AUG 3 4 5 **6** **7** **8** **9** **10** **11** **12** **13** 14 15 16 17 18 19 20 21

Rowing

Lagoa Stadium

Course: 2km long, six lanes

Start line

Lane width **13.5m**

Sweep Rowing: Single oar per rower *(6 events)*

Coxless pair *(men, women)*

Coxless Four, Lightweight Coxless Four *(men)*

Coxed Eight *(men, women)*

Cox

Sculls: Two oars per rower *(8 events)*

Quadruple *(men, women)*

Double, Lightweight Double *(men, women)*

Single *(men, women)*

N

500m

1,000m

1,500m

Rodrigo de Freitas Lagoon

Minimum water depth: **3.5m**

Finish line *(2,000m)*

London Olympics women's double sculls gold medallists ***Katherine Grainger*** *and* ***Anna Watkins*** *(GBR)*

Boat: Lightweight carbon fibre
Length: **8.2m-19.9m**
Weight: **14-96kg**

Oar: Held by U-shaped swivel

Sliding seats: Allow rowers to use leg power

Pacing

500m	1,000m – 1,500m	2,000m
22.5km/h	*16km/h*	*22.5km/h*
Up to 47 strokes per minute	***30+ strokes per minute***	***Up to 47 strokes per minute***

Sources: Rio 2016, Olympic.org Pictures: Associated Press, Getty Images

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