



# SCOTTISH ROWING BEACH SPRINT CHAMPIONSHIPS 2024

(Part of the Four Nations Beach Sprint Series)

*Supported by Swift Racing Boats, the University of St Andrews and Fife Sports and Leisure Trust*



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## EVENT OVERVIEW

The inaugural Scottish Rowing Beach Sprint Championships will take place on **Saturday 18<sup>th</sup> May** at East Sands, St Andrews.

This will be an 'Open Championships' with entries accepted from both Scottish Rowing members and other visiting competitors (i.e. British Rowing members, etc).

Championship racing will be offered in the following categories:

Category	Sub-Category	Men 1x (CM1x)	Women 1x (CW1x)	Mixed 2x (CMix2x)	Mixed 4x+ (CMix4x+)
Junior	J18	X	X	X	X
	J16	X	X	X	X
Senior	Senior	X	X	X	X
	U23	X	X	X	X
Masters (40+)	-			X	X

The Scottish Rowing Beach Sprint Championships is one of the qualifying events as part of the new [Four Nations Beach Sprint Championship](#), where there is the opportunity for competitors in selected Solo (1x) categories\* to compete for points towards the Four Nations Beach Sprint Championship trophies and the opportunity to win the 'Grand Slam'.

\* *eligible categories (CM1x, CW1x, CJM1x, CJW1x)*

## FORMAT AND SCHEDULE

Racing will take place across two full [Beach Sprint courses](#), using a combination of processional time trial and two-lane side-by-side racing. All races will start and finish with a sprint on the beach of up to 50m.

A provisional running order is shown below for information however please note that the final race schedule will not be published until after entries have closed.

Running Order
Registration Opens @ 0700
<b>There will also be the option to register on Friday evening</b>
Time Trial Processional Races   CM1x, CW1x, CJM1x, CJW1x
Knockout Side-By-Side Races – QF/SF/FB/FA   CM1x, CJM1x, CW1x, CJW1x
Prize Giving   CM1x, CW1x, CJM1x, CJW1x
Time Trial Processional Races   CMix2x, CJMix2x, CMasMix2x
Knockout Side-By-Side Races – QF/SF/FB/FA   CMix2x, CJMix2x, CMasMix2x
Prize Giving   CMix2x, CJMix2x, CMasMix2x
Time Trial Processional Races   CMix4x+, CJMix4x+, CMasMix4x+
Knockout Side-By-Side Races – QF/SF/FB/FA   CMix4x+, CJMix4x+, CMasMix4x+
Prize Giving   CMix4x+, CJMix4x+, CMasMix4x+

Following the processional time trial races, the 8 quickest crews in each category will progress through to the knockout side-by-side races which will take the format quarter-final, semi-final, B-final and A-final. **Those outside of the top 8 will not compete in a side-by-side race.**

Rowers should therefore be prepared **in each event** to race in up to 4 separate races in quick succession within an approximate 2 hour window (the side-by-side races will involve a quick turnaround).

Any J16 / U23 competitors will compete within the corresponding Junior / Senior category and results will be extracted in order for prizes to be awarded. Sub-category prizes will be awarded based on the quickest time from the final round involving eligible crews.

The Championships will be run under the [British Rowing Rules of Racing](#) [Appendix F2 – Beach Sprints Competition Rules] and where any exceptions are made these will be published ahead of the event.

The prizegiving will take place at the end of each block of racing and medals will be awarded for all categories where a crew has beaten at least one other crew in its category. Where there are four or more entries in a category / sub-category then silver medals will be presented. Where there are eight or more entries in a category / sub-category then bronze medals will be presented.

The final schedule, number of races and format of racing will be dependent on the number of entries, weather conditions and other factors. This information will be circulated no later than one week prior to the Championships. The race organisers reserve the right to make any adjustments necessary to deliver a successful Championships.

The Beach Sprints format uses pool boats. Swift Racing Boats will be provided **however rowers should bring their own sculling oars**. A limited number of sets of sculling oars may be available to rent at a cost of £10 per pair. To enquire about oar hire please email [iain.docwra@scottish-rowing.org.uk](mailto:iain.docwra@scottish-rowing.org.uk)

## ELIGIBILITY

To compete at the Scottish Rowing Beach Sprint Championships you must be a Scottish Rowing member. Members of British Rowing / Rowing Ireland can [register for free with Scottish Rowing](#) to enable them to represent their home club. If you have any questions about this please email [beachsprints@scottish-rowing.org.uk](mailto:beachsprints@scottish-rowing.org.uk)

To be eligible to enter a Junior category, rowers must be born no earlier than 1 September 2005 and no later than 31 August 2009. **Juniors must be entered by a Parent/Carer who will be contacted directly to provide full entry information. Details of Parent/Chaperone/Coach will also be collected, this person must be present on the beach on the day of competition. All this information will be collected via email.** Rowers aged J14 and under are not eligible to enter this event.

To be eligible to enter an Under 23 category, rowers must be born no earlier than 1 January 2002.

To be eligible to enter a Masters Category rowers must be 40 years or over on the day of the Championships. This does not apply to coxes of CMasMix4x+. This approach recognises the different age profile of athletes in Beach Sprints competition and is consistent with the approach taken at the English Beach Sprint Regatta.

Whilst the Championships are open to both experienced coastal scullers and those new to the Beach Sprint format individuals who have not tried coastal sculling before should strongly consider taking part in a training session prior to the event. Opportunities to attend 'taster days' will be publicised on the Scottish Rowing website and / or clubs can contact [Jain Docwra](#), Scottish Rowing Beach Sprint Pathway Coach, to discuss other potential options. The race organisers would advise against any new or very inexperienced scullers entering (particularly in the solo events).

## ENTRY INFORMATION

All entries for the Scottish Rowing Beach Sprint Championships should be made via JustGo. Entries will open on Monday 18 March 2024.

**The deadline for entries is 10pm on Monday 6 May 2024.**

Entry fees are as follows (no charges for coxes):

Event	Price per seat
Senior (inc. U23)	£25
Masters	£22.50
Junior (inc. J16)	£20

### Refund Policy

Scratchings made before 9pm on Friday 3 May 2024 will be accepted and a full refund given. Scratchings after this time will receive no refund.

If the event is cancelled before 8pm on Thursday 9 May 2024, Scottish Rowing will endeavour to offer a partial refund once costs already expended on the event have been covered.

In the event of the Championships being cancelled for reasons beyond its control after the deadline of 8pm on Thursday 9 May 2024, no entry fees will be returned.

## CONTACT DETAILS

For any queries relating to the Scottish Rowing Beach Sprint Championships please email [beachsprints@scottish-rowing.org.uk](mailto:beachsprints@scottish-rowing.org.uk)