

第1日目(2019年6月8日)

| | Lane | Crew | Rank | 500M | GOAL | Qualification |
|--------|------|-----------------|------|---------|---------|---------------|
| No.1 | 1 | | | | | |
| 成年M2X | 2 | NTT東日本 B | 4 | 1:37.97 | 3:39.96 | |
| Heat A | 3 | 警視庁 A | 3 | 1:39.14 | 3:27.41 | ->Final A(T) |
| | 4 | 明治安田生命 | 1 | 1:36.74 | 3:16.35 | ->Final A |
| 10:00 | 5 | 東京選抜 B | 2 | 1:36.02 | 3:16.94 | ->Final A(T) |
| | 6 | | | | | |
| No.2 | 1 | | | | | |
| 成年M2X | 2 | 東京選抜 A | 2 | 1:37.66 | 3:22.23 | ->Final A(T) |
| Heat B | 3 | NTT東日本 A | 1 | 1:34.58 | 3:17.23 | ->Final A |
| | 4 | 東京選抜 C | 3 | 1:41.43 | 3:29.86 | |
| 10:10 | 5 | 警視庁 B | 4 | 1:54.71 | 3:54.88 | |
| | 6 | | | | | |
| No.3 | 1 | | | | | |
| 成年M4+ | 2 | | | | | |
| Final | 3 | (棄権)明治安田生命 | | | | Withdrawal |
| | 4 | NTT東日本 | 1 | 1:30.86 | 3:04.18 | |
| 10:20 | 5 | | | | | |
| | 6 | | | | | |
| No.4 | 1 | | | | | |
| 成年W4X+ | 2 | | | | | |
| Final | 3 | 明治安田生命 | 1 | 1:50.27 | 3:40.29 | |
| | 4 | | | | | |
| 10:30 | 5 | | | | | |
| | 6 | | | | | |
| No.5 | 1 | | | | | |
| 成年W2X | 2 | | | | | |
| Final | 3 | 明治安田生命 | 1 | 1:44.81 | 3:35.29 | |
| | 4 | 東京選抜 | 2 | 1:44.40 | 3:37.56 | |
| 10:40 | 5 | | | | | |
| | 6 | | | | | |
| No.6 | 1 | | | | | |
| 成年M1X | 2 | | | | | |
| Final | 3 | NTT東日本(櫻間 達也) | 1 | 1:42.79 | 3:30.54 | |
| | 4 | 明治安田生命(是澤 祐輔) | 2 | 1:42.54 | 3:34.10 | |
| 10:50 | 5 | | | | | |
| | 6 | | | | | |
| No.7 | 1 | | | | | |
| 成年W1X | 2 | | 2 | 2:01.79 | 4:14.36 | |
| Final | 3 | 東京選抜(鶴見 和佳奈) | 2 | 2:01.79 | 4:14.36 | |
| | 4 | 明治安田生命(木野田 沙帆子) | 1 | 1:56.08 | 3:59.06 | |
| 11:00 | 5 | 東京海洋大学(鴨下 友里) | 3 | 2:17.14 | 4:39.45 | |
| | 6 | | | | | |
| No.8 | 1 | | | | | |
| 成年M2X | 2 | 東京選抜 A | 4 | 1:38.11 | 3:30.07 | |
| Final | 3 | NTT東日本 A | 2 | 1:35.73 | 3:17.28 | |
| | 4 | 明治安田生命 | 1 | 1:34.67 | 3:13.97 | |
| 12:20 | 5 | 東京選抜 B | 3 | 1:38.52 | 3:21.39 | |
| | 6 | | | | | |
| No.9 | 1 | | | | | |
| 成年M2X | 2 | NTT東日本 B | 1 | 1:35.97 | 3:21.62 | |
| Final | 3 | 警視庁 A | 2 | 1:40.16 | 3:25.21 | |
| | 4 | 東京選抜 C | 3 | 1:41.29 | 3:25.60 | |
| 12:30 | 5 | 警視庁 B | 4 | 1:49.61 | 3:48.87 | |
| | 6 | | | | | |