



### **Race Format: *The Chase***

The Chase is a 6-minute knockout race where you compete not only against the competition but also against the pace boat.

How it works

- Each category pace boat starts with a set starting pace (see table below).
- Every 20 seconds, the pace decreases, making the race progressively harder.
- Your goal is to stay ahead of the pace boat for the full 6 minutes.
- If the pace boat catches you, your race is over, and you are eliminated at that point.
- The winner is the crew that lasts the longest while staying ahead of the pace boat—or the crew that finishes the full 6 minutes with the most meters.

Event	Start Pace /500m
Open Pairs	01:58
Women Pairs	02:07
Open The Chase	02:00
Women The Chase	02:10
Masters 1 Open The Chase	02:02
Masters 2 Open The Chase	02:10
Masters 1 Women The Chase	02:20
Masters 2 Women The Chase	02:23
Junior 1 Open Boys The Chase	02:15
Junior 2 Open Boys The Chase	02:10
Junior 1 Women	02:25
Junior 2 Women	02:21
Adaptive Open	02:25
Adaptive Women	02:27