

**LIGHTWEIGHT  
WEIGH-IN  
PROTOCOL**  
Males – 75kg max  
Females – 61.5kg max



All athletes entered in CIRC & the Americas Continental Qualifier Event for 2021 World Rowing virtual Indoor Championships **lightweight races** are required to submit photo evidence as proof of their body weight on our race weekend February 6 -7, 2021 in accordance with the time limits outlined by below.

- Lightweight athletes are required to ‘weigh-in’ from two hours before the start of the racing day and no later than 1 hour prior to the start time of their race. Weigh-ins can begin at 07:00 EST on both Saturday February 6th and Sunday February 7th.
- Competitors may use any digital camera or camera phone to record their bodyweight with sufficient quality to see all of the following details:
  - ✓ A photo that shows the competitor standing on a reliable set of digital scales
  - ✓ Wearing racing clothes
  - ✓ Bodyweight measurement is visible on the digital display of the scales
  - ✓ Date and time (this could be the home screen of a phone or watch showing the date and time stamp) on the day of competition and the actual time the weigh-in is done.
- The email including the weigh-in photo must include **competitor’s name** and **country** and the **event that you entered** at CIRC.
- Send email with these details and attached photo to: [weighin@cdnindoorrowing.org](mailto:weighin@cdnindoorrowing.org)

Verification will take place by the CIRC Official assigned to weigh-ins. Final race results will not be official until all weigh-in submissions for a particular race have been verified and approved.

Note: If a competitor does not make weight, or they miss the cut-off time for weigh-in, they will still be able to race, however the score will not be included in the lightweight category but the age appropriate open weight category. If you do not make weight on your scales on race day, please inform the Official in an email at [weighin@cdnindoorrowing.org](mailto:weighin@cdnindoorrowing.org)

If you are racing in lightweight races on both days, you will need to weigh in both days. The maximum weight for male rowers is **75 kilograms** and the maximum for female rowers is **61.5 kilograms**.

**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 [ReviewPanel@cdnindoorrowing.org](mailto:ReviewPanel@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 to aid the Race Review Panel in their investigation into the dispute or protest. The outcome of this investigation and the decision of the Race Review Panel will be final.