AEROBIC MONSTERS

International Singles Regatta



Race Day:
October 25th
Race Start:
11H

Row fast, die last.

Organização

CLUBE NAVAL INFANTE D. HENRIQUE

Apoios

GONDOMAR é D'ouro
MUNICÍPIO DE GONDOMAR

ESTAÇÃO NÁUTICA GONDOMAR

UNIÃO DAS FREGUESIAS de Gondomar (S.Cosme), Valbom e Jovim

NELO ROWING

INFANTE D. HENRIQUE CLUBE NAVAL
INSTITUIÇÃO DE UTILIDADE PÚBLICA

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
E-mail de expediente geral: geral@cninfante.pt
E-mail da secretaria: secretaria@cninfante.pt
https://www.facebook.com/pg/infanteremo

Telefone:
+351 **925 045 278**
+351 **224 831 194**

Race Information

Para-Rowing, Masters, J16, J18, Under23 and Elite

www.aerobicmonsters.pt

DATE: 25th of October 2026
HOUR: 11:00h – 1st start
LOCATION: Gondomar (6Km from Porto city) – at CN Infante D. Henrique Rowing Club

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
	Para-Rowing Women
	Para-Rowing 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 running starts with 30" intervals between competitors
2.3 – It's only for Singles, in a come and go course, surrounding a buoy in return point
2.4 – Independent classifications for each category and gender
2.5 – Masters categories will have two classifications, corresponding to:

- Athletes from age category C and D
- Athletes from age category E or older
- Handicaps will be applied as follows

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Masters Handicaps table (in seconds)

Age	Category	Men	Women
43-49	**C**	0	0
50-54	**D**	30	45
55-59	**E**	0	0
60-64	**F**	20	60
65-69	**G**	70	115
70-74	**H**	130	145

2.6 – Protests: accepted under payment of 100€
2.7 – No Athletes substitution is allowed
2.8 – There will be videocam at Finish line

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 of CNIDH), heading downstream to Porto, 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
- Total distance: 6500m

3.3 – Start system:
- Race to be held in individual time-trial system, with running starts and 30" intervals between competitors

3.4 – Para-Rowing course:
- Para-Rowing course will be shorter, with the start at the same location and the finish in front of the club
- Total distance: 1000m
-

4 – Briefing

4.1 – 25th of October 9H00am in main room (top floor) of Infante facilities

5 – Entries

5.1 – Deadline: 16th October
5.2 – Entries on event website https://www.cninfante.pt/inscricoes-aerobic-monsters/
5.3 – All competitors must be registered on their National Federations and have their own insurance for racing
5.4 – Each competitor is allowed to enter only in one category
5.5 – Registration for this regatta is limited to athletes who are members of the invited clubs
5.6 – Registrations from individual athletes will be approved at the discretion of the organizing committee

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6 - Prices

6.1 – Race entry: 18€
6.2 – Lunch on race day:
- For Athletes: included in race entry
- Others: 7€

6.3 – Lodging in CNIDH Training Center (subject to availability):
- Lodging includes breakfast, towels and bed sheets
- Friday to Saturday
  - Fixed price of 20€ for all
- Saturday to Sunday:
  - Athletes travelling +150km: **Free of charge**
  - Others: 20€

7 – Payments and extra-charges

7.1 – Deadline payment:
- Until 20th October – without extra-charge
- 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 20th October
7.3 – All payments by MB WAY or bank transfer, after registration. Send proof by email to: secretaria@cninfante.pt

IBAN: PT50 0170 3376 0304 0022 0847 6
SWIFT CODE: CAGLPTPLXXX

8 – Awards

9.1 – "Gondomar Douro Cup" trophies for Overall Best Time men and women
9.2 – Prize money for Overall Top 3 best times men and women:
- First – 250€
- Second – 150€
- Third – 100€

9.3 – Medals for Top 3 of each category and gender
9.4 – If one category has 3 or less competitors, only the winner will be medal awarded
9.5 – Event T-Shirt for all competitors

9 – Bow numbers and competitor kit

10.1 – All competitors will receive a kit including bow number and t-shirt
10.2 - Competitor kit can be retrieved on race day at the main room (top floor) of Infante facilities;

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10 – Medical service and rescue

10.1 – At Finish local: Ambulance and rescue boat;
10.2 – During course: Supporting motorboats;
10.3 – Emergency Medical Service: Hospital Geral de Santo António – Porto;

11 - 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 20€
12.3 – Lodging reservations to be made by email: geral@cninfante.pt

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

Contacts: Arnaldo Azevedo (coordination): +351 919843284
Manuel Castro: +351 962149301

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