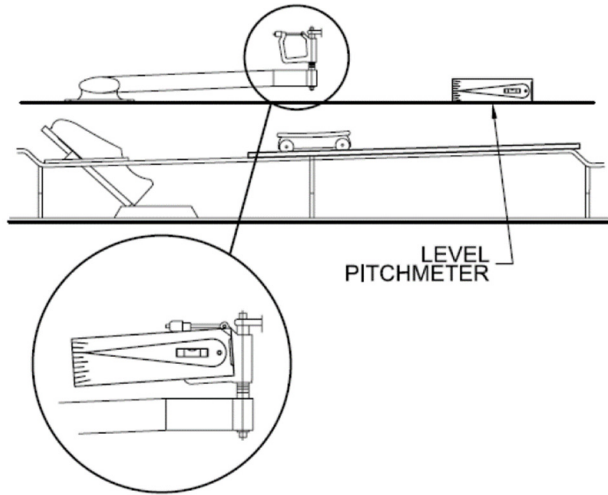
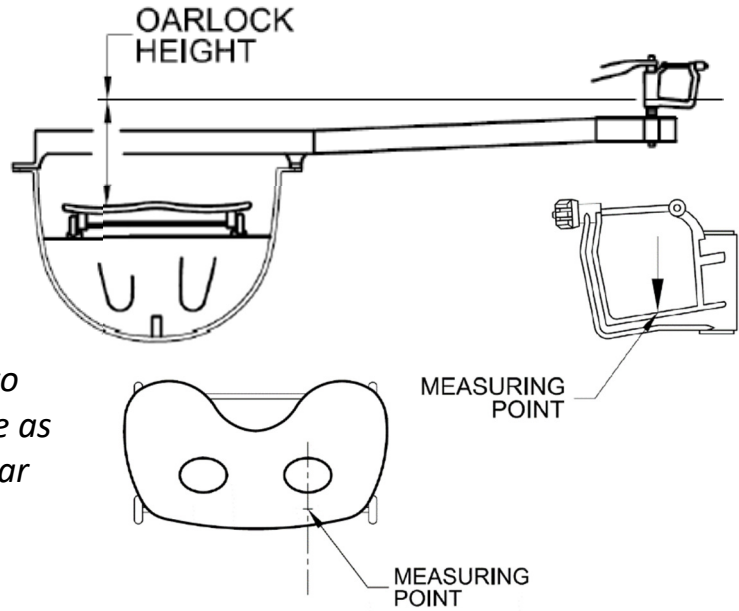


Oarlock Dimensions

By Mike Purcer

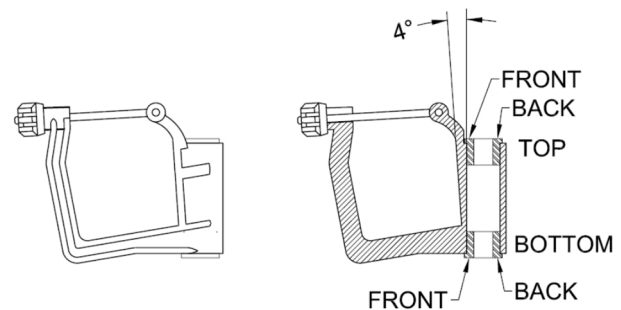
1. Oarlock Height – is the vertical distance between the top of the seat and the bottom of the oarlock. See graphics for specific measuring points.

This distance provides the ideal height for the oarhandles to be drawn to the body on the drive phase of the stroke as well as enough clearance between the oar handles and the thighs on the recovery.



2. Oarlock Pitch – measured in degrees, is the angle from the face of the oarlock to the perpendicular of the boat. The oarlock must be parallel to the hull when measuring.

This angle, typically four (4) degrees effects the blade depth during the drive phase of the stroke.



Adjusting Oarlock Pitch:

- 1) Measure the pitch
- 2) Remove the oarlock from the boat
- 3) Check that the oarlock pin is perpendicular.
- 4) Note the setup of the bottom and top inserts (pitch plugs). (see oarlock drawing)
- 5) Calculate the change needed to provide required oarlock pitch and determine the front and back settings for both top and bottom pitch plugs. (see table)
- 6) Insert plugs, reassemble on oarlock pin and check pitch.

		TOP PLUG							FRONT BACK
		1 7	2 6	3 5	4 4	5 3	6 2	7 1	
BOTTOM PLUG	1	0.0	0.5	N/A	N/A	N/A	2.5	3.0	
	2	-0.5	0.0	0.5	N/A	1.5	2.0	2.5	
	3	N/A	-0.05	0.0	0.5	1.0	1.5	N/A	
	4	N/A	N/A	-0.5	0.0	0.5	N/A	N/A	
	5	N/A	-1.5	-1.0	-0.05	0.0	0.5	N/A	
	6	-2.5	-2.0	-1.5	N/A	-0.5	0.0	0.5	
	7	-3.0	-2.5	N/A	N/A	N/A	-0.5	0.0	
FRONT	BACK	N/A = combination does not match due to alignment of oarlock pin holes.							