

# 2016 NAVY DAY REGATTA WEIGH-IN FORM

**Event Number:** \_\_\_\_\_

**Event Name:** \_\_\_\_\_

**Program Name:** \_\_\_\_\_ **Boat (A, B..):** \_\_\_\_\_

Seat	Last Name	First Name	Weight
1			
2			
3			
4			
5			
6			
7			
8			
C			

**Coach Name:** \_\_\_\_\_

**Coach Phone:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

## **Weigh-In Procedures:**

1. The Navy Day Regatta will use the honor system for weigh-in in all lightweight events.
2. Boats can begin the weigh-in process at 12:00pm on Friday, October 14th.
3. There will be no weigh-ins at the regatta site.
4. A weigh-in form must be completed for each boat entered in the regatta and turned in by a team representative at registration.
5. Maximum weight per individual is 165 pounds for men and 140 pounds for women. There is no boat average.
6. Weigh-ins are to be completed in racing attire.
7. The entire boat must weigh-in at the same time from bow to stroke.