



Information

Which Blades?

The spoon designs suggested below can be purchased in different oar and scull designs with different prices. Club sculls only have Big blade or Little Big blade spoons. Fixed length sculls only have Macon, Big blade or Little Big blade spoons.

Most athletes prefer Aero sculls to be 2cms shorter than other scull designs. Buy with room to shorten.

Junior Boys

- **Sculls:** Big blade or Apex; medium stiffness; Medium or Large handles; 289:88+/-5 cm
- **Sweeps:** Apex; medium stiffness; medium handles; 374/114 +/- 5 cm

Junior Girls

- **Sculls:** Little Big blade, Big blade or Apex-R; medium stiffness; Small or Medium handles; 287:88+/-5 cm
- **Sweeps:** Big blade; medium stiffness; Small handles; 372/114 +/- 5 cm

Club Lightweight Men

- **Sculls:** Aero, Big blade or Apex; medium Stiffness; Medium or Large handles; 289:88+/-5 cm
- **Sweeps:** Aero or Apex; medium Stiffness; Medium handles; 374/114 +/- 5 cm

Club Lightweight Women

- **Sculls:** Aero, Big blade or Apex-R; medium. Stiffness or less stiff shafts; Small or Medium handles; 287:88+/-5 cm
- **Sweeps:** Aero, Big blade, Apex, Apex-RG; medium Stiffness; Small handles; 372/115 +/- 5 cm

International Lightweight Men

- **Sculls:** Aero or Apex ; medium or Stiff Stiffness; Medium or Large handles; 289:88+/-5 cm
- **Sweeps:** Aero or Apex; medium Stiffness; Medium handles; 374/114 +/- 5 cm

International Lightweight Women

- **Sculls:** Aero, Big blade, Apex or Apex-R; medium Stiffness; Small or Medium handles; 288:88+/-5 cm
- **Sweeps:** Aero, Apex or Big blade; medium Stiffness; Small handles; 373/115 +/- 5 cm

Club Heavyweight Men

- **Sculls:** Aero or Apex; medium Stiffness; Medium or Large handles; 289:88+/-5 cm
- **Sweeps:** Aero or Apex; medium Stiffness; Medium handles; 374/114 +/- 5 cm

Maximum Efficiency: Maximum Speed



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Club Heavyweight Women

- **Sculls:** Aero, Big blade or Apex; medium. Stiffness; Small or Medium handles; 287:88+/-5 cm
- **Sweeps:** Aero or Apex; medium Stiffness; Medium handles; 374/114 +/- 5 cm

International Heavyweight Men

- **Sculls:** Aero or Apex; Stiff Stiffness; Medium or Large handles; 290:88+/-5 cm
- **Sweeps:** Aero or Apex; medium Stiffness; Medium handles; 376/114 +/- 5 cm

International Heavyweight Women

- **Sculls:** Aero, Big blade, Apex or Apex-R; medium Stiffness or stiff; Small or Medium handles; 289:88+/-5 cm
- **Sweeps:** Aero or Apex; medium Stiffness; Medium handles; 374/114 +/- 5 cm

Recreational Scullers

- **Sculls:** Big blade, Little Big blade or Macon 19 cm in either fixed or adjustable lengths

Touring / open water scullers

- **Sculls:** Little Big blade or Apex-R

Young children

- **Sculls:** fixed length sculls with 17 cm Macon is popular as well as an 18 Macon touring sculls at 298:88.

Competitive Veterans / Masters

- **Sculls:** Aero, Apex and Apex-R medium or Soft Stiffness; Women 286/88 +/- 5 cm; Men 288/88 +/- 5cm
- **Sweeps:** Aero, Apex or Big blade; medium Stiffness; Women 372/114 +/- 5 cm; Men 374/114 +/- 5cm

Maximum Efficiency: Maximum Speed
