

LIGHTWEIGHT WEIGH IN PROTOCOL JANUARY 30, 2022



All athletes entered in CIRC 2022 virtual Indoor Championships **lightweight races** are required to weigh in on January 30, 2022 in accordance with the time limits and methods outlined below.

TIMING

Lightweight athletes are required to weigh-in between two (2) hours before the start time of the competitor's scheduled race and no later than one (1) hour prior to start on race day.

MAXIMUM WEIGHT

Lightweight limit is **75 kilograms (kg)** for men and **61.5 kilograms (kg)** for women. If a scale will not convert from (lbs) pounds to (kg) kilograms the Official will make the conversion by dividing the pound weight by 2.2 to obtain the correct kg weight.

VIRTUAL WEIGH-IN using ZOOM

Lightweight competitors who are confirmed to race will receive a digital link by email to the CIRC Virtual ZOOM* Weigh-in room. When logged in to the ZOOM Officials, lightweight competitors should open their camera and unmute their audio in ZOOM for Weigh-in. When called on by the Race Official, the competitor will identify themselves by name and show proof of identity and the race entered. When asked the competitor should step on to the scales wearing racing clothes. The camera should be turned to show on screen the reading on the weigh scales in kilograms with the competitor standing on the scale.

- ✓ Competitors will be called upon in the Zoom room by the Race Official
- ✓ Wear your racing clothes
- ✓ Bodyweight measurement must be shown and visible on the digital display of the scales **in kgs**.

*ZOOM is free conferencing software that connects people with live video and audio. It may take a few minutes to load onto your laptop if you are using for the first time.

VIDEO SUBMISSION

If you are unable to log in to the ZOOM Weigh-In room, you have the option to send an email with **competitor's name, country** and the **event that you entered with** an **attached video** to: weighin@cdnindoorrowing.org.

An example of an appropriate weigh-in video can be found here:

https://youtu.be/Q_0qar_yx4M

Competitors may use any video camera or camera phone to record their bodyweight with enough quality to see all of the following details:

- ✓ The competitor stepping on a reliable set of digital scales
- ✓ Wearing racing clothes
- ✓ Bodyweight measurement is visible on the digital display of the scales
- ✓ Date and time showing day of competition (this could be the home screen of a phone or watch)

Weigh-In Officials will authenticate the video and record the competitor weigh-in status as “Checked In” with pass if the weight shown does not surpass the maximum weight allowed.

Note: If a lightweight competitor fails to make weight, or they miss the cut-off time for weigh-in, they will still be able to race at their original assigned time, but [their score and result will be moved into the appropriate open weight, age appropriate category.](#)

Final race results will not be official until all weigh-in submissions for a particular race have been verified and approved.

RACE DISPUTES

During the event, should any competitor wish to dispute or protest a race, a result or an incident occurring during a race: they should email the Race Review Panel at racereview@cdnindoorrowing.org **no later than 30 minutes** after the end of the race. The Race Review Panel will investigate the situation, using the race data for the race and the provisional results.

Competitors may be asked to provide further evidence in the form of video of their race to aid the Race Review Panel in their investigation into the dispute or protest. The video may be self-recorded on another device during the race, or the video capture (if connected by competitor) by CIRC and Time-Team on the race platform for the Live-Stream. The outcome of this investigation and the decision of the Race Review Panel will be final.