



**14<sup>TH</sup> CYPRUS  
INTERNATIONAL SWIMMING MARATHON  
(INDIVIDUALS ONLY)**



**LARNACA - CYPRUS  
6-7 October 2018**

**Dear Friends,**

The Cyprus Swimming Federation is pleased to invite you to participate in the **14th Cyprus International Swimming Marathon** to be held in Larnaca, Cyprus, during 6-7 October 2018.

### **ORGANISERS**

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

Contact Person: Mrs Maria Kyriakou  
Postal address: P.O. Box 23931, 1687 Nicosia, Cyprus  
Phone: +357 22449841  
Fax: +357 22449842  
Email: [koek@logos.cy.net](mailto:koek@logos.cy.net)  
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, the Hala Sultan Tekke, the Kamares Aqueduct, and the Fort of

Larnaca. Additionally, Larnaca has an Archaeological Museum, Municipal Theatre, and an Art Gallery.

The beautiful seafront promenade, Phinikoudes, is lined with palm trees with an array of popular seafood restaurants, bars and cafes predominantly visited by tourists.

## **RULES**

The event will be conducted in accordance to FINA and LEN Open Water Swimming Rules and Regulations.

## **DISTANCE**

1.25km, 2.5km, and 5km for men and women aged 14 years and older

## **ELIGIBILITY AND CATEGORIES**

1.25km & 2.5km	Open:	Men and women 14 years and older
	Categories:	a) 14-20 years old
		b) 21 to 40 years old
		c) 41 years old and above

5km	Open:	Men and women 14 years and older
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## **HEALTH CERTIFICATE / DECLARATION FORM**

All participants aged 18 years and older must be in good health and assume full responsibility for their participation by signing a declaration form.

All swimmers under 18 years of age must have a valid Cyprus Sports Organization health certificate (ASYA).

## **PARTICIPATION FEE**

Before the start of the race each competitor must present to the Secretariat a valid passport or identity card and pay a participation fee of €20.

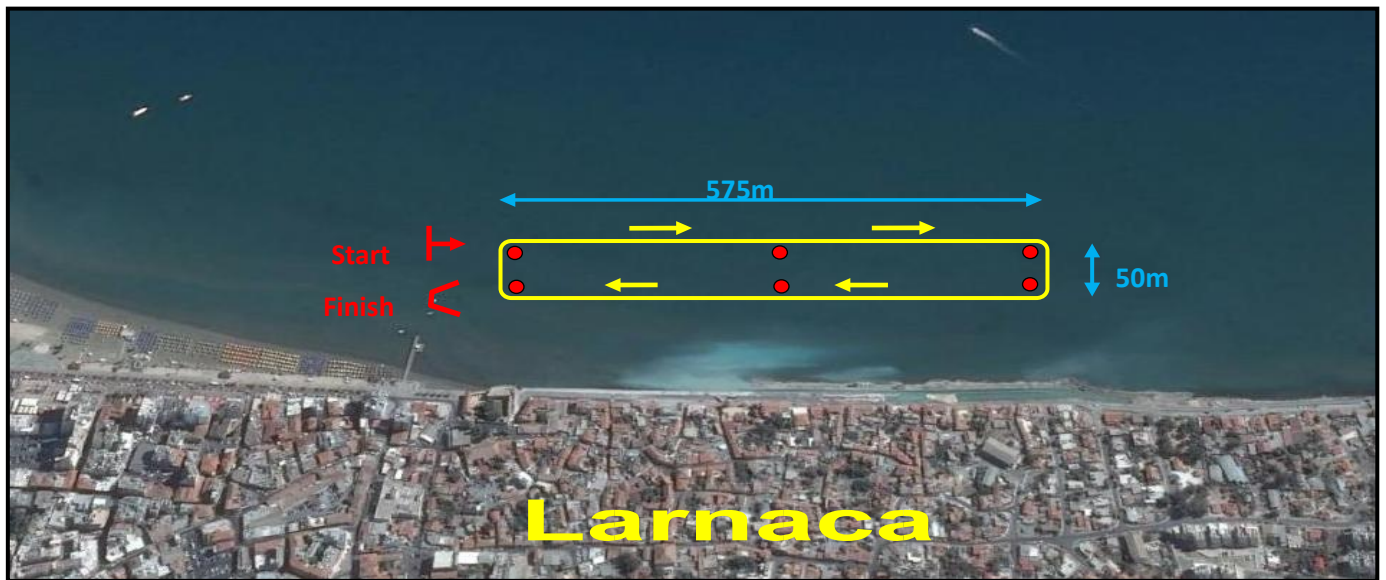
All swimmers registered with the Cyprus Swimming Federation that have a valid annual card as well as a valid Cyprus Sports Organisation health certificate may be registered for free by their swimming clubs.

## **PRIZES**

5km:	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 for the overall ranking.
2.5km:	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 for the overall ranking and in each category.
1.25km:	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 for the overall ranking and in each category.

## **COURSE (FOR THE EVENTS 1.25KM, 2.5KM AND 5KM)**

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.



## ENTRIES

All entries must be submitted before 27<sup>th</sup> of September 2018.

## SCHEDULE

### Friday, 05/10/2018

19.00 Technical Meeting

### Saturday, 06/10/2018

06.30 Registration and warm-up for 5km  
 07.00 Briefing of Judges  
 07.00 Registration closing  
 07.10 Last briefing  
 07.20 Swimmers' presentation  
 07.30 Start of 5km race for men  
 07.40 Start of 5km race for women  
  
 09.00 Registration and warm-up for 1,25km  
 10.00 Registration closing  
 10.10 Last briefing  
 10.20 Swimmers' presentation  
 10.30 Start of 1,25km race for men  
 10.40 Start of 1,25km race for women  
 12.00 Awards ceremony

### Sunday, 07/10/2018

06.30 Registration and warm-up for 2,5km  
 07.00 Briefing of Judges  
 07.00 Registration closing  
 07.10 Last briefing  
 07.20 Swimmers' presentation  
 07.30 Start of 2,5km race for men  
 07.40 Start of 2,5km race for women  
  
 09.00 Registration and warm-up for 500m  
 10.00 Registration closing  
 10.10 Last briefing  
 10.20 Swimmers' presentation  
 10.30 Start of 500m race for boys (national)  
 11.00 Start of 500m race for girls (national)  
 12.00 Awards ceremony

**NOTE: The 500m. race is open only to swimmers registered by the Cyprus Swimming Federation aged 9-13 years old.**



## 14<sup>th</sup> CYPRUS INTERNATIONAL SWIMMING MARATHON

Larnaca, 6-7 October 2018

### ENTRY FORM

Please return this form not later than the 27<sup>th</sup> of September 2018 either by  
Fax: 0035722449842 or by Email: koek@logos.cy.net

Name: .....

Nationality: ..... Male:  Female:

Date of birth: ..... ID or Passport No: .....

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

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

### ENTRIES

1.25 KM

2.5 KM

5 KM

### DECLARATION

I hereby declare that am aware of and appreciate the inherent risks involved in such competition and that I have recently been examined by a doctor. I am absolutely fit and healthy to participate in the above event.

The Cyprus Swimming Federation is not liable for any personal injury or any injury inflicted to other contestants from my mistake before, during or at the end of the events, or for any loss or damage to personal belongings.

Signature: ..... Date: .....

**Before the start of the race each competitor must present to the Secretariat a valid passport or identity card and pay a participation fee of €20 per event**