

1st Protaras International swimming marathon

Instructions for the 2500m Masters race

Konstantias Nautical Club welcomes you to the 1st Protaras International open-water swimming marathon.

The event is under the auspices of the Cyprus Swimming Federation and the main sponsor of the competition is Paralimni Municipality.

First of all, we would like to thank you for your participation, we are honoured to have you here.

Start Times

The men's race will start at 9.45 and women's at 9.48 (3 minutes later).

Timing will be done with hand-timers.

The participation fee is 25 euros and must be paid upon registration.

Day's schedule:

- 08.15 - Accreditation of master
- 09.00 - End accreditation of master
- 09.20 – Athlete information
- 09.30 – Presentation of athletes
- 09.45 – Starting men's event
- 09.48 – Starting women's event
- 11.30 – Awards ceremony

Swimsuit

The water temperature is between 22 and 24 degrees Celsius. We're expecting warm weather with no winds.

Swimmers are welcome to wear any type of swimsuit they prefer. There will be no restrictions.

Race

The starting point will be on the platform (as shown in the picture below), it is located approximately 150-170 meters from the first turn.

The finish will be in front of the meeting point.

The route is in the shape of a rectangle square 1150 meters (as shown below).

Swimmers must cover the route twice (2 times)

There will be 4 distinct "turning" buoys and 2 "guiding" buoys in the middle of the straight line. Swimmers should always turn having the buoys on their **left**.

Caution: there are many buoys around the racetrack that don't belong in it. Pay attention



Categories – Awards

Categories

Men – Women up to 35 y.o

Men – Women 35 to 45 y.o

Men – Women 45 to 55 y.o

Men – Women of 55y.o and above

Awards

Trophies will be given to the winners and medals to the first three winners of each category.

We wish you good luck and enjoy the beautiful waters of Protaras