

# RowingCentreUK

*Swift Racing*

## Offshore/Coastal FISA Boat setup

### Sculling:

For middle to rough conditions (general rule - increase the span to reduce the stroke length as required):

Span 161cm

Inboard 89-90cm

Length of oars depends on men or women crew and fitness of the crew and total race distance but between 284cm for women to 289cm for very fit men.

For calm water to easy rowing conditions and little wind (general rule - aim to keep a long stroke to move the boat as much as possible per stroke):

Span 159cm

Inboard 88cm

Reduce the oars length by 2-3cm from a river/fine boat setup as there is more mass to move. E.g. If you were using 290cm (as in a fine racing quad like Olympic rowers) then 287-288cm would be good.

For Junior sculling we recommend:

Span 159-161cm

Inboard 89cm

Length of oars 285cm

You should then adjust depending on any following wind and fitness, depending on the race length, keeping the same span/inboard ratio.

### Sweep:

We recommend a span of 86cm (centre line of the boat to the pin), with the sweep oars set to a length of less than 370cm and an inboard of 116cm.

Happy Rowing!

## Rowing Centre (UK) Limited

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