



Representative Oarlock Values by Class and Skill Levels

MEN - SCULLING							OPEN						LIGHTWEIGHT					
Measurement	Novice	Intermediate	National	International	Average	SD	Novice	Intermediate	National	International	Average	SD	Novice	Intermediate	National	International	Average	SD
Catch (deg)	61.0	63.6	66.2	68.8	64.9	3.9	60.0	62.6	65.1	67.7	63.8	3.8	60.0	62.6	65.1	67.7	63.8	3.8
Slip (deg)	6.9	5.3	3.8	2.2	4.6	-2.3	7.4	5.9	4.4	2.9	5.1	-2.3	7.4	5.9	4.4	2.9	5.1	-2.3
Finish (deg)	38.9	41.2	43.5	45.8	42.3	3.5	38.1	40.5	42.8	45.1	41.6	3.5	38.1	40.5	42.8	45.1	41.6	3.5
Wash (deg)	18.9	16.2	13.6	10.9	14.9	-4.0	19.9	17.5	15.0	12.5	16.2	-3.7	19.9	17.5	15.0	12.5	16.2	-3.7
Total Length (deg)	102.3	105.6	108.9	112.2	107.2	4.9	100.3	103.7	107.2	110.6	105.5	5.2	100.3	103.7	107.2	110.6	105.5	5.2
Effective Length (deg)	81.2	85.6	90.0	94.4	87.8	6.6	78.3	82.2	86.0	89.9	84.1	5.8	78.3	82.2	86.0	89.9	84.1	5.8
Force (N)	319	366	413	459	389.3	70.0	289	318	348	378	333.3	44.6	289	318	348	378	333.3	44.6
Work per Stroke (J)	599	686	774	861	730.0	130.8	531	585	639	693	611.8	81.2	531	585	639	693	611.8	81.2
Power @22 (W)	210	243	276	309	259.7	49.5	196	218	240	262	229.1	32.7	196	218	240	262	229.1	32.7
Power @34 (W)	342	391	441	490	416.0	73.6	297	328	359	390	343.3	46.5	297	328	359	390	343.3	46.5

MEN - SWEEP							OPEN						LIGHTWEIGHT					
Measurement	Novice	Intermediate	National	International	Average	SD	Novice	Intermediate	National	International	Average	SD	Novice	Intermediate	National	International	Average	SD
Catch (deg)	50.0	52.4	54.8	57.2	53.6	3.6	50.8	52.9	55.0	57.1	54.0	3.2	50.8	52.9	55.0	57.1	54.0	3.2
Slip (deg)	9.0	7.4	5.8	4.3	6.6	-2.3	8.2	6.7	5.2	3.7	6.0	-2.2	8.2	6.7	5.2	3.7	6.0	-2.2
Finish (deg)	30.3	32.0	33.8	35.5	32.9	2.6	30.1	31.8	33.4	35.1	32.6	2.5	30.1	31.8	33.4	35.1	32.6	2.5
Wash (deg)	20.5	17.5	14.6	11.6	16.1	-4.4	21.8	19.1	16.4	13.7	17.7	-4.0	21.8	19.1	16.4	13.7	17.7	-4.0
Total Length (deg)	82.3	85.1	87.9	90.7	86.5	4.2	82.8	85.3	87.8	90.4	86.6	3.8	82.8	85.3	87.8	90.4	86.6	3.8
Effective Length (deg)	57.2	61.6	66.0	70.4	63.8	6.6	57.6	61.1	64.7	68.2	62.9	5.3	57.6	61.1	64.7	68.2	62.9	5.3
Force (N)	244	279	314	349	296.1	52.5	244	271	297	324	284.0	39.6	244	271	297	324	284.0	39.6
Work per Stroke (J)	449	514	579	644	546.5	97.6	448	496	543	591	519.5	71.8	448	496	543	591	519.5	71.8
Power @22 (W)	169	194	218	243	206.0	36.8	169	186	203	219	194.2	25.0	169	186	203	219	194.2	25.0
Power @34 (W)	249	286	323	359	304.2	55.0	249	278	307	336	292.7	43.4	249	278	307	336	292.7	43.4

WOMEN - SCULLING							OPEN						LIGHTWEIGHT					
Measurement	Novice	Intermediate	National	International	Average	SD	Novice	Intermediate	National	International	Average	SD	Novice	Intermediate	National	International	Average	SD
Catch (deg)	58.0	61.0	64.0	66.9	62.5	4.4	57.9	60.6	63.4	66.1	62.0	4.1	57.9	60.6	63.4	66.1	62.0	4.1
Slip (deg)	7.7	6.3	4.9	3.5	5.6	-2.1	8.8	7.1	5.5	3.9	6.3	-2.5	8.8	7.1	5.5	3.9	6.3	-2.5
Finish (deg)	38.0	40.5	42.9	45.4	41.7	3.7	37.2	39.3	41.5	43.6	40.4	3.2	37.2	39.3	41.5	43.6	40.4	3.2
Wash (deg)	25.4	22.1	18.8	15.5	20.5	-5.0	28.1	24.8	21.5	18.3	23.2	-4.9	28.1	24.8	21.5	18.3	23.2	-4.9
Total Length (deg)	98.4	102.2	106.1	110.0	104.2	5.8	97.1	100.7	104.2	107.7	102.4	5.3	97.1	100.7	104.2	107.7	102.4	5.3
Effective Length (deg)	70.2	75.5	80.8	86.0	78.1	7.9	66.3	70.7	75.1	79.5	72.9	6.6	66.3	70.7	75.1	79.5	72.9	6.6
Force (N)	242	271	300	329	285.5	43.8	220	240	261	282	250.7	31.0	220	240	261	282	250.7	31.0
Work per Stroke (J)	423	478	533	588	505.6	82.7	385	420	454	488	436.8	51.4	385	420	454	488	436.8	51.4
Power @22 (W)	157	177	196	216	186.5	29.5	140	154	169	184	161.7	22.2	140	154	169	184	161.7	22.2
Power @34 (W)	230	265	300	335	282.8	52.4	218	237	255	274	246.0	28.0	218	237	255	274	246.0	28.0

WOMEN - SWEEP							OPEN					
Measurement	Novice	Intermediate	National	International	Average	SD	Novice	Intermediate	National	International	Average	SD
Catch (deg)	46.2	49.1	52.0	54.9	50.5	4.4						
Slip (deg)	9.4	7.9	6.4	4.9	7.1	-2.2						
Finish (deg)	29.0	31.0	33.0	34.9	32.0	3.0						
Wash (deg)	24.0	21.2	18.5	15.8	19.9	-4.1						
Total Length (deg)	77.4	80.8	84.2	87.5	82.5	5.0						
Effective Length (deg)	48.8	53.2	57.7	62.2	55.5	6.7						
Force (N)	195	217	239	261	228.2	33.0						
Work per Stroke (J)	335	374	414	453	394.2	59.1						
Power @22 (W)	126	139	152	165	145.8	19.6						
Power @34 (W)	187	210	234	257	221.9	35.1						

NOTE: These are observed values, not necessarily targets for you or your crew.

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