



National Trials - Beach Rowing Sprint 2025

U19 and Elites

I – Rules

In this document you will find the plan for the Beach Rowing Sprint Trials 2025.

The national beach rowing sprint trials will allow the best Belgian rowers to be selected in mixed doubles U19 and seniors, solo men and women U19 and seniors for the Belgian Rowing Team.

These trials will take place on **21-22 June 2025** in **Hazewinkel** (Heindonksesteenweg, 2830 Willebroek).

As the Belgian Championships take place only in mixed doubles, the national trials will first take place on the erg in the first day and in the boat (solo) the second day for the following category : U19 men and women, senior men and women. **The technical-sporting commission reserves the right to test crews on Sunday after the Trials.**

The rowers selected following these tests will then be tested in several crews in Hazewinkel the following week and in Ostend two weeks later, the day before or the day after the Belgian championships.

Also, training-camps can be organized in Belgium or elsewhere as well as participation in foreign competitions to prepare for international events.

The Beach Rowing Sprint Trials are reserved only for rowers who are considering selection for the Belgian Beach Rowing Sprint Team : **THIS IS NOT A BELGIAN CHAMPIONSHIP.**

If selection : - VRL's rowers finance themselves - tbd

- LFA's rowers tbd (see with Paul Mosser : p.mosser@aviron.be)

Date of international and national events :

- Belgian Beach Sprint Trials : 21-22 June 2025
- Beach Sprint Races (TRT – Hazewinkel) : 29 June 2025
- Belgian Beach Sprint Championships : 5 July 2025

- European Beach Sprint Rowing Championships, Managvat (TUR), 9-12 October 2025

- Coupe de la Jeunesse Beach Rowing Sprint, La Linea (ESP), 31 October – 02 November 2025

- *World Beach Sprint Rowing Championships, Rio de Janeiro (BRA), 23-26 October 2025*

II – Progression system

1 – Day one : ergometer test

- 3 * 750m with a 100m run in total (50m run 1 and 50m run 2)
- 15min between round 1 and 2, 10min between round 2 and 3

Ex. Round 1

Rower	Heat	Run 1	750m	/500m	/spm	Watts	Drag	Run 2	TIME
Paul	9h15	8"00	2'17"1	1'31"4	35	458	130	6"90	2'32"00

Ex. Round 2

Rower	Heat	Run 1	750m	/500m	/spm	Watts	Drag	Run 2	TIME
Paul	9h30	8"00	2'17"0	1'31"3	35	459	130	6"60	2'33"90

Ex. Round

Rower	Heat	Run 1	750m	/500m	/spm	Watts	Drag	Run 2	TIME
Paul	9h40	6"60	2'15"80	1'30"5	38	472	130	7"30	2'31"40

2 – Day two : boat test

- 3* Beach Sprint race in solo
- 15min between round 1 and 2, 10min between round 2 and 3

Ex. Round 1

Rower	Heat	Run 1	Jump	Slalom	180°	Back	Run 2	Time
Paul	9h15	8"10	2"90	58"40	7"40	1'04"90	7"80	2'29"50

Ex. Round 2

Rower	Heat	Run 1	Jump	Slalom	180°	Back	Run 2	Time
Paul	9h30	7"90	3"40	1'00"90	7"80	1'03"90	8"60	2'32"50

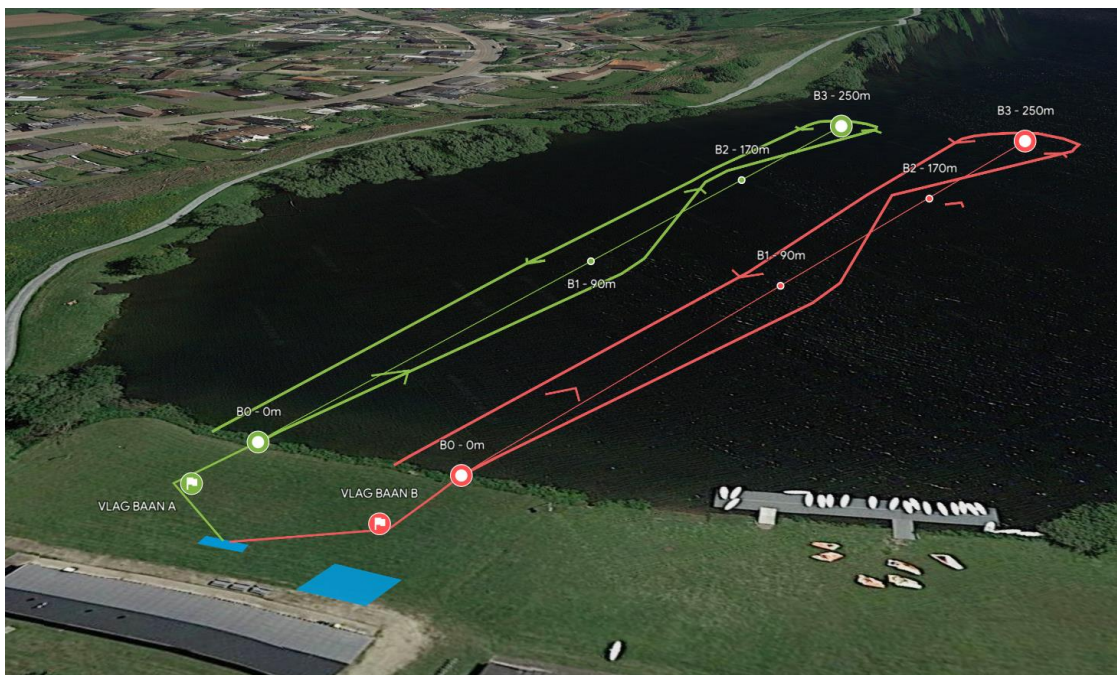
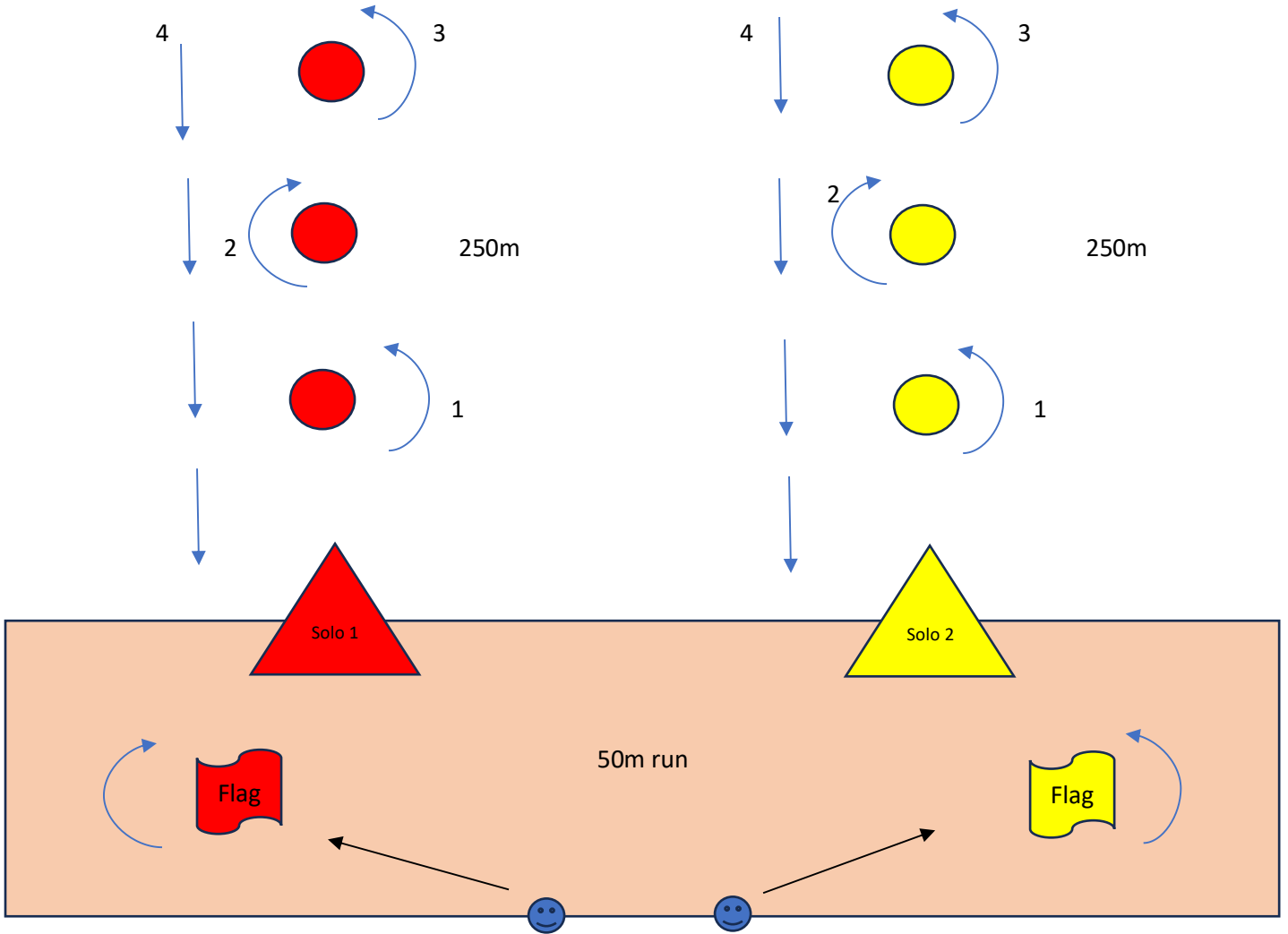
Ex. Round 3

Rower	Heat	Run 1	Jump	Slalom	180°	Back	Run 2	Time
Paul	9h40	8"50	2"80	1'03"10	8"40	1'05"10	8"00	2'35"90

A group with the best rowers with the best times will then be selected to be tested in different crews in Hazewinkel the following week and in Ostend two weeks later.

III – Possibles courses for day 2

A-) Slalom with equipment during races (official rules).



B-) Slalom with equipment during Time Trials (1 and 2)

