



**15TH CYPRUS
INTERNATIONAL SWIMMING MARATHON
FOR MASTERS**



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

Dear Friends,

The Cyprus Swimming Federation is pleased to invite you to participate in 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
Postal address: P.O. Box 23931, 1687 Nicosia, Cyprus
Phone: +357 22449841
Fax: +357 22449842
Email: info@koek.org.cy
Website: 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 2.2km², 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 Open Water Swimming Rules and Regulations.

DISTANCE

2.5km for women and men 25 years and older

CATEGORIES

Category A: 25-29
Category B: 30-34
Category C: 35-39
Category D: 40-44
Category E: 45-49
Category F: 50-54
Category G: 55-59
Category H: 60-64
Category I: 65-69
Category J: 70-74
Category K: 75-79 etc

HEALTH CERTIFICATE / DECLARATION FORM

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

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.

PRIZES

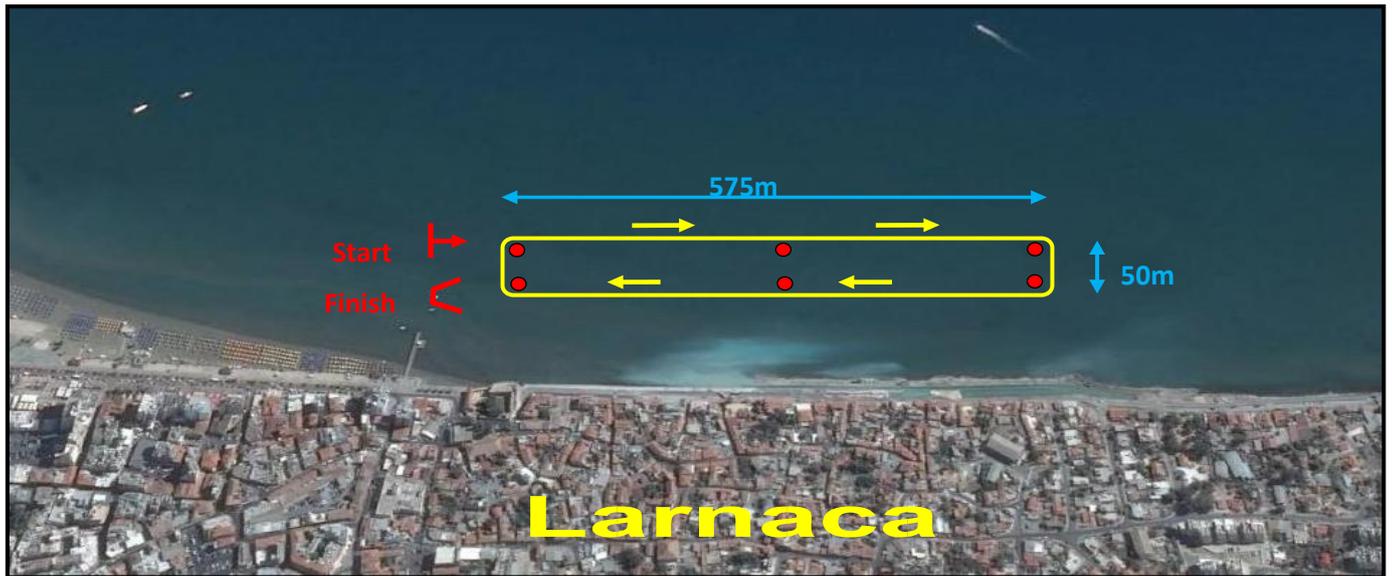
Cup and medal for the 1st place athletes and medals for the 2nd and 3rd place athletes for each age category.

TIME LIMIT

The time limit of 15 minutes from the finish time of the first swimmer in each age category, 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.



ENTRIES

All entries must be submitted before Wednesday 25th of September 2019.

SCHEDULE

Friday, 04/10/2019

19.00 Technical Meeting

Saturday, 05/10/2019

09.30 Registration

10.45 Registration closing

10.55 Briefing of athletes

11.05 Swimmers' presentation

11.20 Start for men and women

12.45 Awards ceremony



14th CYPRUS INTERNATIONAL SWIMMING MARATHON
Larnaca, 5-6 October 2019

ENTRY FORM 2.5km (FOR MASTERS)

Please return this form not later than the 25th of September 2019 either by
Fax: 0035722449842 or by Email: info@koek.org.cy

Name:

Nationality: **Male:** **Female:**

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

E-mail **Fax:**

Phone: **Mobile:**

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:**

- Copy of the passport or I.D. card must be sent with this Form
- 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.