

WEIGH-IN FOR LIGHTWEIGHT ROWERS

Pertains to:

all Boys <= 155 lbs

all Girls <= 135 lbs

- Typically held mid-February during Winter Conditioning
- Boys / Girls typically assigned to different days.
- In the days preceding your weigh-in day, **be sure to follow the body mass / hydration tip sheet** available on our website. The guidelines on hydration will help ensure that you are fully hydrated and health for the lightweight rowing program.
- Meet at the trainer's room at the assigned time and day. The trainer will perform testing in order to ensure that all lightweights are "certified" for lightweight rowing for the season.
- Come dressed for winter conditioning as that will take place immediately afterwards.

Those NOT doing weigh-in, please arrive at normal time for Winter Conditioning.