

NOTICE

TO: NSW Coaches and Athletes
FROM: RNSW Regatta Operations Manager
DATE: 21 August 2017
SUBJECT: Lightweight Limits at 2017-18 NSW Regattas and Time Trials

Rowing NSW have set the following variations to the lightweight limits for the early stages of the Rowing NSW 2017/18 regatta season.

These limits aim to provide some leniency for lightweight competitors to ensure that they do not have to race at FISA weight limits throughout the entire season. They also protect the integrity of lightweight events as well as premierships and Bohemia Crystal River Cup points.

The Rowing Australia (RA) Event Requirements are yet to be published for 2017/18. As such, this document – and lightweight limits – may be revised after the start of the season once the Event Requirements are published.

Regattas - August to December 2017

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

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

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.

NSWIS Time Trials - September to December 2017

Unless otherwise advised by RA, athletes competing in lightweight events at the New South Wales Institute of Sport (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 (i.e. Men 74.2kg and Women 60.4kg) with no crew average to apply. Competitors in lightweight events weighing more than these limits will be classified as heavyweight in the published results.

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 NSWIS Time Trials should be directed to Lizzi Chapman, NSWIS Rowing Program Manager at Lizzi.Chapman@nswis.com.au or 02 9763 0252.