Our World of
Beach Sprints

world
rowing

Our World Beach Sprint Race

Start

RUN ▶ **JUMP** ▶ **ROW** ▼

ROW ◀ ◀ **TURN** ◀ **WEAVE**

▼

BEACH ▶ **RUN** ▶ **DIVE** ▶ **End**

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Our Beach Sprint Boats

BOAT CLASSES

SOLO (C1X)

👤 1

Beach sprint events:
CM1x, CW1x, CJM1x,
CJW1x

DOUBLE SCULLS (C2X)

👤 2

Beach sprint events:
CMix2x, CJM2x, CJW2x,
CJMix2x, INMix2x

COXED QUADRUPLE SCULLS (C4X+)

👤 4

Beach sprint events:
CMix4x+

Race time:
around 2 to 4
minutes

Race length :
600m (500m of
rowing and 100m
of sprinting)

**Mixed gender
boats**

Beach Sprints – the Newest Olympic Discipline

> **Make coastal rowing an exciting and compelling discipline, not just for the participants, for spectators on the land.**

Matt Smith, former Executive Director.

Beach Sprints will debut at the LA Olympics and already countries are planning and developing athletes to compete in this newest Olympic discipline. This addition to the Olympic programme is the result of a vision, passion and hard work over many years.

> *"We had (at the first test event) as many spectators as the day before for some of the (coastal) championships finals. They all started to clap every rower over the line. That was the moment I realised we needed to bring the rowers to the spectators, they needed to be as close to the action as we could get them."*

– *Guin Batten, chair of World Rowing's "Rowing for All" Commission.*

Beach Sprints are designed to embrace the beach culture and attract a youthful element.

At the Olympics the competition will include three events, the men's and women's solos and the mixed double sculls for a total of 64 athletes – 32 men and 32 women athletes. This will be the first time Olympic rowing includes a mixed event.

> Beach Sprints was added to the Olympic schedule by the International Olympic Committee (IOC) in October 2023. This was just four years after World Rowing's first Beach Sprints Finals.

The speed to becoming an Olympic sport was boosted by the IOC Sport Department recognising what an exciting new addition it would be for the Games. Beach Sprints offered a low-cost event which included the shared values of universality, gender equality and sustainability.

At that time Beach Sprints was the only new discipline accepted for LA28 out of the 17 that applied.

The venue will be at the Belmont Shore Long Beach zone, not far from the venue for classic rowing at Long Beach. This is part of the Pacific Ocean and also the venue for open water swimming and sailing.

> *"Fast, fierce, and unpredictable - Beach Sprint Rowing is the new wave of Olympic rowing, and it's changing everything you thought you knew about the sport."*

– *Olympic Champion and Beach Sprint medallist, Emma Twigg.*

Our Race Plan

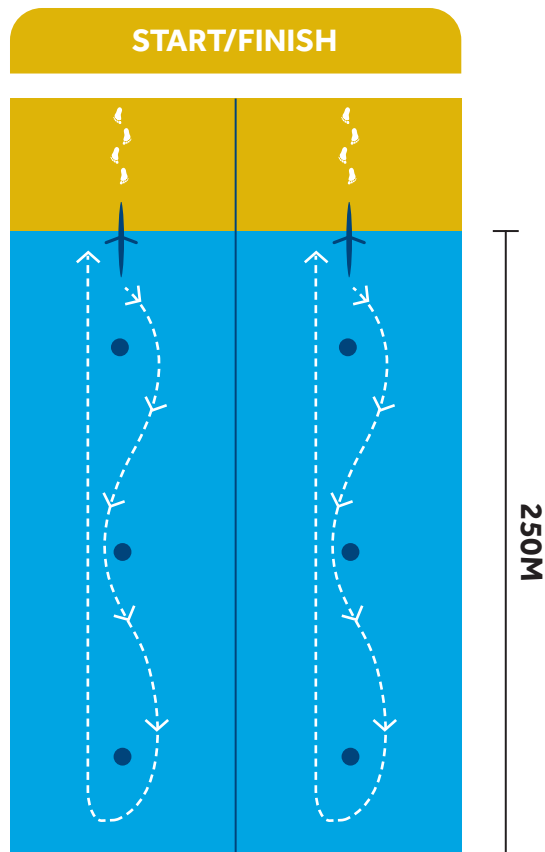The 'runner' in each crew is at the start

▼

Everybody gets in their boats

▼

Race around the buoys and back

▼

The 'runner' gets out and runs through the finish line

▼

The fastest crew wins

START/FINISH

250M

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Our Story

> **The best way I like to explain it is it's like the BMX of rowing. It's exciting, anything can happen.**

Jackie Kiddle, 2023 World Rowing Beach Sprint Champion.

Beach Sprints developed from the emergence of beach games competitions and the desire for an exciting short, fast Coastal Rowing discipline. It first appeared in 2015 at the Mediterranean Beach Games in Italy and soon after joined the family of World Rowing disciplines.

The World Rowing Beach Sprint Finals were first raced in 2019 in Shenzhen, China followed by Oeiras, Portugal, Pembrokeshire, Great Britain and Genoa, Italy. It will debut at the Youth Olympic Games in 2026 and the LA Olympic Games in 2028.

Prior to Beach Sprints there was Coastal Rowing – the endurance version with racing over 6 – 8 km – which goes back a lot further in years. World Rowing Coastal Championships were held in 2006 and now the Beach Sprint Finals are usually held on the back end of the coastal championships. Some athletes compete in both events.

The same Coastal Rowing boats are used in both disciplines. These boats are wider than Classic Rowing boats with the stern flat to let the water flow out of the boat.

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Our Event Calendar

Los Angeles, USA

Los Angeles 2028
Olympic Games
24–25 July, 2028

Brownes Beach, BARBADOS

2025 Commonwealth Rowing
Association Beach Sprint Championship
20–23 November, 2025

Dakar, SENEGAL

2026 Youth
Olympic Games
31 Oct–13 Nov, 2026

Antalya, TURKIYE

2025 World Rowing
Beach Sprint Finals
6–9 November, 2025

Qingdao, CHINA

2026 World Rowing
Beach Sprint Finals
15–18 October, 2026

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