

Competitor Listing Form

Provide an alphabetical listing (by last name) of <u>all</u> athletes and their US Rowing Member #, cross referenced with your online waivers, to make sure all of your athletes have an <u>active USRowing Membership & USRowing Waiver</u>. (Either attach print-out or complete the form below, printing additional pages as necessary)

Organization Na	me:		
Contact/Coach's Na	me:		
Contact/Coach's Phone Num	ber:		
	that you have verified all athletes competing for your pround have completed the <u>NOARA waiver</u> for this event.	ogram hav	e an active US
Contact/Coach Signature:		Date:	
Preferred format for athlete l	ist:		
Last name, First name			US Rowing #



Medical Information Form

Organization Name	
Contact/ Coach's Name:	
Contact/ Coach's Phone Number:	

No.	Last Name, First Name	# and Event	Seat No.	Condition
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

- For your crew to be cleared to race, this sheet must be turned in at registration.
- Please list all conditions that the officials / staff need to know about in event order.
- A team with no medical conditions should turn in this form with "None" written on it.
- If you change a lineup and change the seat or event of someone on this list, please inform the Regatta Headquarters.
- Use multiple sheets if needed

By signing below, you verify that from the athletes competing for your program these are all the rower medic	cal
conditions that you know of.	

Contact/Coach Signature	Date:	



Lightweight Weigh-In Form

Fill out and bring this form with you to Weigh-In.

Weigh-in Guidelines:

- 1. Weigh-in for members of lightweight crews will take place:
 - Friday, October 13th from 5:00pm to 6:00pm or
 - Saturday, October 14th from 6:30am to 8:00am
- 2. Team coach or adult representative must be present during weigh-in.
- 3. Re-weigh allowed only if the athlete is within 1 pound of the event maximum.
- 4. The whole boat weighs in at the same time. Coxswains are excluded from weigh-in.
- 5. Each athlete will weigh-in wearing racing uniform.
- 6. No weight allowance is given for items athlete is wearing during weigh-in.
- 7. Alternates will weigh in with the team.
- 8. The weigh-in official will notify the regatta director of those who do not make weight.
- 9. Weight Maximum
 - Men's Weight: 160 lbs. (No Average); Men's Youth Weight: 150 lbs.
 - Women's Weight: 130 lbs. (No Average); Women's Youth Weight: 130 lbs.

Team Name:	
Event # & Event Name:	

Please print or type competitor's names (DO NOT complete date/weight columns)

No.	Last Name, First Name	Regatta Official ONLY		
		Date/Time	Weight	
1				
2				
3				
4				
5				
6				
7				
8				
Alternate				
Alternate				