

NOTICE

TO: RNSW Members and Supporters
FROM: Regatta Operations Manager
DATE: 2 November 2011
REFERENCE: N1 - 11/12
SUBJECT: Lightweight Limits

In accordance with Section 8.1.A (iv) of the NSWRA Laws of Boat Racing, the RNSW Board confirmed the following Lightweight Limits and how they should be applied to the RNSW 2011/12 Regatta season.

This decision ensures consistent with the [Rowing Australia Selection Policy](#):

- a. *Lightweight athletes are required to be within the following weight ranges for racing, time trials, and any national testing:*
 - i. *October 2011 – no specified weight, however Athlete’s weights must be recorded and sent to the NRCE for when completing racing or testing.*
 - ii. *November and December 2011 – Athletes must not weigh more than plus 6% of the FISA average weight (ie. Men 74.2kg and Women 60.4kg).*
 - iii. *January and February 2012 - Athletes must not weigh more than plus 5% of the FISA average weight (i.e. Men 73.5kg and Women 59.9kg).*
 - iv. *For racing at the National Championships athletes must abide by Rowing Australia rules.*

The variation to the lightweight limit will be in affect the following Rowing New South Wales regattas:

- North Shore Regatta
- RNSW Premiership Regatta
- NSW Sprint Championships
- Taree Summer Regatta
- RNSW Small Boat Regatta
- NSW Championships
- King’s/PLC/RNSW Regatta
- Sydney Rowing Club Regatta