



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 medical 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			

THIS COMPLETED FORM IS REQUIRED AT WEIGH-IN