

Swift Racing



BEACH SPRINT
CHAMPIONSHIPS

2025 Instructions for Competitors

Version 2.0, 27 August 2025

Change of Venue

Welcome!

In preparation for the 2025 British Rowing Beach Sprint Championships, we expect all participants and officials to have read the following information before arriving. We want you to be equipped to enjoy the racing and to cope with all weather conditions.

Thank you, Swift Racing!

We are very grateful to Swift Racing for their enormous support in this competition, particularly providing boats for you to race in. Without their support, this competition simply wouldn't be possible!



I. General Information

It is by kind permission of the National Trust that the event is to be hosted at Knoll Beach, Studland (BH19 3AH), home of the GB Beach Sprint Performance Development Academy.

Please familiarise yourself with the general information about the area [here](#).

PLEASE DO NOT FORGET TO BRING YOUR OWN BLADES OR ARRANGE TO LOAN SOME!

OTHER ITEMS TO BRING:

- Sun cream and after sun cream;
- Clothing appropriate for the conditions;
- Water Bottle;
- Bootees or water shoes to wear in the water as the sand may have pebbles etc;
- Additional clothing towels, etc. in a dry bag;
- A pop-up tent if you wish

DRINKING WATER

The event is aiming to be as environmentally friendly as possible so please remember to bring your own water bottle. There are water refill points available at Knoll Beach.

TRAVEL

Please consider your carbon footprint when travelling to the event and travel by public transport or car share if at all possible. Studland Beach has good transport links via Poole and Bournemouth, which has very good rail, coach and air links. You can take the 50 bus from Bournemouth/Poole and Swanage.

The closest car park to the event site is Knoll Beach Car Park. The organisers have arranged early access, and the gate will be open by **07:30** for those involved in the event. The car park is Pay & Display (although free to National Trust members).

A [chain ferry](#) links Sandbanks in Poole with Studland Bay, carrying vehicles, bikes and foot passengers. Ferry service runs every 20 minutes from 07:00. There is a charge each way.

CATERING

We will not be providing any catering facilities further to those already in the area. There is a cafe open from 09:30 at Knoll Beach, serving hot and cold drinks, snacks and ice cream.

TOILETS

There are public toilets available at Knoll Beach.

2. Timetable

- A provisional race timetable is published on the website which includes progressions. This programme is subject to change **before** and **during** the competition.
- The confirmed Start list will be published after registration closes.
- The **organising committee reserves the right to amend the timetable subject to conditions on the day**. The decision of the race committee chair is final.
- Please make sure that you have joined the Competitors' WhatsApp group to keep up to date with any event information.

OUTLINE TIMETABLE

	Saturday 30th	Sunday 31st
Car Park Opens	By 07:30	By 07:30
Registration Opens	08:00	08:00
Registration Closes	08:10	08:10
Mandatory Briefing	08:15	08:15
Time trials begin	08:30	08:30
Time trials end (approx.)	11:15	11:05
Knockouts begin	11:30	11:20
Knockouts end (approx.)	17:00	16:30
Mixed Challenge 4x+	17:25	17:00
Presentations (approx.)	18:15	17:30

REGISTRATION

Crews must register each day to confirm their entry. Registration will be on the beach near the start/finish line.

COMPETITOR BRIEFING

All competitors **must** attend the briefing which will be held on the beach. See the timetable for briefing time. The briefing will start promptly so that racing can begin on time.

All crews are expected to help move boats at the start and end of the day.

3. SUMMARY OF RACING FORMAT

Racing is held under the [British Rowing Rules of Racing](#) and should be read in conjunction with the summary notes below.

RACE COURSE: PROCESSIONAL TIME TRIAL

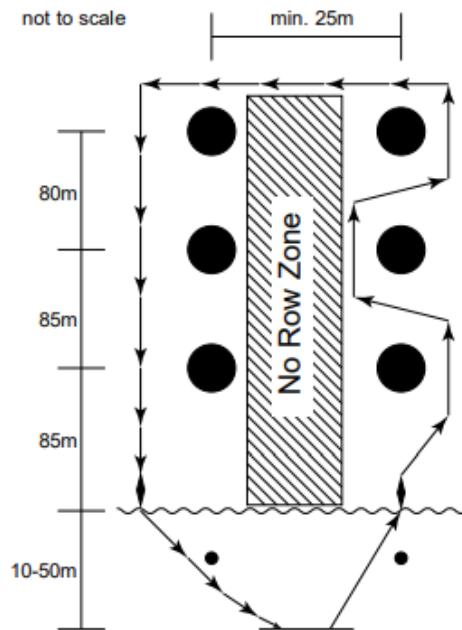


Figure 2 (Processional Time Trial)

Lane 1 (left) / Lane 2 (right)

- The runner/crew member will run from the start line to the boat on the water in lane 2. The crew will slalom out to the turning buoy, turn 90 degrees and row to beyond the lane 1 turning buoy and turn 90 degrees. The crew will then row straight back to shore in lane 1, keeping outside the slalom buoys. Once on the beach, the crew will run around the lane flag in lane 1 and up the beach to the finish line.
- Reminder: Boat Handlers must be ready to receive the boat/crew when they return to the beach.

Boat Preparation (Processional Time Trials)

- Racing crews should report to the umpire at the Start Pen to be allocated their boat before the race starts. Once racing has started, crews should be ready in the Start Pen to go to their boat and prepare it for their race. The crew and their boat handlers will have approx. 3-4 mins to prepare their boat and then move it to lane 2 for the start of their race.

- You are not permitted to change the rigging of the boat – only the foot stretcher may be moved. Spans will be set at 158cm. When changing seats, you should return equipment to the Swift 'Clean Kit' box and not discard it on the sand.
- One minute before their Race Time the crews will be under the Starter's orders and take their boat to the water. Any crew delaying without good reason will risk the Starter starting without them. The Runner must be on the Start Line.

RACE COURSE: REPS, QUARTER FINALS, SEMI FINALS and FINALS

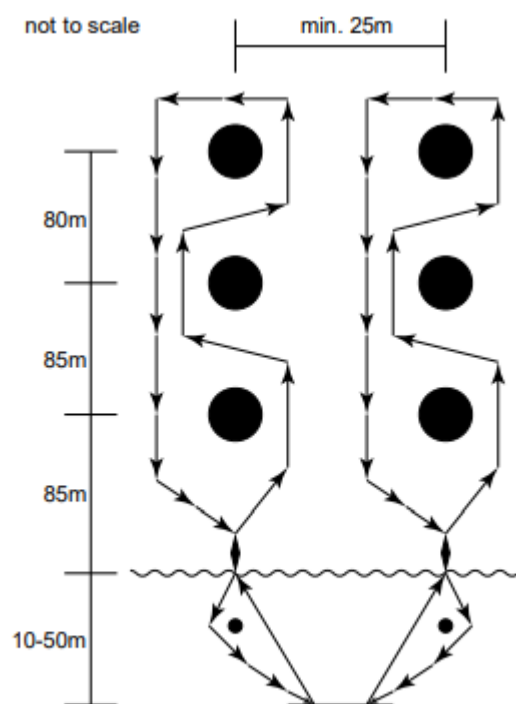


Figure 1 (Side-by-Side)

Lane 1 (left) / Lane 2 (right)

- The race starts with a sprint on the beach of between 10m and 50 m for the rower or one of the rowers. There shall be up to two boat handlers per crew. The competitor then enters the boat and the boat slaloms around three buoys over a 250m course, and, for this event, will row straight back to the beach before one of the rowers exits the boat and runs to the finish line via the outside of the run flag.



LANE SELECTIONS

- Crew lane selection will be in operation during the knock-out stages. Crews will select their preferred lane once before the first knock-out race of their event.
- A crew's selection of preferred lane for their first knock-out stage will apply to the subsequent rounds.
- The crew with the faster time in its previous round shall be the priority crew. If both crews have the same time in the previous round, a random draw will be conducted to determine the priority crew.
- Where there is a second time trial (TT2), crews progressing directly from TT1 will be ranked 1 to 4, and the crew progressing from TT2 will be ranked 5 to 8.
- A representative of each crew must declare their lane selection to the Lane Selection Official (positioned beside the Registration/Volunteer Tent) no later than 10 mins before the first knock-out race in their event.

BOAT HANDLERS

In addition to Section 15-8 of the British Rowing Rules of Racing:

- When the boat returns to the beach the boat handlers are responsible for the quick removal of the boat from the water and should not run up the beach with the crew member.

4. General Notices

ON THE WATER

- All crews are required to follow the International Rules for Prevention of collision at sea and the local marine traffic regulations.
- Be aware that there might also be other water users (paddle-boarders, kayaks, jet skis etc.) as well as stationary navigational buoys.
- Any official can stop racing if conditions deteriorate such that they become unsafe. Individual crews can be returned to the shore if they appear not to be able to cope with the conditions.

ON THE LAND

- Take care handling boats on land to avoid contact with other crews, spectators, etc. Marshals will alert spectators that move too close to potential areas of risk.



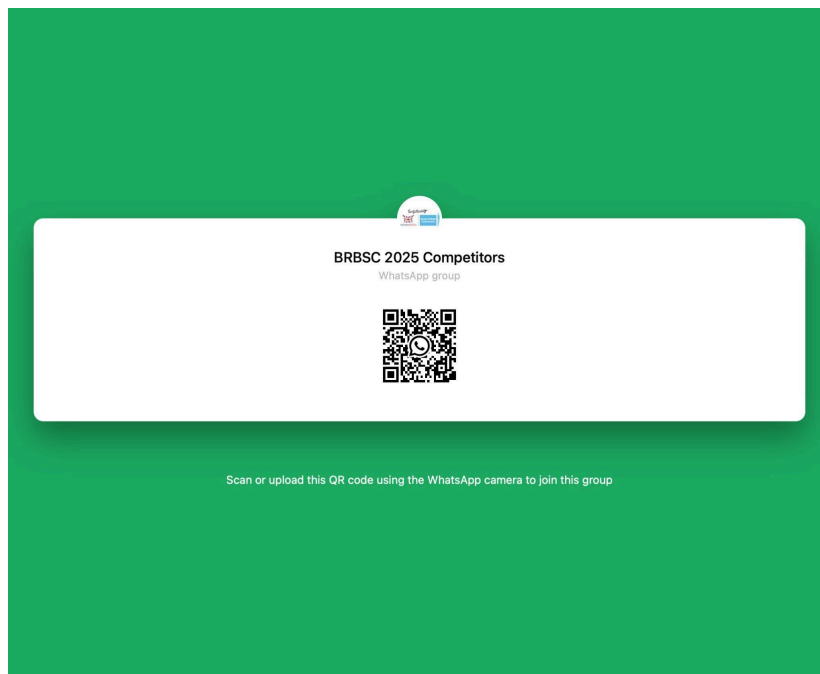
- Participants and officials who have a medical condition should take appropriate prophylactic medicine (e.g. asthma rescue inhaler) and carry it at all times.
- Protect yourself against high or low temperatures as applicable (use sunscreen, wear appropriate clothes, etc.).
- In the event of lightning or severe weather, the course and event infrastructure will be evacuated. You may need to find shelter ashore or in your vehicle.
- Medical provision will be located next to the Event Village.

5. Results

- Live results will be published via the [British Rowing website](#) as soon as possible after the end of each race with full results available at the end of each day.
- Printed copies of results will not be produced.

6. Official Communications During the Event

There will be a Competitors' WhatsApp Group for important updates during the Regatta which can be accessed via [this link](#) or the QR code below.



7. Official Merchandise

Official British Rowing Beach Sprint Championships and British Rowing Merchandise will be available in the Event Village.

8. Welfare and Safeguarding

The British Rowing Safeguarding Policy can be found [here](#).

Any safeguarding concerns should be reported to the Event Welfare Officer (Sarah Harris: 07856 908539 / sarah.harris@britishrowing.org) who can also be contacted via race control.

9. Photography and Media

- AllMarkOne is the official photographer of the Championships. They will provide photographs of racing crews and medal ceremonies via their website.
- Their photographs and videos (including live streaming) may be used on the website and social media sites of the Regatta or by British Rowing. By entering the Regatta, competitors and those responsible for them consent to this.
- Competitors and those responsible for them should be aware that other, non-official photographers and videographers might operate at national sporting events and the subsequent photographs may be freely used in print, digital media or elsewhere, over which the OC has no control.
- Coaches and competitors agree that by entering crews they have made the crew members and their parents/guardians (where in loco parentis) aware of the above two paragraphs.
- An Official event Drone may be operational during racing and therefore other drones may be used by individuals associated with the event. Any club which is seen to be using drones for any purpose within the boundary of the venue risks disqualification of their crew being filmed or of all their crews at the Championships.

10. Clean Sport

- British Rowing is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Championships could be tested at any time, and by entering this competition it will be deemed that consent to be tested has been given.
- To understand more about anti-doping, the rules and your responsibilities, go to [Policies and Guidance - British Rowing](#) or email antidoping@britishrowing.org