great lover of sports, he spent a lifetime volunteering in a variety of roles for many sports clubs. Notably, in the field of water sports, he was a dynamic force, and his tireless contribution to the advancement of rowing in Cyprus will live on as his legacy.

Stefanos was a founding member of the Limassol Rowing Centre (LRC) in 2018, as well as of the Cyprus Indoor Rowing Challenge (CIRC). His passion for the sport and his love for LRC gave the team the solid foundation it needed to be a champion club from its first year of inception.

Stefanos passed away in September 2023. He was a great man, husband, father, grandfather, and mentor, and he is dearly missed. His love and passion for rowing will live on in our hearts and our team spirit.

Forevermore, the Cyprus Indoor Rowing Challenge will be held in his memory.

ORGANISERS:

