**PURCERVERANCE Custom Measurement Form**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **NAME** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | **EMAIL** | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | |
| **GENDER (M/F)** | | \_\_\_\_\_ | | | **AGE** | | \_\_\_\_\_ | | | **RACE CATEGORY** | | | | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| **ATHLETE MEASUREMENT DESCRIPTION** | | | | | | | | | | | | **MEASUREMENT** | | **ATHLETE COMMENTS OR CONCERNS** | | | | |
| **RACE WEIGHT**  Typical race weight (lbs) | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **SHOE SIZE**  Shoe size in US men’s or women’s size. (M or W) | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **HEIGHT**  Standing height without shoes. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **SEAT TO SHOULDER HEIGHT**  Sitting with good posture measured from the seat to the top of your shoulder. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **SLEEVE LENGTH**  Standing with your arm straight out, measure from the centre of your back to your middle finger knuckle. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **SHIN LENGTH LEFT LEG**  Sitting on step. Floor to top of left knee. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **SHIN LENGTH RIGHT LEG**  Sitting on step. Floor to top of right knee. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **INSEAM LENGTH**  Crotch to floor distance with no shoes. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **ANKLE FLEXIBILITY**  Foot straight keeping heel on floor, flex leg forward. Measured in degrees from perpendicular (at 0°) to the angle of your leg stretching forward as far as possible with heel on floor (measure both ankles and record the minimum angle). | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **STROKE LENGTH ON ERG**  From handle at catch to handle at finish (warm-up to improve accuracy of measurement). | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **HEEL CUP TO FRONT SEAT IN FINISH POSITION ON ERG**  From heelcup to front of seat sitting in finish position, measured direct from seat to heel to seat on an angle. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **SEAT TRAVEL DISTANCE ON ERG**  Measured on seat rail, back of seat between catch and finish. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **OAR HANDLES TO FRONT SEAT IN FINISH POSITION ON ERG**  In finish position with hands at the body, measure horizontally the distance from the front seat inside thumb. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **OAR HANDLE SPLIT DISTANCE IN FINISH POSITION**  The distance your oarhandles are apart at the finish. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **RACE POWER**  Erg score (time) 2k or Masters 1k. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **TARGET RACE RATE**  Typical stroke rate when you are racing. | | | | | | | | | | | | \_\_\_\_\_\_\_\_ | |  | | | | |
| **CURRENT OAR INFORMATION *(this information can be found on the sticker on the oar shaft next to the collar)*** | | | | | | | | | | | | | | | | | | |
| **OAR MANUFACTURER** | | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | **BLADE TYPE** | | | | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| **MINIMUM OAR LENGTH** | | | \_\_\_\_\_\_\_\_ | | | **MAXIMUM OAR LENGTH** | | | | | | | \_\_\_\_\_\_\_\_ | | | | **FLEX** | \_\_\_\_\_\_\_\_ |
| **OTHER CONCERNS OR COMMENTS** | | | | | | | | | | | | | | | | | | |

For measuring help see the FluidCustom Measurement Guide on YouTube <https://www.youtube.com/channel/UCtiG79g0adDkvBxkZsUORnw>

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