

To: **Jefferson Dad Vail Coaches**

Subject: **2019 Regatta Weigh-In Procedure - Lightweights & Coxswains**

Welcome to the 2019 Jefferson Dad Vail Regatta. To give your crews every **Competitive Advantage**, please distribute this weigh-in procedure to your coxswains and captains. This will alleviate needless worry and potential **disqualification**.

**Weigh-in Requirements:**

*This year **Lightweight Rowers and all Coxswains are required to Weigh-In only once during the Regatta. The Weigh-in Schedule for the 2019 Jefferson Dad Vail Regatta follows:***

**Weigh-in Tent Hours:**

- **Thursday, May 10:** Open at 2:00 PM and Close at 7:00 PM.
- **Friday, May 11:** Limited weigh-in staff, Open at 6:00 AM and Close at 10:00 AM, unless posted otherwise.
- **Saturday, May 13:** There Will Be No Weigh-In Activity On Saturday, no exceptions.

**Special Note:** The scales are open only during the posted times for official use. There are no practice scales available. Any team with weight concerns should be proactive and bring their own equipment.

**Weigh-in Tent Location:**

All weigh-in activity will be conducted on the Kelly Drive side of the river near the statue of "The Angels", about .5 miles below the Finish Line. The tent will be easily identifiable.

**Weigh-in Procedure:**

The following procedure has been implemented for this year's weigh-in:

All competitors must have their school identification card with them.

- As in past years there will be separate scales for coxswains and rowers. Weigh-in will be conducted on a "first come, first serve" basis.
- For all **Rowers and Coxswains** the weigh-in attire is typical racing gear which consists of shirt, trunks, socks; or singlet and socks. Tools, cox boxes, sweat shirts, sweat pants, etc. are not permitted. NO EXCEPTIONS.
- For Rowers:
  1. Teams must arrive with all members together, and have the post card size **Event Card** filled in with the last name and first initial of each rower. Cards will be distributed at the tent.

2. Rowers must have a school issued ID card or be accompanied by the coach . There will be no registration for wrist band disbursement to lightweights or coxswains.
  3. At the time of their weigh-in, a YELLOW wrist band will be attached to rowers (women's events) and (men's events) that MEET their event's weight requirements. Lightweight requirements are specified in Rule 4-106:
    - a. For women's lightweight events, no rower can weigh more than 130 pounds excluding the coxswain. We will not average the weights.
    - b. For men's lightweight events, no rower can weigh more than 160 pounds We will not average the weights.
- For Coxswains
    1. Coxswains may come to the Weigh-in tent at anytime that it is open. (see above for hours)
    2. Coxswains must have a school issued ID card or be accompanied by the coach.
    3. A YELLOW WRIST BAND will be attached to coxswain that meet the minimum weight qualifications AT THE TIME OF THEIR WEIGH-IN:
      - a. For men's events, the minimum coxswains' weight is 120 pounds (USRA Rule 4-105.1).
      - b. For women's events, the minimum coxswains' weight is 110 pounds. (USRA Rule 4-105.1).
    4. A RED WRIST BAND will be attached to coxswains that DO NOT meet weight qualifications AND the additional weight that they must carry will be written on the RED WRIST BAND as well as the bag(s) of sand. This will be verified at the launch dock, the starting line, or the finish line.