

International Rotterdam Beach Sprints 2025 Captains Manual

DRAFT 10.09.2025



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1. Introduction

Welcome to the Second International Rotterdam Beachsprints!

Dear participants and coaches,

Rotterdam Coastal Races, a cooperation between A.R.S.R. Skadi, KR&ZV De Maas and Roeivereniging Rijnland, are delighted to welcome you to the second edition of the International Rotterdam Beachsprints 2025 on Saturday 13 September.

We are proud to host a strong international field of athletes and teams, who are using this event as part of their preparations for the European Coastal Championships taking place from 8–12 October in Manavgat, Turkey.

This Captains Manual provides you with all essential information regarding the competition, the venue and the facilities.

Please note that, due to weather forecasts and expected wave conditions at Hoek van Holland, the event will take place at **Recreatiegebied Vlietland, Leidschendam**.

We wish you every success and look forward to an exciting day of international racing together!

Rotterdam Coastal Races

Machiel Hopman.

Event Director



2. Organising Committee (key persons)

Event Director	Machiel Hopman (KRVZ de Maas)
Assistant Event Director	Helene Reus (ARSR Skadi)
Race Director	Pedro Moçozinho (KRVZ de Maas)
Assistant Technical Director	Lotte Kaman (ARSR Skadi)
President of the Jury	Peter Boeken
Safeguarding Officer	Paul Driesen
Timing	Niels van Bladeren
Regatta Medical Officer	Nick van der Velde

For contact with the organisation: info@rotterdamcoastalraces.nl

For questions regarding the race, use of boats, please contact:

Pedro Moçozinho +31 6 28127367

In case of emergency:

Acute emergency and life-threatening situations: **112**

First aid:

Nick van der Velde: +31 6 19878709

In case of questions regarding minor incidents and safety, please contact:

Paul Driesen: +31 6 25050214



3. Location and directions

Recreatiegebied Vlietland

Windsurfvereniging Vlietland
Rietpolderweg 7
2266 BM Leidschendam



3.1 Accessibility of the Venue

The competition venue is located on the field/beach in front of the Windsurfvereniging Vlietland.

Please note that public transport connections to Vlietland are relatively limited. For planning your journey by train, bus, or other public transport, we recommend using www.9292.nl.

For those arriving by car, access to the venue is straightforward. Spacious parking areas are available directly adjacent to the competition site.



4. Weather

Forecast for Saturday 13e September at Vlietland
(based on the forecast of Wednesday, 10 September)

For Saturday, 13 September, the weather at the Vlietland recreation area is expected to be cool with occasional showers. Temperatures will reach a high of around 17 °C and a low of approximately 10 °C in the evening.

The wind is forecast to be moderate from the southwest at around 3–4 Bft (10–15 km/h). Please note that this inland forecast differs significantly from the coastal forecast, where stronger winds and higher waves are expected.

Recommendations

- Be prepared for changeable weather with intermittent rain showers.
- Wear layers to stay warm and comfortable; a light rain jacket or windbreaker is strongly advised.
- Bring water-resistant footwear suitable for wet grass or sand.
- Have an extra warm layer (sweater or fleece) for the morning and evening when it will feel noticeably cooler.

5. Facilities

In the building of the Windsurfvereniging, basic changing rooms are available for athletes.

Roeivereniging Rijnland, located approximately 5 minutes walking distance from the competition venue, provides additional facilities. Before the races, ergometers in the gym can be used for warming up. In the afternoon, after the competition, showers will be available at Roeivereniging Rijnland.

6. Time registration

Time registration will be done in cooperation with the jury and results will be available at the jury tent at the beach. Also, the results can be found on the website:

<https://regatta.time-team.nl/rotterdambeachsprints/2025/results/races.php>

7. Safety and Health of Rowers (Coastal Regulation 5, Rule14)

Each rower at the IRBS shall ensure that:

- They have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the particular event
- They have a basic swimming ability, including being able to swim 50m and keep their head above water unassisted for minimal ten minutes



8. Boat Handlers

- The role of the boat handler is to support the departure and arrival of the crew / athlete from and to the beach by handling the boat to reduce the risk of damage or injury.
- When the boat returns to the beach the boat handlers may “catch” the boat to slow its progress when it reaches the beach and a crew / athlete member disembarks to run to the finish line.
- After the crew / athlete member disembarks to run, the boat handlers are responsible for the swift removal of the boat from the water. Once the runner has exited the water, boat handlers shall stay with the boat and not assist or run with the crew / athlete member to the finish line.
- The boat handlers shall comply with any instructions of the race officials and shall at all times be subject to the Rules of Racing.
- The role of the boat handler is to support the safe entry and exit of the boat and not to run with the athletes.
- The boat handlers are expected to be close to the boats and have their hands on the boat quickly to avoid injuries and any damages on the boats.
- Crew / athlete penalty for wrong boat handling: the jury may impose an appropriate penalty for wrong boat handling.
- Please make sure that when you take your own handlers, you have 2 boat handlers

9. Table of Penalties and Sanctions for Infractions:

- Crew / athletes must compete with the standard rigging as specified in the Competition Notice. In case crew / athletes are found having modified the setting of the boats in violation of the standard, the jury may impose an appropriate penalty for wrong boat handling.
- A crew that does not round all the buoys correctly Did Not Finish the race (DNF) and is excluded (no time penalties).
- A runner not passing on the correct side of the flag shall be awarded a sanction of a Time Penalty of 10 seconds.
- Interference to its opponents. It is each crew / athlete's / athlete responsibility to remain in their proper course and their water and to not cause interference to other crew / athletes. Interference: penalty is EXC, a time penalty of 10 seconds or any appropriate penalty as determined by the jury.



10. Processional Time Trial:

- All athletes must report to the Call Room table 10min before the time of their time trial.
- There will be 4 boats (so crew / athlete 5 will use boat 1, crew / athlete 6 will use boat 2 etc..).
- The boat handlers MUST receive the boat at the finish and move it to the correct parking spot. (boat 1 to parking spot 1)
- Teams must ensure they check the boat for damage before they race.
- Start flag and horn / button with no sound.

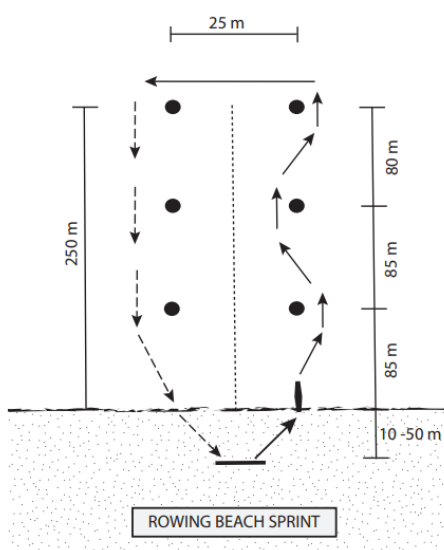
10.1 Course:

Run of 30m – 60m depending on tide / Row of 525m / Run of 30m

- One of the crew will run from the start line, to the boat on the water in Lane 2 and enter the boat around the flag.
- The crew / athlete will race 250m out to the end buoy, passing outside the 1st buoy slalom inside the 2nd buoy. (note: depending on weather conditions OC can decide that 1st and 2nd buoy can be cancelled)
- At the end of Lane 2, the crew will turn 90 degrees, passing outside the buoy, and row 25-30m to the Lane 1 end buoy and turn 90 degrees.
- At the Lane 1 end buoy, the crew will again turn 90 degrees toward the beach, passing outside the buoy.
- The crew / athlete will row 250m straight back to shore in Lane 1, keeping outside of all of the buoys.
- Once on the shore one of the crew will run around the outside of the Lane Flag, up the beach to the finish line.

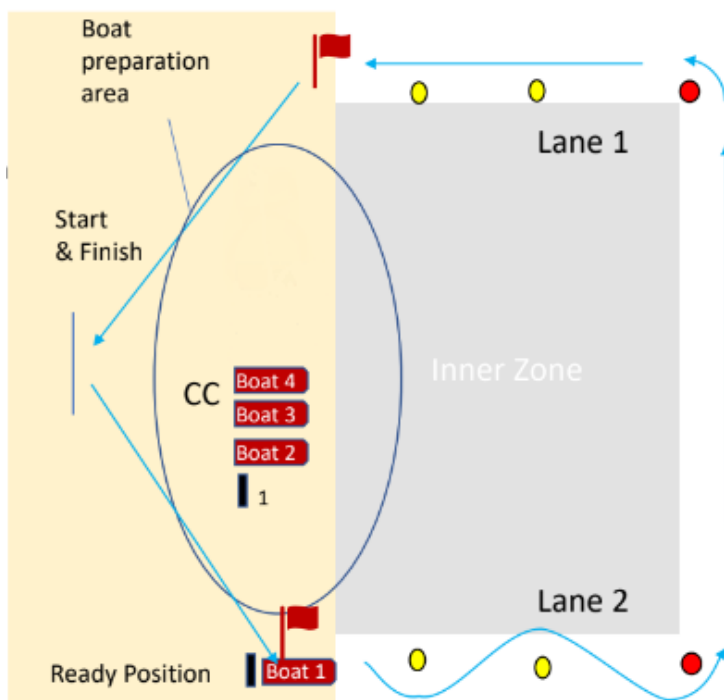
Boat Preparation Crews in the time trial must report to Control Commission (CC) to receive their boat, immediately when it comes off the water. Each crew and their boat handlers will have 3-4 minutes to prepare their boat and move it to the ready position.

World Rowing Beach Sprints - Rules of Racing
Annex C (Regulation 10) - Option 3
Processional Time Trial



10.2. Pre start Timing & Commands Time-Trails:

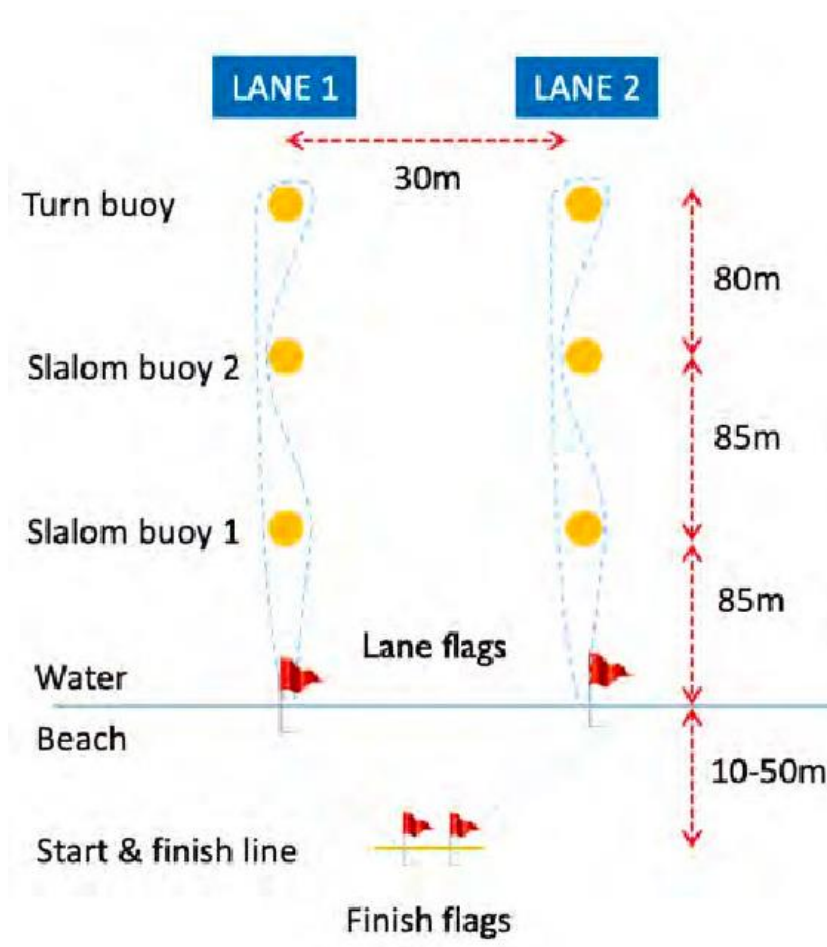
- **3 min before start:**
All boats on numbered trestles (1-4), Crew / athletes (1-4) & their boat handlers standing by their boats.
- Crew / athletes 5,6,7 etc. should be waiting to report to Control Committee (CC) with their boat handlers.
CC will inform each crew / athlete which empty trestle they should go to.
It is each crew / athlete's responsibility to be ready.
- Once ready Boat 1 should go to the 'Ready' position, here they are under the control of the Starter.
- CC will take care that the boats are brought to the Ready Position as soon as it is free.
- **30's before start:**
Starter will instruct '*Crew / athlete 1 take your boat to the water*'. Runner must be behind the start line.
- **Start time 1: (0 sec)**
Starter will say: '*Attention*' '*GO!*'
- **120 sec after first start:**
Starter will instruct: '*Crew 2 take your boat to the water*'
Runner must be behind the start line.
- **Start time 2: (180 sec)**
Starter will say: '*Attention*' '*GO!*'
- This procedure will be repeated until all crew / athletes have raced. Crew / Athlete 5 will use Boat 1, Crew / Athlete 6 will use Boat 2, Crew / athlete 7 will use Boat 3 etc...
If a boat is damaged or unable to continue for any reason, Crew / Athlete will be instructed to take the next available boat.
- Start every 3min



11. Finals

- Ideally, we have 16 positions for the knock-out phase, where we start with #16 in the time-trial against #1, and so on: 8 races in the first round. Then 4 in the second round, 2 in the third round. The fourth round has an B final for #3 and #4 and an A final for #1 and #2.
- If we have less than 16 but more than 8 athletes in the time-trials, we will directly place the top athletes to the second round of the finals. For example, 13 athletes in the time-trials means that we will place numbers #1-3 directly, and numbers #4-13 will compete in 5 races for a position in the second round (#13 of the time-trials against #4, and so on).
- All crew's / athletes must report to the Call Room table 10 min before the time of their race.
- There will be 4 boats
- Athletes are allowed a maximum of 3 minutes to adjust the foot stretcher in their assigned boat. Adjustments may only be made while the boat is positioned on the tires.
- Teams must ensure they check the boat for damage before they race.
- Start flag and horn / button with no sound.

11.1 Side by side racing:



Slalom out, straight back



11.2 Start procedure

- The boats shall be in the water held by boathandlers and crew member (C2x)).
- There shall be up to two boat handlers per boat.
- Second rowers must not start boarding their boat until after the start signal is given (C2x).
- **3 Minutes before the start**
- All crews in the Start area
- The Starter may penalise crews who are late to the start
- **2.45 minutes to 1.45 minutes before the start ***
- Crews are introduced to the spectators by the Announcer
- Crews then move to their start positions (on the Start Line or at the boat)
* only for Semi-Finals & Finals
- **1 minute before the start**
- The Announcer shall say '*Put the boats in the water*' – all crews, handlers and boats must be in position
- **30 seconds before the start**
- The starter shall say '*get ready*' – then the Starter could start the race at any time
- **The start**
- The Starter shall say '*Attention*' and shall raise a red flag.
After a pause he shall drop the flag down, and hooter.

11.3 The Race, Turning around the Buoys

- OK to touch the turning buoys with boat or oars, but the hull of the boat must pass around the correct side of the buoy.
- Incorrect rounding or failure to round all buoys - DNF
- Return flag – failure to run around – 10 second penalty

11.4 The Finish

- The finish of the race for each crew shall be the moment their crew member reaches the finish point and presses the red button.
- If you miss the button, you must still press it to finish the race.



15 Information & communication

A message will be sent to all Team Managers inviting them to join a Team Managers' WhatsApp group. This group will be used to share all relevant information, notify you of any potential program changes, and provide the final Captains' Manual, which will be shared on Wednesday, September 10th

16 Confirmed participants 09.09.25

Category	TT Start Time	Race #	entry_name	stroke_name	bib
MCoastal1x	9/13/2025 9:00	1 Sweden	Arvidsson, Gustav		1
MCoastal1x	9/13/2025 9:00	1 Poland	Radkowski, Bartlomiej		2
MCoastal1x	9/13/2025 9:00	1 Poland	Zub, Lukasz		3
MCoastal1x	9/13/2025 9:00	1 Germany	Korthals, Moritz		4
MCoastal1x	9/13/2025 9:00	1 Sweden	Ehrenberger, Eric		5
MCoastal1x	9/13/2025 9:00	1 Sweden	Rönblom, Nils		6
MCoastal1x	9/13/2025 9:00	1 Sweden	Hugoson, Nils		7
MCoastal1x	9/13/2025 9:00	1 Poland	Bujnowski, Adam		8
MCoastal1x	9/13/2025 9:00	1 Sweden	Gustavsson, Dennis		9
MCoastal1x	9/13/2025 9:00	1 Germany	Wolff, Moritz		10
MCoastal1x	9/13/2025 9:00	1 Sweden	Birkeholme, Isak		11
MCoastal1x	9/13/2025 9:00	1 Skadi	Wiltensburg, Erwin		12
MCoastal1x	9/13/2025 9:00	1 Skadi	Knowles, Owen		13
MCoastal1x	9/13/2025 9:00	1 Germany	Krones, Felix		14
MCoastal1x	9/13/2025 9:00	1 Germany	Remmers, Maiko-Benedikt		15
MCoastal1x	9/13/2025 9:00	1 Maas	Keijser, Amos		16
MCoastal1x	9/13/2025 9:00	1 Poland	Szewczyk, Kajetan		17
MCoastal1x	9/13/2025 9:00	1 Sweden	Hendey Bröte, Erik Olof		18
MCoastal1x	9/13/2025 9:00	1 Poland	Polanski, Kacper		19
VCoastal1x	9/13/2025 10:00	2 Sweden	Schilling, Janne		20
VCoastal1x	9/13/2025 10:00	2 Germany	Tertuente, Julia		21
VCoastal1x	9/13/2025 10:00	2 Sweden	Tumova, Emma		22
VCoastal1x	9/13/2025 10:00	2 Poland	Radosz, Martyna		23
VCoastal1x	9/13/2025 10:00	2 Sweden	Carlsson, Marta		24
VCoastal1x	9/13/2025 10:00	2 Willem III	van der Meulen, Janneke		25
VCoastal1x	9/13/2025 10:00	2 Germany	Menzel, Leonie		26
VCoastal1x	9/13/2025 10:00	2 Frankfurter Ruderclub 1884 e. V.	Kickelhayn, Miriam		27
VCoastal1x	9/13/2025 10:00	2 Poland	Duda, Katarzyna		28
VCoastal1x	9/13/2025 10:00	2 Poland	Pluta, Marta		29
VCoastal1x	9/13/2025 10:00	2 Poland	Baranowska, Dominika		30
VCoastal1x	9/13/2025 10:00	2 Poland	Andrzejewska, Aleksandra		31
VCoastal1x	9/13/2025 10:00	2 Kölner Ruderverein von 1877	Steinau, Annika		32
VCoastal1x	9/13/2025 10:00	2 Germany	Tetiwa, Mia		33
VCoastal1x	9/13/2025 10:00	2 Willem III	van Diest, Yumiko		34
VCoastal1x	9/13/2025 10:00	2 Sweden	Jutterström, Nina		35
Mix18 Coastal2x	9/13/2025 11:25	4 Germany	Ritter, Selma		36
Mix18 Coastal2x	9/13/2025 11:25	4 Germany	Koseki, Anna		37
Mix18 Coastal2x	9/13/2025 11:25	4 Germany	Tetiwa, Mia		38
MixCoastal2x	9/13/2025 11:35	5 Tilburgse Open Roeivereniging	der Kinderen, Antoinette		39
MixCoastal2x	9/13/2025 11:35	5 Willem III/Maas	Keijser, Amos		40
MixCoastal2x	9/13/2025 11:35	5 Poland	Pluta, Marta		41
MixCoastal2x	9/13/2025 11:35	5 KNZ&RV	Revet, Mickey		42
MixCoastal2x	9/13/2025 11:35	5 DDS/Willem III	van Diest, Yumiko		43
MixCoastal2x	9/13/2025 11:35	5 Rijnmond	van Grieken, Daniëlle		44
MixCoastal2x	9/13/2025 11:35	5 TRT Hazewinkel/KR Sport Gent	De Borger, Anke		45
MixCoastal2x	9/13/2025 11:35	5 Germany	Leupold, Sophie		46
MixCoastal2x	9/13/2025 11:35	5 Poland	Duda, Katarzyna		47
MixCoastal2x	9/13/2025 11:35	5 Sweden	Carlsson, Marta		48
MixCoastal2x	9/13/2025 11:35	5 Skadi/Hoop	Jonker, Hannah		49
MixCoastal2x	9/13/2025 11:35	5 Maas/Willem III	Mantel, Michiel		50
MixCoastal2x	9/13/2025 11:35	5 Sweden	Jutterström, Nina		51
MixCoastal2x	9/13/2025 11:35	5 Sweden	Schilling, Janne		52
MixCoastal2x	9/13/2025 11:35	5 Poland	Radosz, Martyna		53
MixCoastal2x	9/13/2025 11:35	5 Laga/Nereus	Hospers, Sona		54
MixCoastal2x	9/13/2025 11:35	5 Poland	Andrzejewska, Aleksandra		55
MixCoastal2x	9/13/2025 11:35	5 Poland	Baranowska, Dominika		56
VCoastal2x	9/13/2025 12:30	6 Alkmaarsche R&ZV	Kuilboer, Sanne		57
VCoastal2x	9/13/2025 12:30	6 Germany	Kistenpfennig, Anne		58
VCoastal2x	9/13/2025 12:30	6 Frankfurter Ruderclub 1884 e. V.	Kickelhayn, Miriam		59
VCoastal2x	9/13/2025 12:30	6 Breda/KNZ&RV	der Kinderen, Antoinette		60
VCoastal2x	9/13/2025 12:30	6 Germany	Ritter, Selma		61
VCoastal2x	9/13/2025 12:30	6 Maas/Nautilus	Inoue, Chiharu		62
VCoastal2x	9/13/2025 12:30	6 Willem III	van Diest, Yumiko		63
MCoastal2x	9/13/2025 12:50	7 Germany	Scheer, Miklas		64
MCoastal2x	9/13/2025 12:50	7 Germany	Spalek, Leander		65
MCoastal2x	9/13/2025 12:50	7 Sweden	Rönblom, Nils		66



17 Race schedule (draft version 09.09.2025)

Time	Race	# of entries	Round	Comments
09:00	race 1	19	MCoastal1x Time Trial 1	<i>best 8 directly to Heats (starting 14:10)</i>
10:00	race 2	16	VCoastal1x Time Trial	<i>best 8 directly to Heats (starting 14:50)</i>
10:50	race 3	11	MCoastal1x Time Trial 2	<i>19 minus 8</i>
11:25	race 4	3	Mix18 Coastal2x Time Trial	<i>best result directly to Final (16:50), 2&3 compete at 16:30</i>
11:35	race 5	18	MixCoastal2x Time Trial 1	<i>best 8 directly to Heats (starting 17:05)</i>
12:30	race 6	7	VCoastal2x Time Trial	
12:50	race 7	3	MCoastal2x Time Trial	
13:00	race 8	10	MixCoastal2x Time Trial 2	<i>18 minus 8</i>
13:30	race 9	2	VCoastal1x Heat 1	
13:35	race 10	2	VCoastal1x Heat 2	
13:40	race 11	2	VCoastal1x Heat 3	
13:45	race 12	2	VCoastal1x Heat 4	
13:50	race 13	2	VCoastal1x Heat 5	
13:55	race 14	2	VCoastal1x Heat 6	
14:00	race 15	2	VCoastal1x Heat 7	
14:05	race 16	2	VCoastal1x Heat 8	
14:10	race 17	2	MCoastal1x Heat 1	
14:15	race 18	2	MCoastal1x Heat 2	
14:20	race 19	2	MCoastal1x Heat 3	
14:25	race 20	2	MCoastal1x Heat 4	
14:30	race 21	2	MCoastal1x Heat 5	
14:35	race 22	2	MCoastal1x Heat 6	
14:40	race 23	2	MCoastal1x Heat 7	
14:45	race 24	2	MCoastal1x Heat 8	
14:50	race 25	2	VCoastal1x Quarterfinal 1	
14:55	race 26	2	VCoastal1x Quarterfinal 2	
15:00	race 27	2	VCoastal1x Quarterfinal 3	
15:05	race 28	2	VCoastal1x Quarterfinal 4	
15:10	race 29	2	MCoastal1x Quarterfinal 1	
15:15	race 30	2	MCoastal1x Quarterfinal 2	
15:20	race 31	2	MCoastal1x Quarterfinal 3	
15:25	race 32	2	MCoastal1x Quarterfinal 4	
15:30	race 33	2	VCoastal1x Semifinal 1	
15:35	race 34	2	VCoastal1x Semifinal 2	
15:40	race 35	2	MCoastal1x Semifinal 1	
15:45	race 36	2	MCoastal1x Semifinal 2	
15:50	race 37	2	VCoastal1x Final B	
15:55	race 38	2	VCoastal1x Final A	
16:00	race 39	2	MCoastal1x Final B	
16:05	race 40	2	MCoastal1x Final A	
16:10	race 41	2	VCoastal2x Heat 1	
16:15	race 42	2	VCoastal2x Heat 2	
16:20	race 43	2	VCoastal2x Heat 3	
16:25	race 44	2	MCoastal2x Heat	
16:30	race 45	2	Mix18 Coastal2x Heat	
16:35	race 46	2	VCoastal2x Semifinal 1	
16:40	race 47	2	VCoastal2x Semifinal 2	
16:45	race 48	2	MCoastal2x Final A	
16:50	race 49	2	Mix18 Coastal2x Final A	
16:55	race 50	2	VCoastal2x Final B	
17:00	race 51	2	VCoastal2x Final A	
17:05	race 52	2	MixCoastal2x Heat 1	
17:10	race 53	2	MixCoastal2x Heat 2	
17:15	race 54	2	MixCoastal2x Heat 3	
17:20	race 55	2	MixCoastal2x Heat 4	
17:25	race 56	2	MixCoastal2x Heat 5	
17:30	race 57	2	MixCoastal2x Heat 6	
17:35	race 58	2	MixCoastal2x Heat 7	
17:40	race 59	2	MixCoastal2x Heat 8	
17:45	race 60	2	MixCoastal2x Quarterfinal 1	
17:50	race 61	2	MixCoastal2x Quarterfinal 2	
17:55	race 62	2	MixCoastal2x Quarterfinal 3	
18:00	race 63	2	MixCoastal2x Quarterfinal 4	
18:05	race 64	2	MixCoastal2x Semifinal 1	
18:10	race 65	2	MixCoastal2x Semifinal 2	
18:15	race 66	2	MixCoastal2x Final B	
18:20	race 67	2	MixCoastal2x Final A	

