



BEACH SPRINTS

PRESENTED BY WEST END ROWING CLUB

A photograph of two rowers in a double scull on the water. The rowers are wearing red and white athletic gear. The water is splashing around the boat, and the background shows a green, hilly coastline with some buildings.

NORTH ISLAND BEACH SPRINT CHAMPS APRIL 13-14TH 2024 TAKAPUNA BEACH

IN ASSOCIATION WITH

Swift Racing

ROWING 
NEW ZEALAND



BS BEACH SPRINTS

COASTAL ROWING

North Island Beach Sprint Champs Takapuna Beach April 13 – 14th 2024

The first North Island Coastal Rowing Beach Sprints Championship is coming to Takapuna Beach, Auckland on the weekend of 13/14th April 2024.

This is the ideal lead in event to the NZ Beach Sprints Championship event in May at Titahi Bay, Wellington in May.

On Saturday morning there will be time trial races to select crews for the semi-finals in the afternoon and then the finals will be Sunday morning.

There will be entertainment and beach games on the day to participate and have some FUN.

All boats and equipment are provided! all you need to do to participate. Get your crew mates together.

All you need to do is commit to race day! Entries are limited and close on the 3rd April.

Event Categories

Senior Grade

- Mixed Quad
- Men's Double
- Women's Double

Club Grade

- Mixed Quad
- Men's Double
- Women's Double

U19

- Mixed Quad
- Men's Double
- Women's Double

Masters

- C/D Age Group
 - Mixed Quad
 - Mixed Double
- E/F Age Group
 - Mixed Quad
 - Mixed Double

Entry Cost

The entry cost per person is \$75. This allows you to enter both a doubles crew and quad crew (rower or as a coxswain).

Boats/Sculls

We will be providing Swift Coastal Rowing Doubles and Swift Coastal Rowing Coxed Quads for use by competitors. Sculls will be provided by West End Rowing Club.

Cost of the boat/sculls use is included in your entry fee.

Racing and Race Course

Coastal Sprints run with two boats on parallel courses off the beach. The race starts with a runner from each crew standing on the start line, while the rest of the crew are next to the boat. The race is a slalom course out around three big yellow buoys with the turnaround buoy 250 mtrs out, and then the crews race straight back to the beach.

A key component of Beach Sprints are each crews boat holders, these two people help hold the boat for the race crew to get into and are able to help start the crew by pushing the boat off. For the doubles one of these boat holders can then help the crew racing to navigate the course by singling with their arms The crews boat holders then a the crews return to the beach by stopping the bat at the ideal time for the crew member to exit and sprint up the beach.

Each crew should provide their 2 boat holders though there will be ones provided on the day if you don't have your own.

One person (usually bow-seat, but not necessarily), sprints up to the finish line, and pushes the big red button on their side of the finish line, which stops the clock for that lane. (Each lane has it's own clock and own red STOP button.

FOR MORE INFORMATION AND TO ENTER, GO TO WWW.WERC.CO.NZ/BEACHSPRINTS

