

NOTICE

TO: NSW Coaches and Athletes
FROM: RNSW Regatta Operations Manager
DATE: 14 August 2015
SUBJECT: Lightweight Limits at 2015-16 NSW Regattas

The Rowing NSW Competition Commission have set the following variations to the Lightweight Limits for the early stages of the Rowing NSW 2015/16 regatta season. These limits aim to provide some consistency with Rowing Australia (RA) and its selection policies while also protecting the integrity of lightweight events as well as premierships and bohemian crystal river cup points. The RA Event Requirements are yet to be published for 2016. As such, this document – and lightweight limits – may be revised throughout the course of the season once the Event Requirements are published.

Regattas - August to December 2015

Athletes competing in lightweight events must not weigh more than plus 6% of the FISA average weight (ie. Men 74.2kg and Women 60.4kg) with no crew average. This is to apply at the following regattas:

- Scullers Head of the Nepean
- Nepean Rowing Club Regatta
- North Shore Head
- Rowing NSW Reindeer Regatta
- NSW Sprint Championships

NSWIS Time Trials - September to December 2015

Unless otherwise advised by RA, athletes competing in lightweight events at the NSWIS Time Trials must meet the following limits:

- NSWIS TT1 and TT2 (September & October) – No limit, however weight must still be recorded.
- NSWIS TT3 and TT4 (November & December) - Athletes competing in lightweight events must not weigh more than plus 6% of the FISA average weight (ie. Men 74.2kg and Women 60.4kg) with no crew average to apply.

Athletes seeking National Team selection must comply with the weight limits set by RA in the Event Requirements documentation on the RA website (upon publication).

All enquiries regarding the Lightweight Limits at NSW regattas should be directed to Owen Nix, RNSW Regatta Operations Manager at owen@rowingnsw.asn.au or 02 9555 6111.