



LIGHTWEIGHT WEIGH IN PROTOCOL CIRC 2025

All athletes entered in CIRC 2025 virtual Indoor Championships **lightweight races** are required to weigh in via a virtual zoom room on February 9, 2025 in accordance with the time limits outlined by below.

- Lightweight athletes are required to 'weigh-in' between the hours of 8:30-11:30 a.m. EST but the process **must be completed one hour before** your scheduled race.
- A link to weigh-ins will be provided prior to race day.

Competitors will be called into the zoom break-out room in order of arrival.

- You will be asked to identify yourself (photo I.D will be required) and know your event I.D.
- **A labelled test weight in kilograms or equivalent (such as a dumbbell or weighted plate) being placed on the digital scale to be used, with a clear reading of the weight indicated on both the test weight and the digital scale reading visible.** The weight cannot be a modifiable weight (i.e. a sandbag, adjustable dumbbell, etc).
- 2. The test weight subsequently removed from the digital scale, and the competitor's full body (including their face) on a digital scale **in their racing clothes.**
- 3. The scale reading visible in kilograms, showing the weight to 0.1 kilograms.
- Bodyweight measurement must be shown and visible on the digital display of the scales **in kgs.**

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 you do not make weight on your scales on race day, the Official in the weigh-in room will inform the race team of the result.

Competitors who do not make weight will proceed to race at their assigned time
BUT their score will be entered into the appropriate open weight, age appropriate
category

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