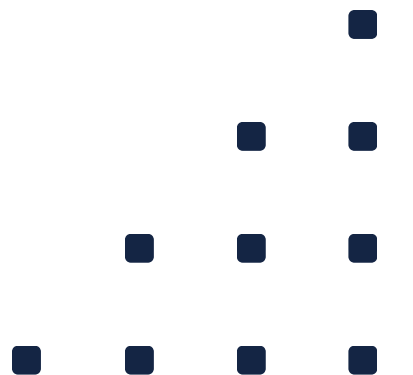




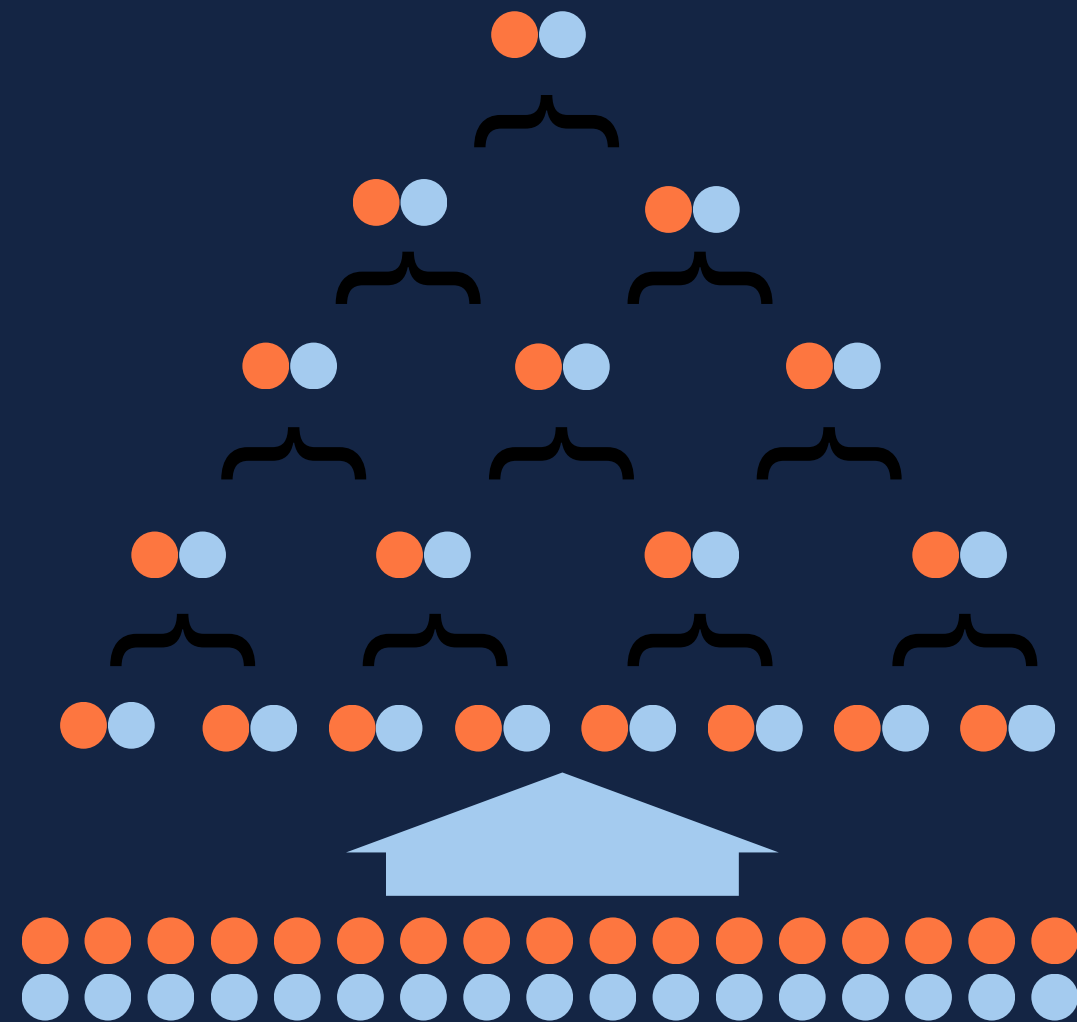
# BEACH SPRINT LEMAN GUIDE

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2024



# THE COMPETITION



THE COMPETITION BEGINS WITH A TIME TRIAL. EACH BOAT TAKES TURNS SETTING OFF ALONG THE COURSE IN AN ATTEMPT TO ACHIEVE THE BEST POSSIBLE TIME. THE TOP 16 BOATS IN EACH CATEGORY QUALIFY FOR THE REST OF THE COMPETITION, WHILE THE OTHERS ARE ELIMINATED.

AFTER THE TIME TRIAL PHASE, THE COMPETITION TAKES THE FORM OF A 1V1 DUEL. THE WINNER ADVANCES TO THE NEXT ROUND, THE LOSER IS ELIMINATED (EXCEPT IN THE SEMI-FINALS, WHERE THE LOSERS QUALIFY FOR THE SMALL FINAL).



# THE TIMING SYSTEM

## Time trial

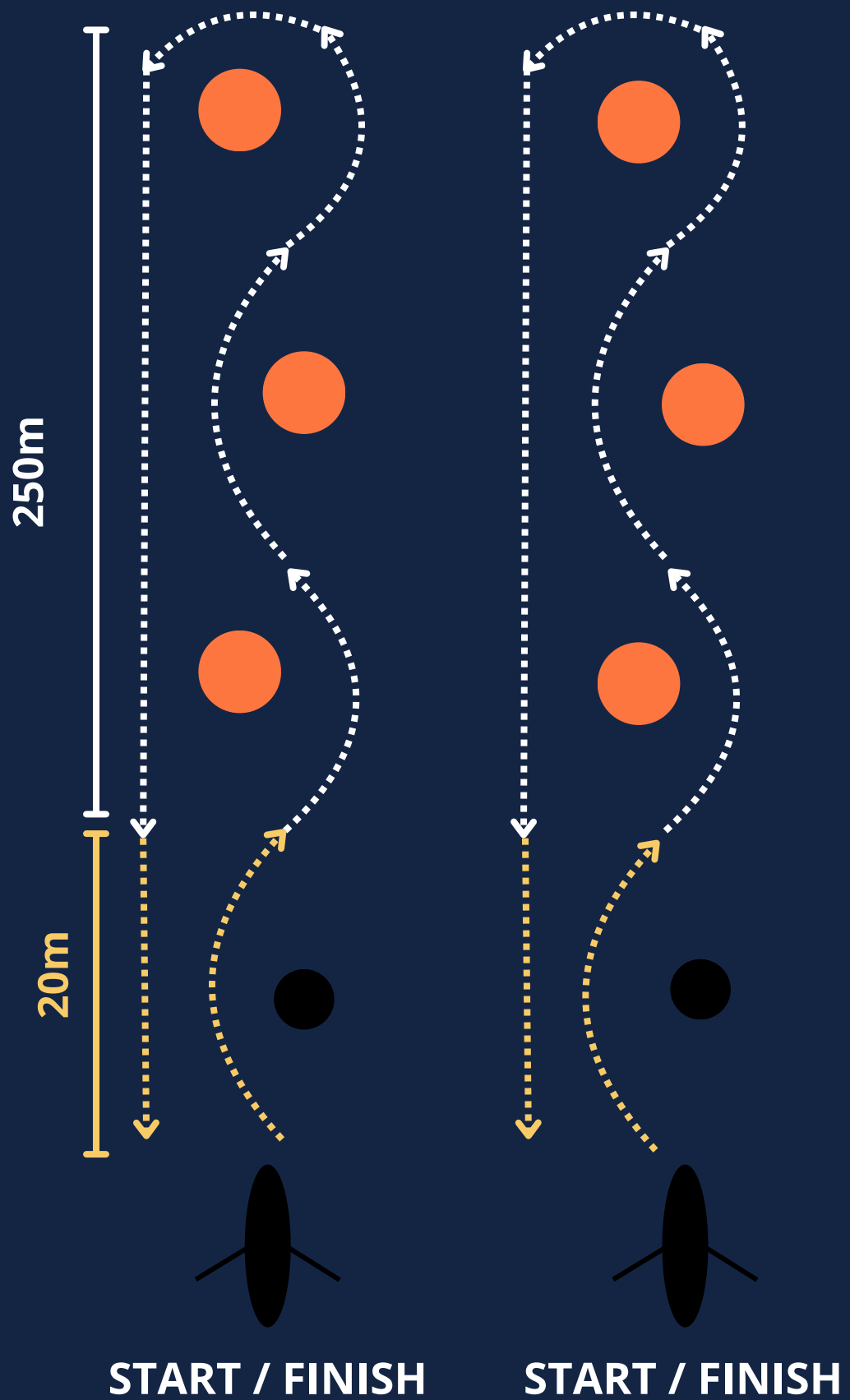
FOR THE TIME TRIAL, ALL ROWERS ARE EQUIPPED WITH A FOOT CHIP. THE TIMER STARTS WHEN THE REFEREE GIVES THE START AND STOPS WHEN A ROWER OF THE BOAT CROSSES THE FINISH LINE.



## Duel

FOR THE DUEL PHASE, THE TIMER STARTS WHEN THE REFEREE GIVES THE START AND STOPS WHEN A MEMBER OF THE CREW PRESSES THE FINISH BUZZER.





# THE COURSE

## DUEL

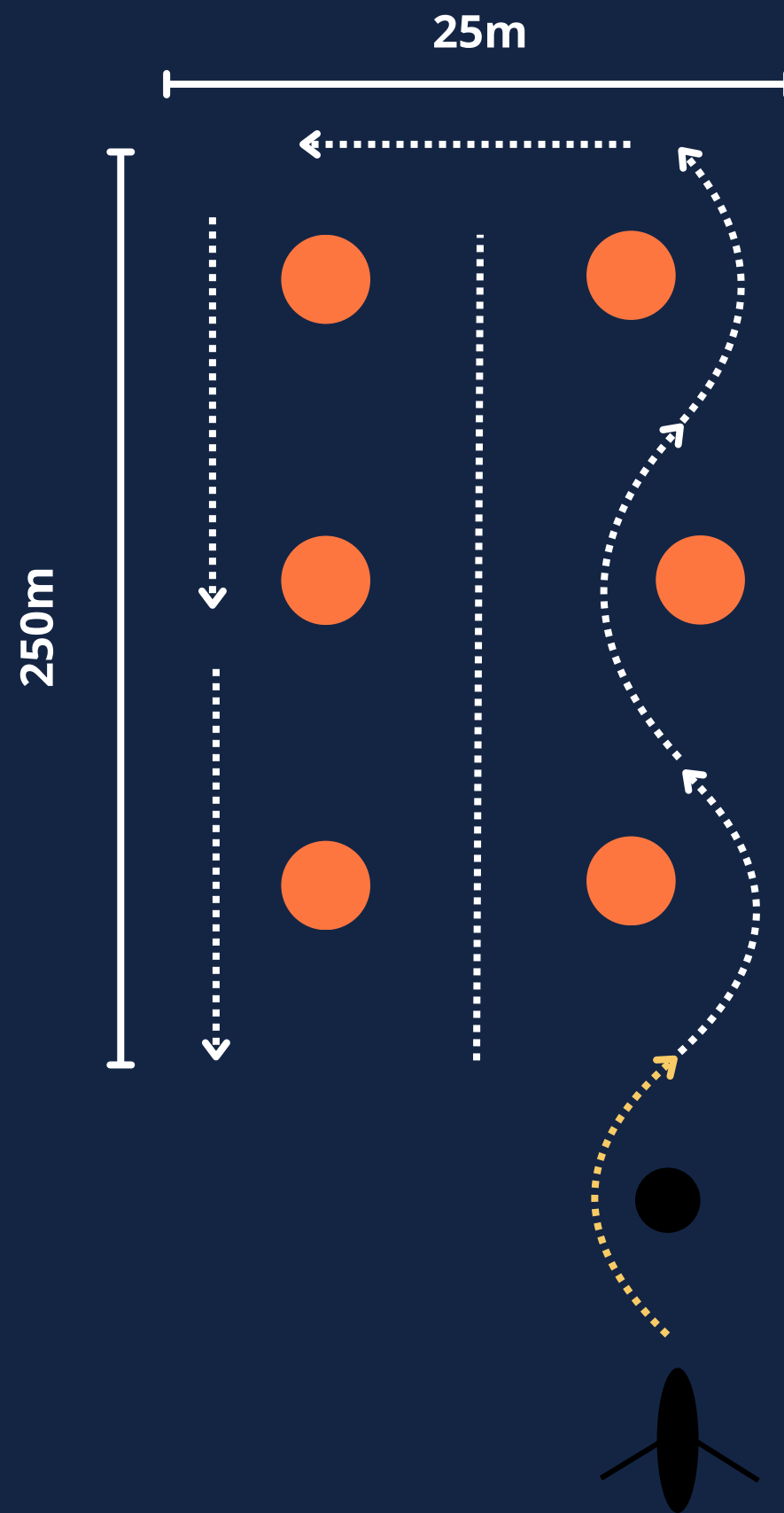
AT THE REFEREE'S SIGNAL, THE TWO ROWERS SET OFF OVER THE COURSE. THEY START BY RUNNING A SLALOM ON THE BEACH, THEN GET INTO THEIR BOATS. ONCE IN THEIR BOAT, THEY SLALOM AROUND THREE BUOYS, PASSING TO THE RIGHT OF THE FIRST BUOY. ONCE AT THE THIRD BUOY, THEY TURN AROUND AND HEAD BACK IN A STRAIGHT LINE TOWARDS THE BEACH. AS SOON AS THEY REACH THE BEACH, THE ROWERS GET OUT OF THEIR BOAT AND SPRINT TO THE FINISH LINE.



# THE COURSE

## TIME TRIAL

WHEN THE REFEREE GIVES THE SIGNAL, THE ROWER SETS OFF ALONG THE COURSE. FIRST HE RUNS A SLALOM ALONG THE BEACH AND THEN GETS INTO HIS BOAT. THEN HE DOES A SLALOM AROUND THREE BUOYS, PASSING TO THE RIGHT OF THE FIRST. AT THE THIRD BUOY, THE ROWER MOVES PARALLEL TO THE BEACH TO THE SECOND LINE OF BUOYS. THE ATHLETE THEN RETURNS TO THE BEACH, PASSING TO THE LEFT OF THE THREE BUOYS. ONCE AT THE BEACH, THE ROWER GETS OUT OF THE BOAT AND SPRINTS TO THE FINISH LINE.



# HOW DOES IT WORK ?



## RECOGNISE THE COURSE AND TEST THE EQUIPMENT

TESTING THE EQUIPMENT AND THE COURSE THE DAY BEFORE WILL HELP YOU TO FIND YOUR MARKS, AS IT IS NOT POSSIBLE TO TEST THE BOAT BEFORE THE RACE ON THE DAY OF THE REGATTA.

## WARM-UP

THE WARM-UP WILL TAKE PLACE ON THE GROUND. ERGOMETERS AND A RUNNING AREA ARE AVAILABLE.

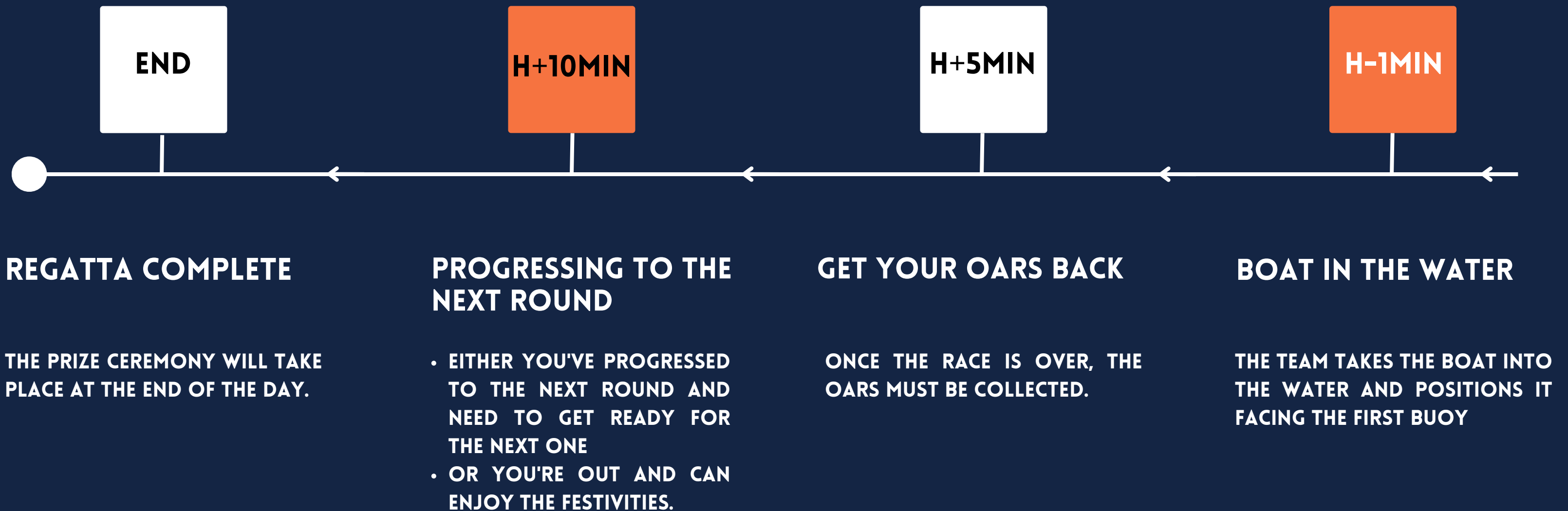
## PREPARE THE BOAT

5 MINUTES BEFORE THE START OF THE RACE, YOU MUST GO TO YOUR BOAT TO SET THE OARS AND ADJUST THE FOOT BLOCK.

## GO TO THE START

GO TO THE START 3 MINUTES PRIOR TO THE RACE TO TAKE YOUR PLACE UNDER THE STARTING ARCH.

# HOW DOES IT WORK ?





# USEFUL TIPS

## GET OUT IN DOUBLE

IN A DOUBLE, WE RECOMMEND THAT THE ROWER IN THE STROKESEAT STARTS UNDER THE ARCH AND THE ROWER IN THE BOWSEAT GOES DOWN AND SPRINT TO BUZZER.



## GET IN THE DOUBLE

IN THE DOUBLE, THE ROWER WHO DOES NOT START UNDER THE ARCH WAITS BESIDE THE BOAT, NOT INSIDE IT.



## BRING YOUR BOAT HOLDERS

BRINGING YOUR SUPPORT TEAM MEANS YOU CAN BE MORE COORDINATED WHEN BOARDING AND GETTING OFF. TEAM MEMBERS CAN ALSO GIVE DIRECTIONS TO HELP GUIDE THE ROWERS.

