

## Race Category

Novice, Intermediate, Senior, Elite, Masters

## Race Weight

This field provides the initial boat size and race weight category.

## Shoe Size

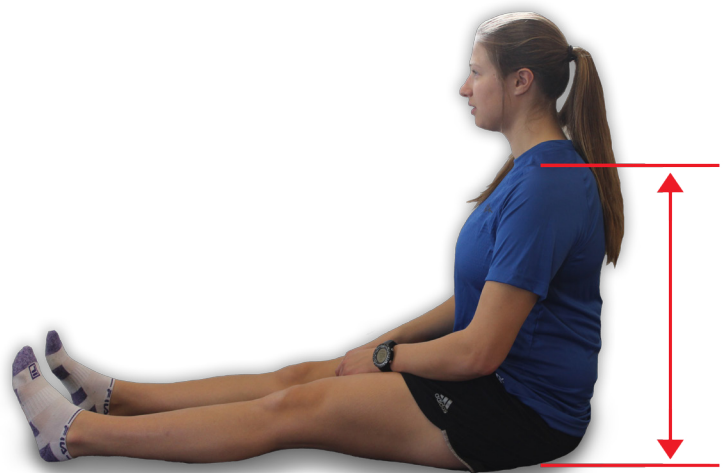
US sizing

## Height

Measurement taken without shoes.

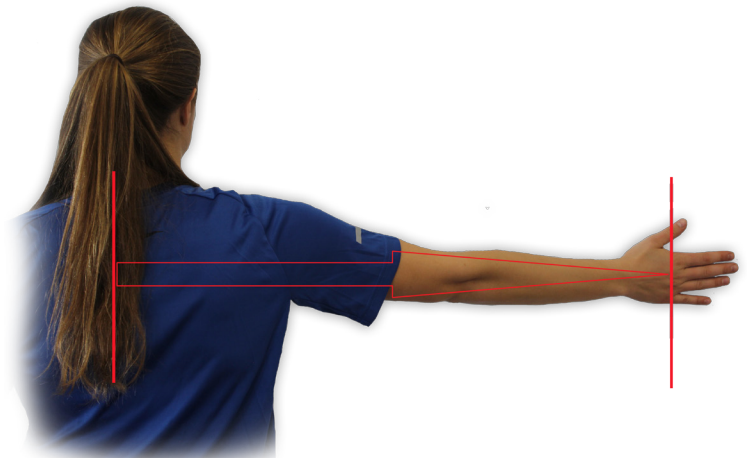
## Seat to Shoulder Height

Sitting with normal boat posture measured from seat to top of shoulder height.



## Sleeve Length

Standing with arm straight out, measured from centre of back to second knuckle.



## Shin Length

Sitting on a low step 8-10 inches high. Measurement is from the floor to the top of the knee. Both shins must be measured as they are not always the same.



## Inseam Length

Standing with feet together as in the boat. Measured from the floor to the crotch.



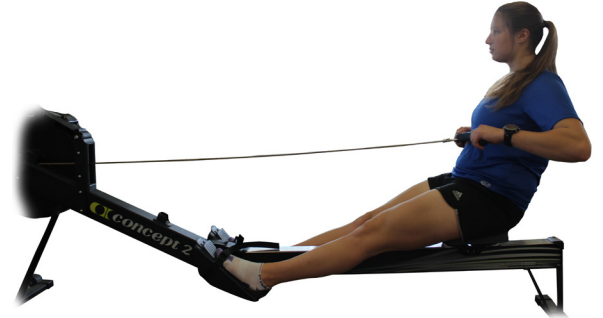
## Ankle Flexibility

Standing, leaning forward as far as possible with one leg back straight, heel kept on the floor. This is measured from the perpendicular to the straight leg and can be measured with an angle finder or smartphone app.



## Stroke Length Erg

This is the distance of the handle movement between the catch and finish positions.



## Seat Travel

The measured distance the seat moves from catch to finish.

## Oarhandle to Front Seat

The horizontal distance between the front of the seat and the oarhandle when the athlete is in the finish position.

## Oarhandle Finish Split Distance

The distance between the oarhandles when the athlete is in the finish position.

## Race Power

Enter your 2k erg time at race rate/pace. Masters enter your 1k erg time at race rate/pace.

## Target Stroke Rate

Enter your target stroke rate.

