

# 2024 Jefferson Dad Vail Regatta

## Weigh-In Procedures for Coxswains & Lightweight Crews

### *Weigh-in Requirements:*

Lightweight Crews and all Coxswains are required to Weigh-In only once during the Regatta.

### *Weigh-in Windows:*

- Thursday, May 9: Opens at 2:00 PM and Closes at 7:00 PM.
- Friday, May 10: Opens at 6:00 AM and Closes at 10:00 AM.
- Saturday, May 11: **No weigh-in activity. No Exceptions.**

The weigh-in scales are available during the posted times for official use only. There are no practice scales available to coxswain or lightweight crew. Teams with weight concerns should be proactive and bring their own scales.

### *Weigh-in Tent Location:*

All weigh-in activity is conducted on deck in the Cuthbert launching area. Weigh-in and Registration share the same, tent..

### *Weigh-in Procedure - General:*

The following procedure applies to this year's weigh-in:

- All competitors must have their school identification card with them.
- There are separate scales for coxswain and lightweight crew weigh-in. Weigh-in will be conducted on a "first come, first serve" basis.
- Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor, i.e., (1) shirt, trunks and socks or (2) singlet and socks. Tools, cox boxes, sweatshirts, sweatpants, etc. are not permitted. **NO EXCEPTIONS.**
- For Lightweight Crews:
  1. All the Rowers constituting the Crew must arrive together for weigh-in. Coxswain weigh-in is not part of the Lightweight Crew weigh-in procedure.
  2. The Crew must show that they have registered (blue wrist band)
  3. Prior to weighing, the Crew must have completed their **Event Card**. The Event Card provides the last name and first initial of each member of the Crew. Event Cards are available at the Weigh-in tent.

4. Each rower must have a school issued ID card or be accompanied by a Team coach. There will be no registration for wrist band disbursement to lightweights or coxswains.
5. At the time of their weigh-in, a YELLOW wrist band will be attached to all rowers meeting their respective weight requirements. Lightweight requirements are specified in Rule 4-106 (Weighing of Competitors), i.e.:
  - a. For women’s lightweight events, no rower can weigh more than 130 pounds excluding the coxswain. There is no Crew Weight Averaging.
  - b. For men’s lightweight events, no rower can weigh more than 160 pounds excluding the coxswain. There is no Crew Weight Averaging.
6. A boat’s weigh-in window is the day in which the crew elects to weigh in, e.g., Thursday or Friday but not both.
  - a. Has until the end of the boat’s weigh-in window to make weight.
  - b. Can be weighed multiple times within the weigh-in window.

When the non-compliant rower cannot make weight and is replaced with another male rower, then all members of the reformulated team must reweigh for the team to qualify for the event.

- For Coxswains

1. Coxswains may come to the Weigh-in tent at any time within the published Weigh-in Windows
2. Coxswains must have a school issued ID card or be accompanied by a Team coach.
3. A YELLOW wrist band will be attached to coxswain that meet the minimum weight qualifications AT THE TIME OF THEIR WEIGH-IN:
  - a. For men’s events, the minimum coxswains’ weight is 120 pounds Rule 4-105.1).
  - b. For women’s events, the minimum coxswains’ weight is 110 pounds. (Rule 4-105.1).
4. A RED WRIST BAND will be attached to coxswains that DO NOT meet weight qualifications AND the additional weight that they must carry will be written on the RED WRIST BAND as well as the carry weight. The carry weight will be verified at the launch dock, the starting line, and/or the finish line.
5. Note: when an individual is coxing both a men’s event and a women’s event, a wrist band will be required to each event type. Hence, a coxswain could have the following combination of wrist bands:

Wristband Combinations for Coxswains in Men and Women Events		
Coxswain Weight	Wristband	
	Women’s Event	Men’s Event
< 110 pounds	Red	Red
≥ 110 pounds and < 120 pounds	Yellow	Red
≥ 120 pounds	Yellow	Yellow