



**15<sup>TH</sup> CYPRUS  
INTERNATIONAL SWIMMING MARATHON  
&  
MEDITERRANEAN OPEN WATER SWIMMING CUP  
(COMEN)**



**LARNACA - CYPRUS**  
**5 - 6 October 2019**

**Dear Friends,**

The Cyprus Swimming Federation is pleased to invite you to participate in the **Mediterranean Open Water Swimming Cup (COMEN)** and the **15th Cyprus International Swimming Marathon** to be held in Larnaca, Cyprus, during 5-6 October 2019.

### **ORGANISERS**

The event is organised by the Cyprus Swimming Federation with the support of the Municipality of Larnaca.

Contact Person: Mrs Maria Kyriakou  
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Phone: +357 22449841  
Fax: +357 22449842  
Email: [info@koek.org.cy](mailto:info@koek.org.cy)  
Website: [www.koek.org.cy](http://www.koek.org.cy)

### **LOCATION**

Open sea area in front of Phinikoudes Beach, City of Larnaca.

The city of Larnaca is located on the southern coast of Cyprus, with a population of approximately 95,000 and is the third largest city after Nicosia and Limassol. It is home to the island's largest airport, Larnaca International Airport, which is located on the outskirts of the city to the south with excellent road links to the whole of the island. Larnaca also has the island's second largest commercial port and a marina, which are two of the four official entry points by sea into Cyprus.



Larnaca Salt Lake is a distinctive and picturesque landmark, consisting of a network of four salt lakes of different sizes, with an overall surface area of 2.2km<sup>2</sup>, located just off the road leading to the airport. It is considered one of the most important wetlands of Cyprus and has been declared a special protected area and is a prominent domain for wild birds. The lake is home to 85 species of water birds and is a primary migratory passage through Cyprus. It is visited by flocks of pink flamingos that reside there from November until the end of March.

The city also has a number of other landmarks, which include the Church of Saint Lazarus; the Catacomb of Phaneromeni Church; Hala Sultan Tekke; Kamares Aqueduct and the Fort of Larnaca. Additionally, Larnaca has a Municipal Theatre and an Art Gallery.

The beautiful seafront promenade, Phinikoudes, is not only lined with palm trees, but also an array of popular seafood restaurants, bars and cafés predominantly visited by tourists.

## RULES

The event will be conducted in accordance to FINA and COMEN Open Water Swimming Rules and Regulations. COMEN rules are attached.

## ELIGIBILITY

### **15<sup>th</sup> Cyprus International Swimming Marathon**

Men and women, 14 years and older.

### **COMEN Cup**

Age Group A': Boys and Girls, 14 and 15 years old only.

Age Group B': Boys and Girls, 16 and 17 years old only.

**All Comen Cup swimmers participating in the 5km and 7.5km events will also be classifying in the 15th Cyprus International Swimming Marathon.**

## DISTANCE

2.5km individual for men & women – **15<sup>th</sup> Cyprus International Swimming Marathon**

5km individual for men & women – **15<sup>th</sup> Cyprus International Swimming Marathon** and **COMEN Cup Age Group A'**

7.5km individual for men & women – **15<sup>th</sup> Cyprus International Swimming Marathon** and **COMEN Cup Age Group B'**

5km (4X1,25km) mixed relay - **COMEN Cup Age Group A'**

5km (4X1,25km) mixed relay - **COMEN Cup Age Group B'**

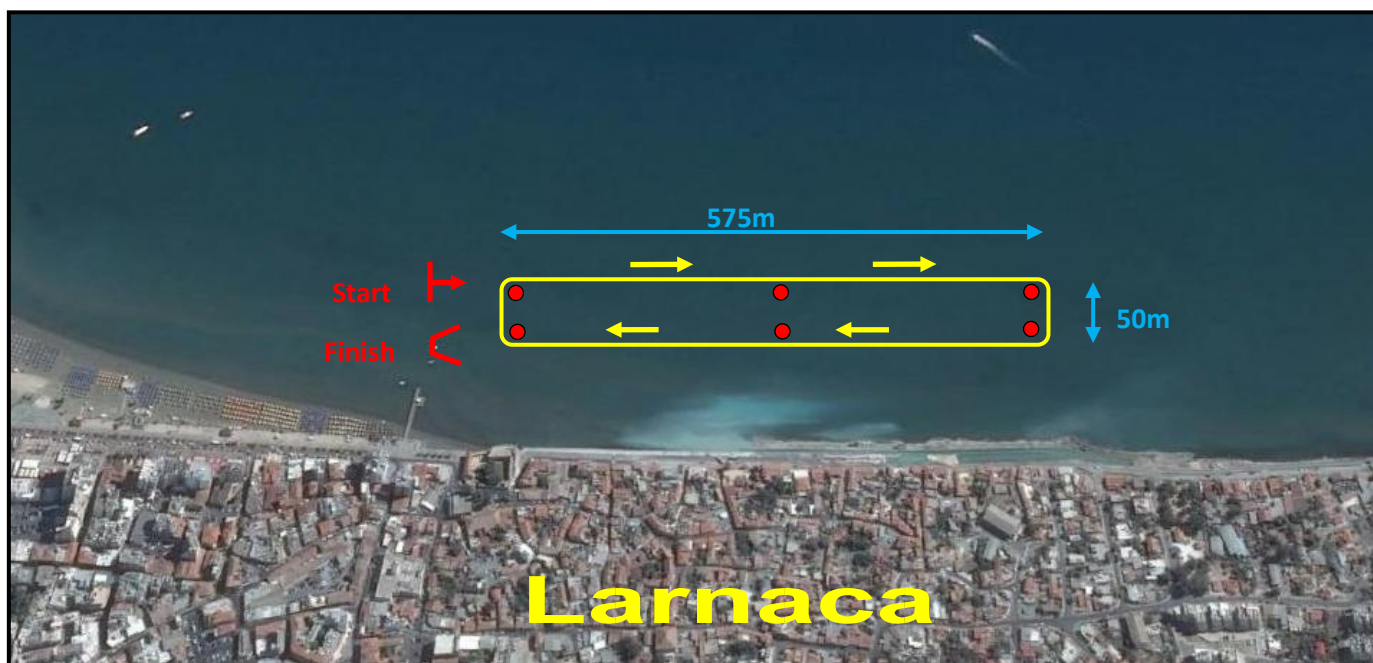
## TIME LIMITS

For 2.5km and 5km (individual and relays): The time limit of 15 minutes from the finish time of the first swimmer, will be applied.

For 7.5km: The time limit of 30 minutes from the finish time of the first swimmer, will be applied.

## COURSE

1250m long clearly marked as per the diagram below. Water temperature expected between 23°- 26° C. The water depth will be between 2 and 4 meters.



## SCHEDULE

### Friday, 04/10/2019

19.00 Technical Meeting

### Saturday, 05/10/2019

06.30 Registration for 5km

07.00 Briefing of Judges

07.00 Registration closing

07.10 Last briefing

07.20 Swimmers' presentation

07.30 Start of 5km for men **(International and COMEN)**

07.35 Start of 5km for women **(International and COMEN)**

08.30 Registration for 5km (4X1.25km) mixed relay for COMEN Age Group B'

09.00 Registration closing

09.10 Last briefing

09.20 Swimmers' presentation

09.30 Start of 5km (4X1.25km) mixed relay for **COMEN Age Group B'**

09.30 Registration for 2.5km

10.45 Registration closing

10.55 Last briefing

11.05 Swimmers' presentation

11.15 Start of 2.5km men and women **(International)**

11.20 Start of 2.5km masters (men and women) **(International)**

12.45 Awards ceremony

### Sunday, 06/10/2019

06.30 Registration for 7.5km

07.00 Briefing of Judges

07.00 Registration closing

07.10 Last briefing

07.20 Swimmers' presentation

07.30 Start of 7.5km men **(International and COMEN)**

07.35 Start of 7.5km women **(International and COMEN)**

09.00 Registration for 5km (4X1.25km) mixed relay for COMEN Age Group A'

09.30 Registration closing

09.40 Last briefing

09.50 Swimmers' presentation

10.00 Start of 5km (4X1.25km) mixed relay for **COMEN Age Group A'**

12.30 Awards ceremony

## PRIZES

### **15<sup>th</sup> Cyprus International Marathon**

Cup and medal for the 1<sup>st</sup> place athletes and medals for the 2<sup>nd</sup> and 3<sup>rd</sup> place athletes in 2.5km, 5km and 7.5km men and women.

### **COMEN Cup**

As per COMEN regulations



## ACCOMMODATION



All hotels are within a short walking distance from the competition venue. Prices are per person per day full board (no drinks included) as follows:

**Sun Hall Hotel \*\*\*\***  
(600m from venue)

Single room : 175.00 Euros  
Double room : 135.00 Euros



**Livadhiotis City Hotel \*\*\***  
(200m from venue)

Single room : 130.00 Euros  
Double room : 110.00 Euros  
Triple room : 100.00 Euros



**Frangiorgio Hotel \*\*\***  
(750m from venue)

Single room : 120.00 Euros  
Double room : 100.00 Euros  
Triple room : 90.00 Euros





Room numbers are limited in each hotel and they will be allocated on a first come first serve basis.  
Cancellations within 15 days prior to arrival will be subject to 50% cancellation fee.  
Cancellations within 7 days prior to arrival will be subject to 100% cancellation fee.

### **PAYMENT**

A 50% deposit of the accommodation costs must be paid until the **31<sup>st</sup> of August 2019** and the remaining balance must be paid until the **15<sup>th</sup> of September 2019**.

Please pay only by wire transfer to the following account:

Beneficiary:	CYPRUS SWIMMING FEDERATION
Bank:	BANK OF CYPRUS
IBAN:	CY02 0020 0195 0000 3570 0983 4929
SWIFT BIC:	BCYPCY2N
Subject:	SWIMMING MARATHON 2019





### **TRANSPORTATION**

Transportation on arrival and departure between Larnaca International Airport and the official hotels will be provided free of charge when accommodation is booked through the Cyprus Swimming Federation.

### **OFFICIAL DATES**

Arrival 3<sup>rd</sup> October 2019

Departure 7<sup>th</sup> October 2019

### **DATES TO REMEMBER**

Preliminary entry and accommodation form with 50% prepayment:

31/08/2019

Final accommodation and travel form with balance payment:

15/09/2019

Final entry and delegation forms:

25/09/2019





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**Larnaca, 5-6 October 2019**

**PRELIMINARY ENTRY & ACCOMMODATION FORM**

Please return this form not later than the 31<sup>st</sup> of August 2019 either by  
Fax: 0035722449842 or by Email: info@koek.org.cy

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

**COMPOSITION OF DELEGATION**

	Male	Female
Swimmers		
Coaches		
Officials		
Total		

**ROOMS REQUIRED**

Sun Hall Hotel ☐ Livadhiotis City Hotel ☐ Frangiorgio Hotel ☐

	Number of Rooms	In	Out	Total Nights
Single				
Double				
Triple				

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....





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**Larnaca, 5-6 October 2019**

**FINAL ACCOMMODATION AND TRAVEL FORM**

Please return this form not later than the 15<sup>th</sup> of September 2019 either by  
Fax: 0035722449842 or by Email: info@koek.org.cy

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

**TRAVEL DETAILS**

	Date	Time	Flight No	Arriving from	No of Persons
Arrival					

	Date	Time	Flight No	Departing to	No of Persons
Departure					

**ROOMS REQUIRED**

Sun Hall Hotel ☐      Livadhiotis City Hotel ☐      Frangiorgio Hotel ☐

**Single:** ..... persons x ..... € x ..... nights = ..... €

**Double:** ..... persons x ..... € x ..... nights = ..... €

**Triple:** ..... persons x ..... € x ..... nights = ..... €

**Total:** ..... €

Please pay by transfer to the following account:

**Beneficiary:** CYPRUS SWIMMING FEDERATION  
**IBAN:** CY02 0020 0195 0000 3570 0983 4929  
**Subject:** SWIMMING MARATHON 2019

**Bank:** Bank of Cyprus  
**SWIFT BIC:** BCYPCY2N

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....



## MEDITERRANEAN OPEN WATER SWIMMING CUP (COMEN)

**Larnaca, 5-6 October 2019**

### FINAL ENTRY FORM

Please return this form not later than the 25<sup>th</sup> of September 2019 either by  
Fax: 0035722449842 or by Email: [info@koek.org.cy](mailto:info@koek.org.cy)

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

#### 5 KM (4X1.25KM) MIXED RELAY: AGE GROUP A'

Name	Surname	Date of Birth

#### 5 KM (4X1.25KM) MIXED RELAY: AGE GROUP B'

Name	Surname		Date of Birth

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....



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**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

**5 KM MEN**

Name	Surname	Date of Birth

**5 KM WOMEN**

Name	Surname	Date of Birth

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....





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**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

**7.5 KM MEN**

Name	Surname	Date of Birth

**7.5 KM WOMEN**

Name	Surname	Date of Birth

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....



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**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

#### 2.5 KM MEN

Name	Surname	Date of Birth

#### 2.5 KM WOMEN

Name	Surname	Date of Birth

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....



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**TEAM DELEGATION FORM**

Please return this form not later than the 25<sup>th</sup> of September 2019 either by  
Fax: 0035722449842 or by Email: [info@koek.org.cy](mailto:info@koek.org.cy)

**Federation:** .....

**Country Code:** ..... **Contact Person:** .....

**E-mail** ..... **Fax:** .....

**Phone:** ..... **Mobile:** .....

**TEAM DELEGATION**

Name	Surname	Gender	Passport No	Birthday	Function

**President or General Secretary:** .....

**Date:** ..... **Signature and Stamp:** .....