

Swift Racing Order Info

# Trainer

Ver. 2.15



## Moulds & Standard Rigging

For TR1x we only offer the rigger sizes shown below, we do not offer custom made riggers. Only heavy duty ali wing riggers (ie. without backstays) are supplied with TR1x.

\* = Wing rigger only

### Trainer 1x75 and 1x90

Mould #	TR101-*	TR102-*
Boat type	1x	1x
Crew weight - kg	60-75	75-90
Crew weight - lb	143-165	165-198
Length	755	790
Waterline Beam -cm	27.7	27.9
Bow (starb'd) 1/2 span - scull	795	795
Stroke (port) 1/2 span - scull	795	795
Bow Work height - scull	165	175
Str Work height - scull	155	165
Bow Lateral pitch - scull	0	0
Str Lateral pitch - scull	0	0

For the boats with the quick release system, it adds 10mm extra height for the riggers. If you don't want the extra hight, please order the boat with custom riggers.

## Grades / Construction

All Swift Trainers share these features;

- "Sandwich" construction (ie. A core material such as honeycomb, coremat, or PVC foam is sandwiched between 2 "skins").
- Use epoxy resin, and vacuum moulding.
- Enclosed seat decks for maximum buoyancy (exceed FISA's requirement).

	Club A	Club B
Overview	This is the lightest grade offered for Trainer 1x.	Specifically built for training purposes. Quite heavy, but great "work horses" This construction is relatively easy to repair.
Hull	Coremat core with kevlar skins.	Coremat core with fibreglass skins.
Saxboards	Closed cell PVC foam core with kevlar skins, and carbon reinforcing.	Closed cell PVC foam core with fibreglass skins, and carbon reinforcing.
Canvas decks	Coremat core with kevlar skins.	Coremat core with fibreglass skins.
Seat deck	Closed cell PVC foam core with kevlar skins.	Closed cell PVC foam core with fibre glass skins..

## Stretchers

Club A and Club B boats are supplied with lightweight carbon and PVC foam sandwich stretchers.

There is a choice between shoes and flexfoot:

	Swift shoes	Flexfoot
Club A	Standard	Standard
Club B	Standard	Standard



**Swift Racing shoes**  
Sizes 37-54 available



**Flexfoot**  
Heel restraints and solid heels for safety, rounded heels for a good fit. Approved by USRowing and British Rowing.

## Shoes Sizes

For shoes, the order form needs to be completed with European shoe sizes. Please use this chart to help you.

Euro	GB	US	JPN
37	4 1/4	4 3/4	22.75
38	5	5 1/2	23.5
39	5 3/4	6 1/4	24.25
40	6 1/2	7	25
41	7 1/4	7 3/4	25.75
42	8	8 1/2	26.5
43	8 3/4	9 1/4	27.25
44	9 1/2	10	28
45	10 1/4	10 3/4	28.75

Euro	GB	US	JPN
46	11	11 1/2	29.5
47	11 3/4	12 1/4	30.25
48	12 1/2	13	31
49	13 1/4	13 3/4	31.75
50	14	14 1/2	32.5
51	14 3/4	15 1/4	33.25
52	15 1/2	16	34
53	16 1/4	16 3/4	34.75
54	17	17 1/2	35.5

## Colour Options

All hulls are off white, and there are 4 possibilities for the upper part of the boat (decks and cockpit), so:

Off white hull/**red upper**

Off white hull/**aqua blue upper**

Off white hull/**yellow upper**

Off white hull/**Off white upper**



Colour & RAL	Name	Hull	Upper
		Colour	Colour
RAL 9016	Off white	from 2023	from 2023
RAL 7035	Light grey	until 2023	until 2023
RAL 3020	Red	No	from 2018
RAL 3001	Red	No	until 2018
RAL 5012	Aqua blue	No	Yes
RAL 1018	Yellow	No	Yes

- PLEASE NOTE that the colours shown here are only very approximate representations. If the choice of colour is very important, then you should check the colour using the RAL numbers listed above.
- From 2023 we started to use RAL9016 instead of RAL7035 "light grey" for hulls.
- From 2018 we started to use RAL3020 instead of RAL3001 "red".
- From 2022 we are using gelcoat as a base layer, then finishing with the same polyurethane paint as for Racing Shells. This is for hulls and upper parts, bow & stern decks and cockpits.

## Name on Boat

50mm tall, ariel font, in UPPER CASE & lower case. MUST be ordered at the same time as boat.  
Ask Distributor about cost.

## Electronics

Wiring and speaker only systems can be sent to all countries. Complete systems can only be sent to countries without a Nielsen Kellerman dealer: <https://nksports.com/dealers>

See NK's website for more details of each product: <https://nksports.com/category-all-products>

### Speed Coach GPS & Speed Coach GPS HR

Option 9 includes the following:	Part #	Option #	all boats
SpeedCoach GPS Model 2 with Training Pack	0183T	9	1
SpeedCoach GPS Bumpers	0189	9	
SpeedCoach GPS & StrokeCoach with Surge Rate Strap Mount (no installation)	0286	9	
SedCoach GPS & StrokeCoach with Surge Rate T-bracket Dock	0283	9	optional
Option #10 includes all parts in option #9, plus the following:	Part #	Option #	all boats
SpeedCoach GPS Model 2 Heart Rate Belt (*Compatible w/ 0183T ONLY)	0127	10	1

### Stroke Coach Surge

Option 6 only	Part #	Option #	all boats
StrokeCoach with Surge Rate (includes quick wrap dock)	0125	6	1
Stroke/SpeedCoach Bumpers (order minimum one per Coach unit)	0159	6	
SpeedCoach GPS & StrokeCoach with Surge Rate Strap Mount (no installation)	0286	6	
SpeedCoach GPS & StrokeCoach with Surge Rate T-bracket Dock	0283	6	optional

## Seat Types

Club B boats are supplied with moulded plastic seat top.



Sea33B

Club A boats are supplied with lightweight carbon seat tops.



A. Single action type with bearings, height adjustable. (Sea2)



B. Double action type (add extra 220g per seat) (SeaD1)

## Rigger Type

See following page for a full explanation of different rigger types: <https://swiftracing.com/trainer-fittings/>

## Notes About Riggers

Our riggers are made from high grade aluminium, welded to the optimum design and hard anodised for a long lasting finish.

All are adjustable for span, work height and pitch.

We guarantee the accuracy of our span, work height and pitch, see website for details.

### >>Aluminium stern wing riggers – heavy duty

Scully riggers using a heavy duty aerofoil profile, for use without backstays, ideal for lower ability crews and recreational rowing, mounted over the foot stretcher.

All measurements are in millimeters or degrees.  $\pm 3\text{mm}$ ,  $\pm 0.3$  degrees is the margin of error we work to.

Span and work height are calculated:

- From the boat's center line, when the pin is in the MIDDLE position of the rigger block.
- When the oarlock is vertically in the MIDDLE position of the pin.
- From the curve around the hole in the seat top to the sill of the oarlock.

Trainer 1x are only available with our "heavy duty ali wing riggers", that are not supplied with backstays.

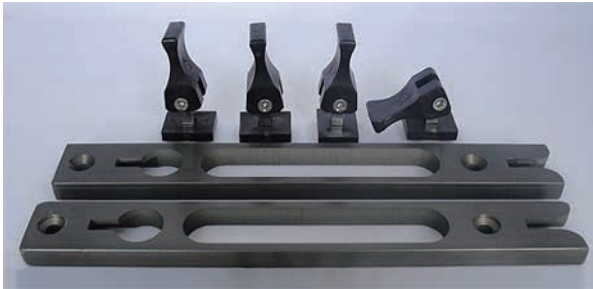
	Work height adjustment				Work height by height wedge	Span by height wedge
	by pin washers	by 10mm spacers	by rigger height	by height wedge		
<b>Heavy duty ali wing riggers</b>	$\pm 18\text{mm}$	+10mm			+28, -18mm	$\pm 40\text{mm}$

Wing riggers have +10mm extra work height adjustment with Swift's "10mm spacers", Prod# Rig33 (1 set supplied as standard).

For heavy duty ali wing riggers, lateral pitch can be easily adjusted with our pin wedges, Rig10A (1 degree wedges supplied as standard).

## Quick Release (for wing riggers)

Our wing rigger quick release system is precision made, easy to use and reliable.



Quick Release (QR) parts are the same height as our standard 10mm spacer. Therefore when QR parts are used adjustability of work height is reduced by 10mm.

## Trestles



Steel trestles  
(small for 1s & 2s)



Steel trestles  
(simple for 1s & 2s)



Aluminium trestles  
(small for 1s & 2s)

## Boat Weights

Approximate boat weights:

	Club A	Club B
<b>Trainer1x75</b>	19kgs (42lbs)	20kgs (44lbs)
<b>Trainer1x90</b>	20kgs (44lbs)	21kgs (46lbs)
Variation	+1/-0.5kg (1lb)	+1/-0.5kg (1lb)