University Development Day Coastal Rowing





The Basics – Coastal Rowing Formats

Endurance

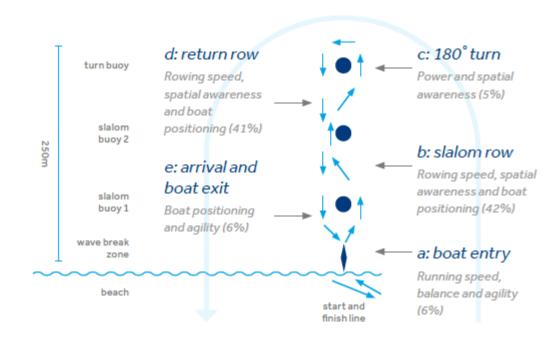
- 4-6k triangular course, mass start, takes place offshore
- Domestic events (primarily SW based), British Rowing Coastal Championships,
 World Coastal Championships (club crews)
- 1x, 2x, 4x single sex and mixed events



The Basics – Coastal Rowing Formats

Beach Sprints

- 2 lane course, 2x250m+sprint
- 1x, Mix2x, Mix4x
- British Rowing Beach Sprints
 Championships, World and
 European Championships
 (international crews), World Beach
 Games
- Proposed for Inclusion in Olympics from 2028, plus Commonwealths from 2026



University Case Study – St Andrews





How can we develop Beach Sprints within Universities?

- Have people tried Beach Sprints?
- Have people thought about trying?
- Are there local facilities that might work for Beach Sprints?
- If there were opportunities to compete in a national universities competition – would there be interest?

