



PNRA/MERCER LIGHTWEIGHT HEALTH CERTIFICATION

The form must be completed by your family doctor. All potential lightweight rowers will need to be certified and returned this form to PNRA/Mercer before the first scheduled day of a practice for a season in order to be eligible to compete as a lightweight during that season.

ATHLETE INFORMATION

Athlete Name _____

Gender _____ Height _____

Date of Birth _____ Weight _____

Date of Test _____ Body Mass Index (BMI) _____

LIGHTWEIGHT ELIGIBILITY

In some regattas athletes have the ability to compete in weight restricted events. Can this athlete healthily complete at or below the following weights:

Women 130 lbs.

Men 150 lbs.

YES

NO

It is not healthy for this athlete to compete in rowing weighing less than: _____

DOCTOR INFORMATION

I certify that the above information:

Name of Doctor _____ Signature _____

Business Email _____ Business Telephone Number _____

INFORMATION RELEASE

I authorize the release of my health assessment and information contained in this form to the Princeton National Rowing Association's Mercer Rowing program for the purpose of determining eligibility to rowing in lightweight events.

Signature of athlete or athlete's representative _____ Date _____

Completed forms should be sent directly to PNRA at info@rowpnra.org or faxed to 609-799-9001 before March 12, 2018.

**1 South Post Road, Suite 1, Princeton Junction, NJ 08550
Phone (609) 799-7100 Fax: (609) 799-9001 www.rowpnra.org**