

# TYPICAL RIGGING SETTINGS FOR SCHOOLS AND CLUBS

Sykes standard pins give a range of 3.5cm from the high to low setting and the riggers are made with your nominated oarlock height set so both up and down adjustment is possible. so its important that you specify rigging with this consideration.

## **Sweep Rowing Oarlock Heights**

	<b>Range</b>
Schoolgirl / Light- medium weight Club rowers Sweep	to 16cm
Schoolboy / club Lightweight Club Rowers	15cm – 17cm
Club Open weight Women	15-17cm
Club Open weight Men	16-18cm

## **Sculling Oarlock Heights 1cm left over right is standard**

Schoolgirl / Light- medium weight Club rowers Sweep	14cm to 16cm
Schoolboy / club Lightweight Club Rowers	15cm – 17cm
Club Open weight Women	15 -17.5cm
Club Open weight Men	16.5 -18.5 cm

## **Heel Heights**

Schoolgirl / Light- medium weight Club rowers Sweep	12 - (14cm to 16cm ) 17cm
Schoolboy / club Lightweight Club Rowers	15cm – 18cm
Club Open weight Women	15-17cm
Club Open weight Men	16-19cm

## **Pitch Settings**

Oarlocks have 4 degrees of pitch built into them and a set of pitch cones to alter pitch. The most widely used pitch with today's oars which have zero pitch, is 4 degrees. Less experienced rowers can often benefit using 5 or 6 degrees pitch which helps with stabilizing the blade at the catch where technique is still be learned.