

2023 World Rowing Versa Challenge 1:

Beep



Description : 8 x 1150m / 950m with reducing rest

Competitors will row 8 rounds of 1150m (Men) or 950m (Women), each within a set block of time. Competitors will row the 1150m/950m as fast as possible, and the time remaining in their block after the distance has been completed will be their rest time until the next round commences. Blocks of time will start at 5:40, and get 20 seconds shorter each round, with the final round at 3:20.

If a competitor does not complete the 1150m/950m in the allotted block of time, they may still continue onto the next block.

Challenge Duration : 36 minutes **Men and Women will complete this challenge at the same time but will be ranked separately*

Scoring: Competitors will be ranked from fastest to slowest time overall to complete all prescribed metres. In other words, the time taken to complete all 8 rounds will be the score. Any time taken to row metres during rest periods (i.e. after the 1150m/950m) will not be considered. If a competitor does not complete the 1150m/950m in any given block(s) of time, they will be ranked after all of the competitors who completed the all of the 1150m/950m rounds in order of total metres rowed.

If a competitor does not complete the 1150m/950m in any given block(s) of time, they may continue to row the following round, however their overall ranking will consider only the total number of metres rowed (up to 1150m/950m in any given round).

Notes: While there will be an audible 'beep' at the start of each round, athletes should follow the countdown of each interval on the external monitor in front of them so as to know when the next round begins. Athletes may start rowing before the start of a round (except for before the start of the first round), however any metres rowed prior to the start of a subsequent round will not count towards the required 1150m/950m.