

SPECIFIC ASPECTS OF ACADEMIC ROWING

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ABSTRACT

This article provides information about academic rowing. In addition, rowing techniques, rowing competitions, its history and development are discussed. The Head of the Charles Regatta is the largest two-day regatta in the world. Held on the Charles River in the USA. Most races that are held in the spring and summer feature side-by-side, or sprint racing; all the boats start at the same time from a stationary position, and the winner is the boat that crosses the finish line first. The positions at the end of the last race are used to set the positions on the first day of the races the next year.

KEYWORDS: *Rowing, Sport, Championship, Technique, Boat Race, Non-Standard Distance, Dual Races.*

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