



## PNRA/MERCER LIGHTWEIGHT HEALTH CERTIFICATION

The form must be completed by your family doctor. All potential lightweight rowers will need to be certified *before March 11, 2019* in order to row as a lightweight at the 2019 Mid-Atlantic Regional Championship Regatta and Youth National Championship Regatta.

### 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 is accurate:

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 can be sent directly to PNRA at [info@rowpnra.org](mailto:info@rowpnra.org) or faxed to 609-799-9001 before March 11, 2019.**