

AEROBIC MONSTERS

Race Day:
October 29th
Race Start:
11H



International Singles Regatta
2023 Edition

Row fast,
die last.

Race information

Para-rowing, Masters, J16, J18, Under23 and Elite

www.aerobicmonsters.pt

DATE: 29th of October 2023

HOUR: 11:00h – 1st start

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

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
	Para-rowing Women
	Para-rowing 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, 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:
 - Athletes from age category C and D
 - Athletes from age category E or older
 - Handicaps will be applied as follows

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Masters Handicaps table (in seconds)

Age	Category	Men	Women
43-49	C	0	0
50-54	D	30	45
55-59	E	0	0
60-64	F	20	60
65-69	G	70	115
70-74	H	130	145

- 2.6 – Protests: accepted under payment of 100€
- 2.7 – No Athletes substitution is allowed
- 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
- Total distance: 6500m

3.3 – Start system:

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

3.4 – Para-Rowing course:

- Para-rowing course will be shorter, with return point located closer to the finish
- Total distance: 2500m

4 – Briefing

4.1 – 29th of October, 9.00h in main room (top floor) of CNIDH facilities

5 – Entries

5.1 – Deadline: 22th October

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€

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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 24th October – without extra-charge
- 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 24th October

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 28th October 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;

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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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