

2019 Dogwood Cox'n Weigh-In Form

Lightweight and Coxswain Weigh-in Update:

Saturday: All Lwts and Coxswains must weigh-in in the 2hr -1hr window
Your weight is carried over to Sunday you do NOT weigh-in again.
If you are cox'n for a second event we will weigh you for that.
YOU MUST TELL US!

Sunday: Lwts and Coxswains that did NOT race Saturday
must weigh-in in the 2hr-1hr window

RACE
TIME: _____

Window: OPENS
2hrs before race _____
Window: CLOSES
1hr before race _____

EVENT # _____

Event Name: _____

School or Club _____

Coach Name and cell# _____

NAME

WEIGHT

Cox _____ Body Weight

_____ Weight Carrying

_____ Total Weight

OFFICIAL'S NOTES:

Date: _____

Time: _____