**PURCERVERANCE Custom Measurement Form**

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| --- | --- | --- | --- |
| **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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