


  
**CYPRUS INDOOR**  
**ROWING CHALLENGE**  
 IN LOVING MEMORY OF  
**STEPHANOS**  
 MALEKKIDES

DATE: 11 <sup>TH</sup> NOVEMBER 2023			LOCATION: PALODIA PRIMARY SCHOOL		
<b>INDIVIDUAL EVENTS (1X):</b>					
CODE	TIME	HEAT	CATEGORY	DISTANCE/TIME	AGE GROUP
100	15:00	1	PARA-ROWING	2 minutes	OPEN
101	15:10	1	ADAPTIVE INDOOR ROWING	2 minutes	OPEN
102	15:20	1	BOYS AND GIRLS JUNIOR E	1 minute	AGES <10 YEARS( 2013 & AFTER)
<b>15:25 - AWARD CEREMONY PARA ROWING +ADAPTIVE INDOOR ROWING+ JUNIOR E BOYS AND GIRLS</b>					
103	15:40	1	JUNIOR D BOYS	500m	(2011-2012)10-12 YEARS
104	15:45	1	JUNIOR D GIRLS	500m	(2011-2012)10-12 YEARS
<b>15:50 - AWARD CEREMONY JUNIOR D BOYS + GIRLS</b>					
105	16:00	1	JUNIOR C BOYS	1000m	(2009-2010)13-14 YEARS
106	16:07	1	JUNIOR C GIRLS	1000m	(2009-2010)13-14 YEARS
<b>16:15 - AWARD CEREMONY JUNIOR C BOYS + GIRLS</b>					
107	16:25	1	MEN JUNIOR B	1000m	(2007-2008) 15-16 YEARS (JB)
108	16:32	2	MEN JUNIOR B + MEN JUNIOR A	1000m	(2007-2008) 15-16 YEARS (JB) (2005-2006) 17-18 YEARS (JA)
109	16:39	1	WOMEN JUNIOR B	1000m	(2007-2008) 15-16 YEARS (JB)
<b>16:45 -AWARD CEREMONY JUNIOR B &amp; JUNIOR A MEN AND WOMEN JUNIOR B</b>					
110	16:55	1	SENIOR OPEN MEN + MEN MASTERS A	1000m	(1997-2004) SENIOR (1984-1996) MASTERS A
111	17:02	1	SENIOR OPEN WOMEN + WOMEN JUNIOR A WOMEN MASTERS A	1000m	(1997-2004) SENIOR (2005-2006) 17-18 YEARS (JA) (1984-1996) MASTERS A
<b>17:10 - AWARD CEREMONY SENIOR OPEN MEN, SENIOR OPEN WOMEN, MASTERS A MEN, WOMEN JUNIOR A, MASTERS A WOMEN</b>					
112	17:25	1	MEN MASTERS B MEN MASTERS C	500m	(1974-1983) 40-49 YEARS (1964-1973) 50-59 YEARS
113	17:30	1	WOMEN MASTERS B WOMEN MASTERS C WOMEN MASTERS D MEN MASTERS D	500m	(1974-1983) 40-49 YEARS (1964-1973) 50-59 YEARS (1963 AND BEFORE) 60 + (1963 AND BEFORE) 60 +
<b>17:35- AWARD CEREMONY MASTERS MEN B,C,D AND MASTERS WOMEN B,C,D</b>					
<b>DOUBLES EVENTS (2X)</b>					
200	17:50	1	BOYS JUNIOR D BOYS JUNIOR C	1000m	2011 AND AFTER (2009-2010)13-14 YEARS
201	17:57	1	GIRLS JUNIOR D GIRLS JUNIOR C	1000m	2011 AND AFTER (2009-2010)13-14 YEARS
202	18:05	1	JUNIOR B & A MEN JUNIOR B & A WOMEN	1000m	14-18 YEARS (2005-2008)
203	18:12	1	MEN OPEN MASTER B+ MEN	1000m	19+ (2004 AND BEFORE) 40+ (1983 AND BEFORE)
204	18:20	1	WOMEN OPEN MASTERS B+ WOMEN	1000m	19+ (2004 AND BEFORE) 40+ (1983 AND BEFORE)
<b>18:25- AWARD CEREMONY 2X</b>					
<b>QUAD EVENTS (4X)</b>					
400	19:00	1	GYM CHALLENGE WOMEN + U19 WOMEN CHALLENGE	2000m	OPEN 2005 AND AFTER
401	19:10	1	GYM CHALLENGE MEN + U19 MEN CHALLENGE	2000m	OPEN 2005 AND AFTER
<b>19:20 CLOSING CEREMONY -AWARD CEREMONY 4X</b>					