



ROWING AUSTRALIA

BEACH SPRINT

2023/2024

Beach Sprint Rowing has made Olympic history with its inclusion alongside Classic Rowing at the Los Angeles 2028 Olympic Games

The inclusion of Coastal Rowing at Los Angeles 2028 Olympic Games (LA28), through the Beach Sprints format, is expected to be transformational for our sport in terms of global exposure, and in making an exciting form of rowing accessible to new populations, we believe Beach Sprint Rowing has the potential to enhance the Olympic program by embracing beach culture and our shared values of universality, gender-equality and sustainability, while delivering genuine innovation in sport, broadcast and fan entertainment.

Jean-Christophe Rolland OLY - World Rowing President



Beach Sprint Rowing combines traditional rowing skills with running, navigation, and power on a field of play where anything can happen.

Beach Sprint Rowing is an exciting, fast-rowing format of Rowing where your ability to adapt to an ever-changing landscape of competition will be tested alongside your physical abilities, and it's all over in a matter of minutes.

Beach sprint racing starts with a beach run to the boat, a slalom row, a turn, a sprint back to the beach and a run up the beach to the finish line. Races take around two to four minutes and are about 600m in length (500m of rowing and 100m of sprinting).

Coastal rowing boats are used for beach sprint racing. They're wider and more stable than classic rowing boats with the stern flat to let water flow out of the boat. The unpredictability of beach sprint racing, with athletes having to compete with waves and tides, makes it very different to classic rowing and requires a separate skill set to go with it.



World Rowing will propose Beach Sprint three medal events for LA28.

- 1 Men's solo (one athlete)**
- 2 Women's solo (one athlete)**
- 3 Mixed double sculls (two athletes)**

*Program will be finalised after the 2024 Olympic Games.



Rowing Australia appoints Beach Sprint Lead

Dual Olympic medalist and high-performance coach Laryssa Biesenthal OLY has been appointed the Rowing Australia beach Sprint Lead. Laryssa brings a wealth of experience to this role and looks forward to supporting athletes in the Beach Sprint journey.

“As a proud Olympian in traditional rowing and passionate member of the rowing community, I appreciate that change to our great sport won’t be all smooth water, yet I also feel a sense of real excitement that rowing will now be accessed and watched more widely in Australia and globally.

With Beach Sprints now being added to the program for LA28, there has never been a better chance to get in, learn fast and progress onto representing your country at the highest level. My advice for aspirational Beach Sprint rowers is to keep on training hard just as you would for classic rowing, Beach Sprint will not be an easy option to represent Australia.

Beach Sprint requires a combination of speed, power and anaerobic capabilities and with the knock out format of up to 4 races in under an hour, aerobic fitness will still play a role. In discussion with our RA physiologists and medal winning athletes and coaches there is evidence of the top athletes in the world competing successfully in both classic and beach events during the same season.

I look forward to meeting athletes at camps, regattas, and selection events and encourage you all to nominate by the December 1 deadline and take part in your state based try it days.

Laryssa Biesenthal OLY

Rowing Australia High-Performance Beach Sprint Program

1 December 2023

Close of Nominations

1-10 December 2024

50m Run, 500m Erg monitoring

1-10 April 2024

50m Run, 500m Erg monitoring

18-21 April 2024

National Beach Sprint Trials | SIRC and Narrabeen Beach

1-10 August 2024

50m Run, 500m Erg monitoring.

12-14 August 2024

National Beach Sprint Seat Confirmation

16-18 August 2024

Australian Coastal Rowing & Beach Sprint Championships

6-8 September 2024

World Rowing Beach Sprint Finals Genoa Italy

13-15 September 2024

World Rowing Coastal Championship Genoa Italy

2026 Youth Olympics in Dakar U19 CW1X, CM1X, CW2X ,CMixed2X

2026 Commonwealth Games (TBC) CW1X,CM1X,CMixed 2X

Rowing Australia Beach Sprint Rowing Selection Policy and Event Requirements

Athletes will be selected for the Beach Sprint as a part of the Australian Rowing Team following the process outlined in the RA Selection Policies

To view the Beach Sprint Rowing National Selection Policy. [Click here.](#)

To view the 2024 Beach Sprint Event Requirements. [Click here](#)

To nominate for the 2024 Australian Beach Sprint Team. [Click here](#)

Nominations close on December 1st

For any questions or further information please contact:

RA Beach Sprint Lead Laryssa Biesenthal OLY
laryssa.biesenthal@gmail.com

RA High Performance Operations Wayne Diplock OLY
wdiplock@rowingaustralia.com.au