

Rowing

PARIS
2024

Vaires-sur-Marne Nautical Stadium

Event ■ Medal ■

ESSENTIALS

Races in two separate disciplines over distance of **2,000m**

Facing away from direction of travel

Wavelength increases with speed...

Low speed

High speed

...reaching a maximum when wavelength = length of boat

SCULLS

Two oars per rower

Single

Avg. length 8.2m

Min. weight 14kg

Olympic record (mins:secs)

06:40.45

Double

10.4m

06:08.38

Lightweight Double*

27kg

06:05.33

Quad

13.4m

52kg

05:32.03

SWEEP ROWING Single oar per rower

Coxless Pair

10.4m

27kg

06:08.50

Coxless Four

13.4m

50kg

05:42.76

Coxed Eights

19.9m

96kg

05:19.85

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