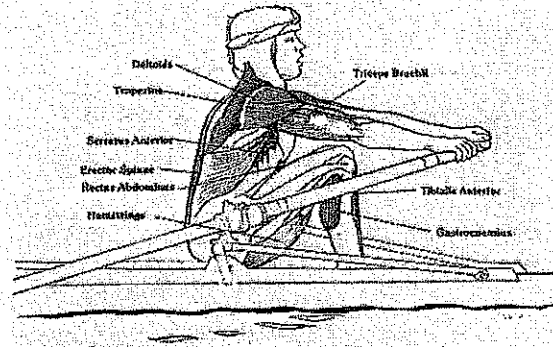


Technique

The rowing stroke consists of four phases: the catch, the drive, the finish, and the recovery. Your body position in each phase is outlined below.

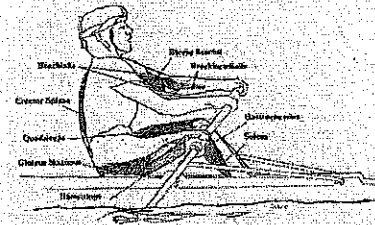
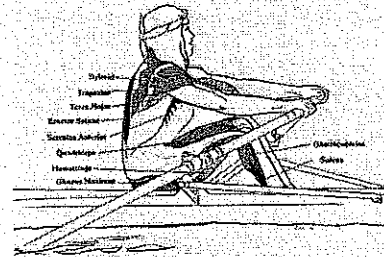
The Catch

- Extend arms straight toward the stern.
- Keep wrists flat.
- Lean your upper body slightly forward with back straight but not stiff.
- Slide forward on the seat until your shins are vertical (or as close to this as your flexibility will allow).



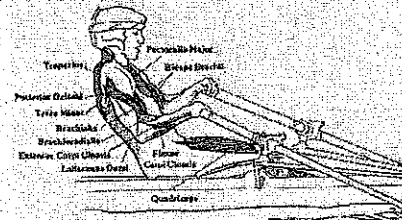
The Drive

- Begin the drive by pressing down your legs.
- Keep your arms straight and hold your back firm to transfer your leg power up to the handle.
- Gradually bend your arms and swing back with your upper body, prying against the legs until you reach a slight backward lean at the finish.



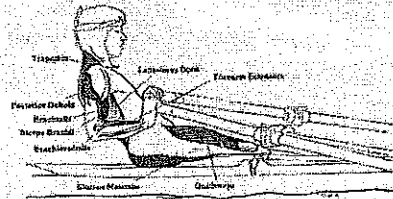
The Finish

- Pull handle all the way into your abdomen.
- Straighten your legs.
- Lean your upper body back slightly.



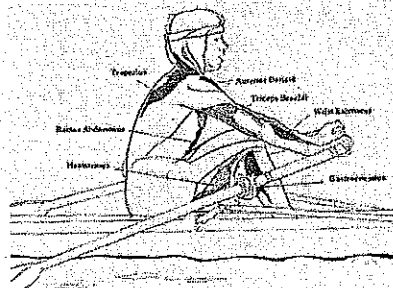
The Recovery

- Extend your arms toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend legs to slide forward on the seat.

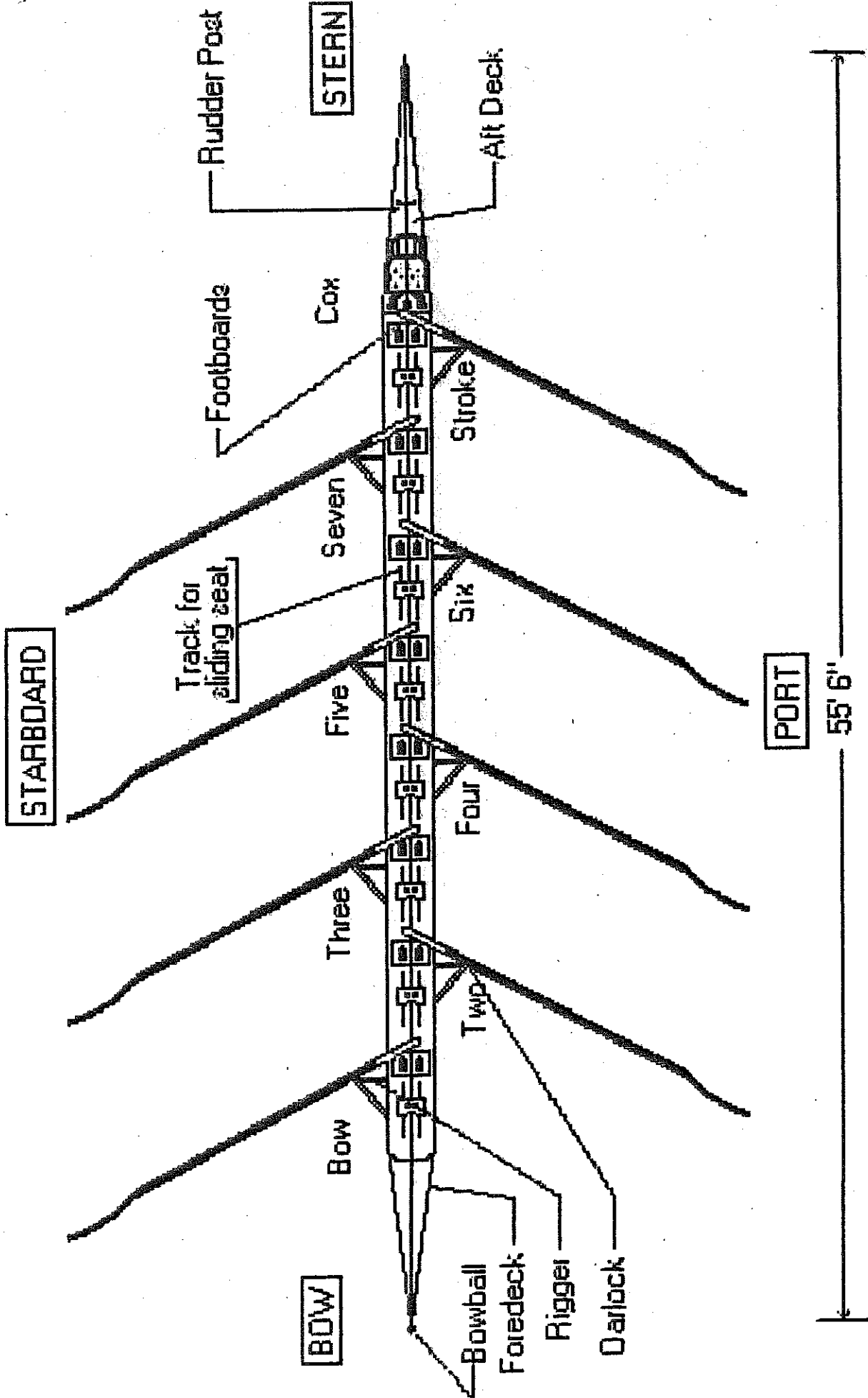


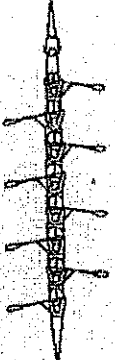
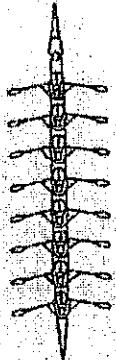
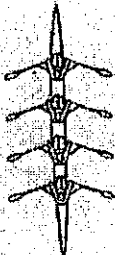
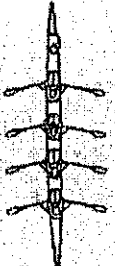
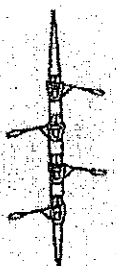

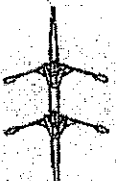
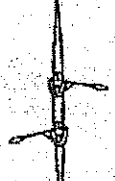

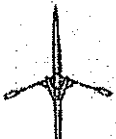
The Catch

- Draw your body forward until the shins are vertical.
- Upper body should be leaning forward at the hips.
- Arms should be fully extended.
- You are ready to take the next stroke.



RACING EIGHT



Boat classes	Names	Configurations	Dimensions	Minimum race mass
Eight oar with coxswain	Eight (8+)		Length: 16.8–17.6m Beam: 0.56m	96kg
Octuple scull with coxswain	Octuple (8x+)		Length: 17–17.6m Beam: 0.56m	100kg
Quadruple scull without coxswain	Quad (4x)		Length: 11.78–12.89m Beam: 0.43m	52kg
Quadruple scull with coxswain	Coxed Quad (4x+)		Length: 12.89–13.65m Beam: 0.43–0.46m	54kg
Four oar without coxswain	Coxless Four (4-)		Length: 11.78–12.89m Beam: 0.43–0.46m	50kg
Four oar with coxswain	Coxed Four (4+)		Length: 12.89–13.65m Beam: 0.46–0.47m	51kg
Double scull	Double (2x)		Length: 9.40–9.98m Beam: 0.33–0.35m	27kg
Pair oar without coxswain	Pair (2-)		Length: 9.40–9.98m Beam: 0.33–0.35m	27kg
Pair oar with coxswain	Coxed Pair (2+)		Length: 10.0m Beam: 0.37m	32kg
Single scull	Single or Skiff (1x)		Length: 7.78–8.33m, Beam: 0.27–0.29m	14kg

(abbreviations for boat names are given in brackets)

