



CLUBE NAVAL INFANTE D. HENRIQUE

TALANT DE BIEN FAIRE

FUNDADO EM 4-7-1925

POSTO NÁUTICO

Rua Escritor Costa Barreto, 3000 - 4420-445 Valbom GDM

Tel.: 925 045 278

Web: www.cninfante.pt

INSTITUIÇÃO
DE UTILIDADE PÚBLICA

AEROBIC MONSTERS 2022 International Singles Regatta

Race information

J16, J18, Under23, Elite and Masters

www.aerobicmonsters.pt

DATE: 20th of November 2022

HOURL: 11:00h – 1st start

LOCATION: Douro River – Gondomar (6Km from Porto city) – at [CN Infante D. Henrique](#)

Start sequence

HOUR	Categoria
11:00	J16 Women
	Masters Women
	J18 Women
	Under23 Women
	Elite Women
	J16 Men
	Masters Men
	J18 Men
	Under23 Men
	Elite Men

1 – Schedule

- 1.1 – Boarding: start from 10:00h
- 1.2 – Race start: 11:00h
- 1.3 – Victory ceremony: 12:30h
- 1.4 – Lunch service: 13:30h

2 – Rules

- 2.1 – Race is subject to Portuguese Rowing Federation rules, inspired by FISA rules;
- 2.2 – Race to be held in individual time-trial system, with running starts with 30" intervals between competitors
- 2.3 – It's only for Singles, with unique distance of 6500m, in a come and go course, surrounding a buoy in return point
- 2.4 - Independent classifications for each category and gender
- 2.5 – Masters categories will have two classifications, corresponding to:
 - 2.5.1 Athletes from age category C and D
 - 2.5.2 Athletes from age category E or older
 - 2.5.3 No handicaps will be applied
- 2.6 – Protests: accepted under payment of 100€
- 2.7 – No Athletes substitution is allowed



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2.8 – There will be videocam at Finish line

3 – Regatta course

3.1 – Open water course in Douro river, without start pontoon

3.2 – Course:

- Start – in front of Cais de Avintes (500m upstream of CNIDH), heading downstream to Porto, close to river's left margin
- Buoy at return point – in front of Marina do Freixo and return upstream direction, close to the right margin of the river
- Finish – in front of CNIDH boat house

3.3 – Start system:

- Race to be held in individual time-trial system, with running starts and 30'' intervals between competitors

4 – Briefing

4.1 – 20th of November, 9.00h in main room (top floor) of CNIDH facilities

5 – Entries

5.1 – **Deadline: 14th November**

5.2 – Entries on event website www.aerobicmonsters.pt

5.3 – All competitors must be registered on their National Federations and have their own insurance for racing

5.4 – Each competitor is allowed to enter only in one category

6 - Prices

6.1 – Race entry: 15€

6.2 – Lunch on race day:

- For Athletes: included in race entry
- Others: 6€

6.2 – Lodging in CNIDH Training Center (subject to availability):

- Lodging includes breakfast, towels and bed sheets
- Friday to Saturday
 - Fixed price of 15€ for all
- Saturday to Sunday:
 - Athletes travelling +150km: **Free of charge**
 - Others: 15€

7 – Payments and extra-charges

7.1 – Deadline payment:

- Until 14th November – without extra-charge



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- On race day, until 10:00am, on Race Accreditation – extra-charge of 2€/athlete
- 7.2 – Lunch and lodging subject to reservation and payment until the 14th November
- 7.3 – All payments by bank transfer to Banco EuroBIC. Send proof by email to:

aerobicmonsters@cninfante.pt :

IBAN: PT50.0079.0000.7023.0027.1012.1

SWIFT CODE: BPNPPTPL

8 – Awards

- 9.1 – “Gondomar Douro Cup” trophies for Overall Best Time men and women
- 9.2 – Prize money for Overall Top 3 best times men and women:
- First – 300€
 - Second – 200€
 - Third – 100€
- 9.3 – Medals for Top 3 of each category and gender
- 9.4 – If one category has 3 or less competitors, only the winner will be medal awarded
- 9.5 – Event T-Shirt for all competitors

9 – Bow numbers and competitor kit

- 10.1 – All competitors will receive a kit including bow number and t-shirt
- 10.2 - Competitor kit can be retrieved from 17:00pm of 19th November or on race day between 7:30-10:00am;

10 – Medical service and rescue

- 11.1 – At Finish local: Ambulance and rescue boat;
- 11.2 – During course: Supporting motorboats;
- 11.3 – Emergency Medical Service: Hospital Geral de Santo António – Porto;

11 – Lodging

- 12.1 – Organization offers lodging and breakfast at CNIDH Training Center to all competitors travelling more than 150Km from Porto, subject to availability
- 12.2 – Companion may require lodging by the price of 15€
- 12.3 – Lodging reservations to be made by email: aerobicmonsters@cninfante.pt

**Organization: Clube Naval Infante D. Henrique
Câmara Municipal de Gondomar**

Contacts: Paulo Almeida (coordenation): +351 934640904



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Email: aerobicmonsters@cninfante.pt



UNIÃO DAS FREGUESIAS
de Gondomar (D. Craveira), Valbom e Boaviz