

DATE: 11 TH NOVEMBER 2023			LOCATION: PALODIA PRIMARY SCHOOL		
15:00-15:15- OPENING CEREMONY, SPEECHES AND ONE MINUTE SILENCE FOR MR STEPHANOS MALEKKIDES					
INDIVIDUAL EVENTS (1X):					
CODE	TIME	HEAT	CATEGORY	DISTANCE/TIME	AGE GROUP
100	15:15	1	PARA-ROWING	2 minutes	OPEN
101	15:20	1	BOYS AND GIRLS JUNIOR E	1 minute	AGES <10 YEARS(2013 & AFTER)
15:25 - AWARD CEREMONY PARA ROWING + JUNIOR E BOYS AND GIRLS					
102	15:30	1	JUNIOR D BOYS	500m	(2011-2012)10-12 YEARS
103	15:35	2	JUNIOR D BOYS	500m	(2011-2012)10-12 YEARS
104	15:40	1	JUNIOR D GIRLS	500m	(2011-2012)10-12 YEARS
15:45 - AWARD CEREMONY JUNIOR D BOYS + GIRLS					
105	15:50	1	JUNIOR C BOYS	1000m	(2009-2010)13-14 YEARS
106	15:57	2	JUNIOR C BOYS	1000m	(2009-2010)13-14 YEARS
107	16:04	1	JUNIOR C GIRLS	1000m	(2009-2010)13-14 YEARS
16:12 - AWARD CEREMONY JUNIOR C BOYS + GIRLS					
108	16:17	1	MEN JUNIOR B+ MEN JUNIOR A	1000m	(2007-2008) 15-16 YEARS (JB) (2005-2006) 17-18 YEARS (JA)
109	16:24	2	MEN JUNIOR B + MEN JUNIOR A	1000m	(2007-2008) 15-16 YEARS (JB) (2005-2006) 17-18 YEARS (JA)
110	16:31	1	WOMEN JUNIOR B + WOMEN JUNIOR A	1000m	(2007-2008) 15-16 YEARS (JB) (2005-2006) 17-18 YEARS (JA)
16:40 -AWARD CEREMONY JUNIOR B & JUNIOR A MEN AND WOMEN					
111	16:50	1	SENIOR OPEN MEN + MEN MASTERS A	1000m	(1997-2004) SENIOR (1984-1996) MASTERS A
112	16:57	1	SENIOR OPEN WOMEN + WOMEN MASTERS A	1000m	(1997-2004) SENIOR (1984-1996) MASTERS A
17:10 - AWARD CEREMONY SENIOR OPEN MEN, SENIOR OPEN WOMEN, MASTERS A MEN, MASTERS A WOMEN					
113	17:20	1	MEN MASTERS B MEN MASTERS C MEN MASTERS D	500m	(1974-1983) 40-49 YEARS (1964-1973) 50-59 YEARS (1963 AND BEFORE) 60 +
114	17:25	1	WOMEN MASTERS B WOMEN MASTERS C WOMEN MASTERS D	500m	(1974-1983) 40-49 YEARS (1964-1973) 50-59 YEARS (1963 AND BEFORE) 60 +
17:30- AWARD CEREMONY MASTERS MEN B,C,D AND MASTERS WOMEN B,C,D					
DOUBLES EVENTS (2X)					
200	17:45	1	BOYS JUNIOR D + E	1000m	2011 AND AFTER
201	17:55	1	BOYS JUNIOR C	1000m	(2009-2010)13-14 YEARS
202	18:05	1	GIRLS JUNIOR D + E GIRLS JUNIOR C	1000m	2011 AND AFTER (2009-2010)13-14 YEARS
203	18:15	1	JUNIOR B & A MEN	1000m	14-18 YEARS (2005-2008)
204	18:25	1	JUNIOR B & A WOMEN	1000m	14-18 YEARS (2005-2008)
205	18:35	1	MEN OPEN MASTER B,C,D MEN	1000m	19+ (2004 AND BEFORE) 40+ (1983 AND BEFORE)
206	18:45	1	WOMEN OPEN MASTERS B,C,D WOMEN	1000m	19+ (2004 AND BEFORE) 40+ (1983 AND BEFORE)
18:55- AWARD CEREMONY 2X					
QUAD EVENTS (4X)					
402	19:10	1	GYM CHALLENGE WOMEN + U19 WOMEN CHALLENGE	2000m	OPEN 2005 AND AFTER
403	19:20	1	GYM CHALLENGE MEN + U19 MEN CHALLENGE	2000m	OPEN 2005 AND AFTER
19:30 CLOSING CEREMONY -AWARD CEREMONY TEAM EVENTS					