

2015 4th LIMASSOL INDOOR ROWING CHALLENGE

The Limassol Nautical Club is hosting its 4th Annual Indoor Rowing Challenge!!! An event that is organised within the frame of “Lemesia 2015”, Athletic Events organised by the Municipality of Limassol.

For those of you who took part last year, we are sure you will all agree that it proved to be a great success and our aim is for it to be even bigger this year!

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 2000 metres, and there are recognized age group records for this and a number of other distances.

Basic Information



The 2015 Indoor Challenge will be held on **SATURDAY 17TH OCTOBER 2015**. The Indoor Challenge is a one-day event with racing scheduled from 16:30. Admission is free to all spectators. The event is to be held at the **LINOPETRA HIGH SCHOOL SPORTS HALL**. (Artemidos 25, 4102, Limassol)

Registration and Entry Deadline

Registration for 2015 is open as of 1st September 2015. Please note that until payment has been made, all entries are preliminary. It is the responsibility of the entrant to confirm payment has been made. The final confirmed entry list will be posted following the close of Registration.

Entry Fee

€5 per person
COMPANY-GYM CHALLENGE: € 40 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.

Events offered:

Individual Events:

- Junior D- up to 12 years of age (500m)
- Junior C- 12- 14yrs (1000m)
- Junior B- 14-16yrs (1000m)
- Junior A-16-18 years (1000m)
- Seniors 19-29 (1000m)
- Master 30-39 (1000m)
- Senior 40-49 (1000m)
- Veteran 50+ (1000m)



Team Events (2 per team) :

Each team must consist of 2 athletes.

- Junior Girls Under 14 (2000m)
- Junior Boys Under 14 (2000m)
- Junior Girls Under 18 (2000m)
- Juniors Boys Under 18 (2000m)
- Men 18-29 (2000m)
- Women 18-29 (2000m)
- Men 30+ (2000m)
- Women 30+ (2000m)



Team Events (4 per team) :

Each team must consist of 4 athletes.

- GYM CHALLENGE (2000 m)
- UNIVERSITY CHALLENGE (2000 m)
- SCHOOL CHALLENGE (2000 m)
- COMPANY CHALLENGE (2000 m)



CYPRUS C2 INDOOR ROWING RECORDS

<u>MEN</u>			
AGE GROUP	NAME	TIME	AVERAGE/500m
>12 (500m)	ARESTI ANDREAS	1:54.9	1:54.9
12-14	MICHAIL ARISTOS	3:30.2	1:45.1
15-16	ASINKIN MATVEI	3:13.7	1:36.9
17-18	ARISTIDOU CHRISTOS	3:09.7	1:34.9
19-29	KLEANTHOS KLEANTHIS	2:50.8	1:25.4
30-39	PAPPAS ILIAS	3:07.0	1:33.5
40-49	PETROPOULOS PARIS	3:20.7	1:40.3
50+	MALEKKIDIS STEFANOS	3:53.5	1:56.7
<u>WOMEN</u>			
AGE GROUP	NAME	TIME	AVERAGE/500m
>12 (500m)	ANTONIADOU STILIANA	1:48.4	1:48.4
12-14	ARISTODEMOU MARINA	3:56.0	1:58.0
15-16	KIRIDOU ANETA	3:31.7	1:45.9
17-18	PERGOULI MARIA	3:31.4	1:45.7
19-29	DIAMANTI LENA	3:24.4	1:42.2
30-39	HADJIXENOFONTOS MIDIA	3:47.4	1:53.7
40-49		3:48.0	1:54.0
50+	IOANNOU IVANA	4:20.2	2:10.1



FIND US ON FACEBOOK: [Limassol Indoor Rowing Challenge](#)

For more info contact: **LIMASSOL NAUTICAL CLUB**

TEL: 25318181, FAX: 25325230 EMAIL: info@limassolnauticalclub.com



**ΝΑΥΤΙΚΟΣ
ΟΜΙΛΟΣ
ΛΕΜΕΣΟΥ**