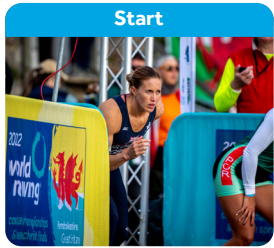




Our World of Beach Sprints

Our World Beach Sprint Race



Start



RUN



JUMP



ROW



ROW



TURN



SLALOM



BEACH



RUN



DIVE



End

Our Beach Sprint Boats

BOAT CLASSES

SOLO (C1X)



Beach sprint events:
CW1x, CM1x

DOUBLE SCULLS (C2X)



Beach sprint events:
CMix2x

COXED QUADRUPLE SCULLS (C4X+)



Beach sprint events:
CMix4x+



Race time:
around 2 to 4
minutes



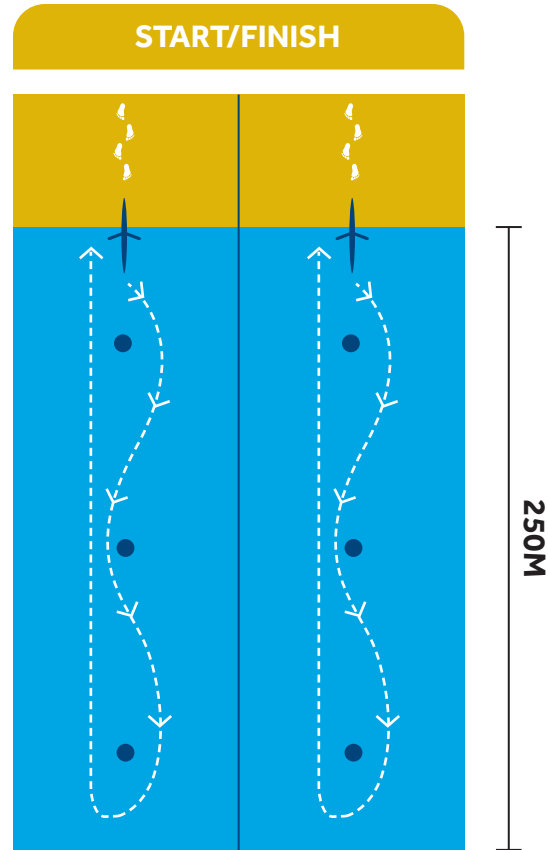
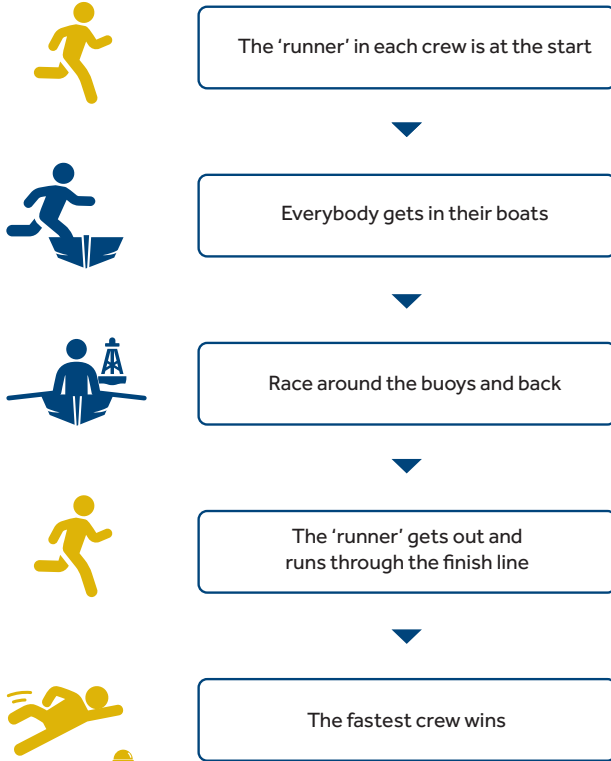
Race length :
600m (500m of
rowing and 100m
of sprinting)



Time Penalty:
if you do not slalom
on the correct side
of the buoys



Our Race Plan



Our Story

“ *Beach Sprints, it's extreme and it's unpredictable - which is why I think it's such an engaging and exciting form for the sport.* ”

Olympic Champion and World Rowing Beach Sprint silver medallist, Helen Glover

Beach Sprints developed from the emergence of beach games competitions and the desire for an exciting short, fast Coastal Rowing discipline. It first appeared in 2015 at the Mediterranean Beach Games in Italy. It then became the newest event to join the family of World Rowing disciplines.

The World Rowing Beach Sprint Finals were first raced in 2019 in Shenzhen, China. They were held in 2021 in Oeiras, and then in 2022 in Pembrokeshire, Great Britain.

As well as Beach Sprints there's Coastal Rowing – the endurance version with racing over 6 – 8 km – with racing on the sea or lake and goes back a lot further in years. World Rowing Coastal Championships were held in 2006 and now the Beach Sprint Finals are usually held on the back end of the coastal championships with some athletes competing in both.

Both disciplines use Coastal Rowing boats. They're wider than Classic Rowing boats with the stern flat to let the water flow out of the boat: the unpredictability of beach sprint racing, with athletes having to compete with waves and tides, makes it very different to classic rowing.



Our Event Calendar

La-Seyne-sur-Mer, FRANCE

2023 European Rowing Coastal & Beach Sprint Championships,
1 – 3 September

Barletta, ITALY

2023 World Rowing Beach Sprint Finals,
30 September – 8 October

Genoa, ITALY

2024 World Rowing Beach Sprint Finals

Heraklion, GREECE

2023 Mediterranean Beach Games,
9 – 16 September

Bali, INDONESIA

2023 World Beach Games,
5 – 12 August

Victoria, AUSTRALIA

2026 Commonwealth Games,
17 – 19 March

Dakar, SENEGAL

2026 Youth Olympic Games,
November

