



# CLUBE NAVAL INFANTE D. HENRIQUE

TALANT DE BIEN FAIRE

FUNDADO EM 4-7-1925

POSTO NÁUTICO

Rua Escritor Costa Barreto, 3000 - 4420-445 Valbom GDM

Tel.: 913 318 887

Web: [www.cninfante.pt](http://www.cninfante.pt)

INSTITUIÇÃO  
DE UTILIDADE PÚBLICA

## AEROBIC MONSTERS 2021 International Singles Regatta

### Race information

J16, J18, Under23, Elite and Masters

[www.aerobicmonsters.org](http://www.aerobicmonsters.org)

**DATE:** 4th of December, 2021

**HOUR:** 11:00h – 1st start

**PLACE:** Douro River – Gondomar (6Km from Porto city) – at CN Infante D. Henrique

#### 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

### 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 30” start interval between competitors;
- 2.3 – It’s only for Singles, with unique distance of 6500m, in a come and go course with a buoy in return point;
- 2.4 - Independent classifications for each category and gender;
- 2.5 – Masters category is only considered for C letter and older;
- 2.6 – Protests: accepted under payment of 100.00€;
- 2.7 – No Athletes substitution is allowed;
- 2.8 – There will be videocam at Finish line;



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## **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 from CNIDH), heading downstream direction, 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

3.3 – Start system:

- Race to be held in individual time-trial system, with flying start and 30" intervals between competitors;

## **4 – Briefing**

4.1 – 27th of October, 9.00h at Main room of Clube Naval Infante D. Henrique - Rua Escritor Costa Barreto, n.º 3000 – Valbom – Gondomar;

## **5 – Entries**

5.1 – **Deadline: 28th November;**

5.2 – Entries in Google form link: <https://tinyurl.com/ckc7h6s5> ;

5.3 – All competitors must be registered on their National Federations and have their own insurance for competing

5.4 – Each competitor is allowed to enter only in one category;

## **6 - Prices**

6.1 – **Race entry: 15€**

6.2 – Lunch on race day:

- For Athletes: included in race entry
- Others: 6€

6.2 – Lodging in CNIDH Training Center:

- Athletes travelling +150km: **Free of charge, subject to availability**
- Others: 15€

## **7 – Payments and extra-charges**

7.1 – Deadline payment:

- Until 28th November – without extra-charge



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- 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 28th November
- 7.3 – All payments by bank transfer to Banco EuroBIC. Send proof by email to:

[aerobicmonsters@cninfante.pt](mailto:aerobicmonsters@cninfante.pt) :

**IBAN: PT50.0079.0000.7023.0027.1012.1**

**SWIFT CODE: BPNPPTPL**

## **9 – Awards**

- 9.1 – “Rota da Filigrana” trophy 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, J16, J18, U23 and Elite, both genders;
- 9.4 – Medals for Top 1 Masters categories, both genders;
- 9.4 – Event T-Shirt for all competitors;

## **10 – Bow numbers and competitor kit**

- 10.1 – All competitors will get a kit including bow number and t-shirt.
- 10.2 - Competitor kit can be retrieved from 17:00pm of 3<sup>th</sup> December or on race day from 8:00am;

## **11 – Medical service and rescue**

- 11.1 – At Finish local: Ambulance and rescue boat;
- 11.2 – During course: Supporting motorboats;
- 11.3 – Emergency Medical Service: Hospital Geral de Santo António – Porto;

## **12 – 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](mailto:aerobicmonsters@cninfante.pt)

**Organization: Clube Naval Infante D. Henrique  
Câmara Municipal de Gondomar**

**Contacts: Paulo Almeida (coordenation): +351 934640904**



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**Joaquim Sousa: +351 913527314**

**João Menezes: +351 936061569**

**Daniela Coelho (lodging) - +351 925045278**

**Email: [aerobicmonsters@cninfante.pt](mailto:aerobicmonsters@cninfante.pt)**



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