



5th LIMASSOL INDOOR ROWING CHALLENGE

The Limassol Nautical Club, in collaboration with Action & Training and CyAthletics is hosting its 5th Annual International Indoor Rowing Challenge! The event is part of the Limassol Municipality Sports Events and is in both the 'Lemesia 2016' and FISA (World Rowing) calendar.

Thousands of people have already discovered the thrill of racing on the indoor rower. If you're ready to join their ranks then this event is for you!

The sport of indoor rowing was created in 1981 when Concept2 developed its first rowing machine and, within a year, the first race had taken place. Hundreds of indoor rowing races are now held around the world each year.

Indoor racing is open to anyone—you don't have to be a champion. We encourage everyone to consider participating in a race, or at least coming to watch one.

Most races take place over the Olympic regatta distance of 2000metres, and there are recognized age group records for this and a number of other distances

2016 5th LIMASSOL INDOOR ROWING CHALLENGE



The <Limassol Indoor Challenge 2016> will be held on **SATURDAY 15TH OCTOBER 2016 at 15:00**. The Indoor Challenge is a one-day event with racing scheduled from **15:30**. Admission is free to all spectators.

Event Venue:

LINOPETRA HIGH SCHOOL SPORTS HALL.

(Artemidos 25, 4102, Limassol)

Registration and Entry Deadline

Registration for 2016 has already begun. Closing date for final entries is 10th October 2016.

Entry Fee

⚡ €5 per person

⚡ COMPANY-GYM CHALLENGE: € 50 per team.

⚡ SCHOOL-UNIVERSITY CHALLENGE € 20 per team

Any person wanting to take part in both the individual and team event needs only pay the entrance fee for the **team** event.

PRIZES

Medals and Diplomas will be awarded to the first 3 finishers of each race. Cups will be awarded to the winner of each team event. A **CASH PRIZE** will be awarded to both Winning Male and Female teams in the **GYM CHALLENGE**.

Final Cash Prize amount will be announced at the beginning of October.

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Events offered:

Individual Events:

These events are available for both males and females

- ⌘ Junior E up to 10 years of age (250 m)
- ⌘ Junior D 10-12 years (500 m)
- ⌘ Adaptive Rowing TA (Trunk –Arms) (500 m)
- ⌘ Junior C 12-14 years (1000 m)
- ⌘ Junior B 14-16 years (1000 m)
- ⌘ Junior A 16-18 years (1000 m)
- ⌘ Seniors 19-29 years (1000 m)
- ⌘ Masters A 30-39 years (1000 m)
- ⌘ Masters B 40-49 years (1000 m)
- ⌘ Veterans 50 + (1000m)

Team Events (2 per team) :

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

- ⌘ Junior Girls Under 14 (1000m)
- ⌘ Junior Boys Under 14 (1000m)
- ⌘ Junior Girls Under 18 (1000m)
- ⌘ Juniors Boys Under 18 (1000m)
- ⌘ Men Open (1000m)
- ⌘ Women Open (1000m)

Team Events (4 per team) :

Each team consists of 4 athletes independent of gender. In the GYM CHALLENGE, all 4 athletes MUST be of the same gender.

- ⌘ UNIVERSITY & SCHOOL CHALLENGE (2000 m)
- ⌘ COMPANY CHALLENGE (2000 m)
- ⌘ GYM CHALLENGE MEN (2000 m)
- ⌘ GYM CHALLENGE WOMEN(2000 m)





LIMASSOL INDOOR ROWING CHALLENGE

CYPRUS C2 INDOOR ROWING RECORDS

MEN					
AGE GROUP	NAME	TEAM	TIME	AVE/ 500m	YEAR
>12 (500m)	SASLOV GERMAN	FAMAGUSTA NAUTICAL CLUB	1:52.3	1:52.3	2015
12-14	NICOLAOU GIORGOS	LIMASSOL NAUTICAL CLUB	3:24.5	1:42.3	2015
15-16	VARELLAS PHILLIPOS	LIMASSOL NAUTICAL CLUB	3:12.9	1:36.5	2015
17-18	ZISIMIDES ALEXANDROS	LIMASSOL NAUTICAL CLUB	3:07.0	1:33.5	2015
19-29	KLEANTHOUS KLEANTHIS	LIMASSOL NAUTICAL CLUB	2:50.8	1:25.4	2014
30-39	GIOKKAS KYRIACOS	CROSSFIT REVOLT	3:04.5	1:32.2	2015
40-49	PETROPOULOS PARIS	FAMAGUSTA NAUTICAL CLUB	3:20.7	1:40.3	2014
50+	ZAROLEAS KYRIAKOS	M.A.K.K.	3:24.7	1:42.3	2015
WOMEN					
AGE GROUP	NAME	TEAM	TIME	AVE/ 500m	YEAR
>12 (500m)	ANTONIADOU STILIANA	NIREAS	1:48.4	1:48.4	2014
12-14	KYRIDOU MARIA	NAUTICAL CLUB OF THESSALONIKI	3:40.7	1:50.3	2015
15-16	KIRIDOU ANNETA	NAUTICAL CLUB OF THESSALONIKI	3:31.7	1:45.9	2014
17-18	PERGOULI MARIA	NAUTICAL CLUB OF THESSALONIKI	3:31.4	1:45.7	2014
19-29	DIAMANTI LENA	NAUTICAL CLUB OF IOANNINA	3:24.4	1:42.2	2014
30-39	ZAVOUNI NICOLE	DESPORT HEALTH CLUB	3:40.3	1:50.1	2015
40-49	PERAMATZI GEORGIA	NAUTICAL CLUB OF THESSALONIKI	3:27.9	1:43.9	2015
50+	HEIJZEN NICOLE	NAUTICAL CLUB OF THESSALONIKI	3:54.2	1:57.1	2015



FIND US ON FACEBOOK: Limassol Indoor Rowing Challenge
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