**PURCERVERANCE Custom Measurement Form**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **NAME** | |  | | | | | | | | **EMAIL** | | |  | | | | | | | | | | |
| **GENDER (M/F)** | |  | **AGE** | | | | |  | | | **RACE CATEGORY** | | | | | | | | |  | | | |
| **ATHLETE MEASUREMENT DESCRIPTION** | | | | | | | | | | | | | | | **MEASUREMENT** | | | | **ATHLETE COMMENTS** | | | | |
| **ATHLETE MEASUREMENTS** | **RACE WEIGHT** - Typical race weight | | | | | | | | | | | | | |  | | | |  | | | | |
| **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 good posture measured from seat to the top of your shoulder. | | | | | | | | | | | | | |  | | | |  | | | | |
| **SLEEVE LENGTH**  Standing arm straight out, measure centre of your back (spine) to the back of your hand knuckle at the middle finger. | | | | | | | | | | | | | |  | | | |  | | | | |
| **SHIN LENGTH RIGHT LEG** - Sitting on step. Floor to top of right knee. | | | | | | | | | | | | | |  | | | |  | | | | |
| **SHIN LENGTH LEFT LEG** - Sitting on step. Floor to top of left knee. | | | | | | | | | | | | | |  | | | |  | | | | |
| **INSEAM LENGTH** - Crotch to floor distance standing with no shoes. | | | | | | | | | | | | | |  | | | |  | | | | |
| **ANKLE FLEXIBILITY**  Foot forward keeping heel on floor, flex leg forward. Measured in degrees from perpendicular (at 0°) to angle of your lower leg. | | | | | | | | | | | | | |  | | | | If you have trouble measuring, take picture from the side of each leg flexed forward and send by email | | | | |
| **ROWING MEASUREMENTS** | **STROKE LENGTH ON ERG**  From oar handle at in finish position to oarhandle in catch position. | | | | | | | | | | | | | |  | | | |  | | | | |
| **HEEL CUP TO FRONT SEAT IN FINISH POSITION ON ERG**  Measure **diagonally** direct from heel cup to front of seat sitting in finish position | | | | | | | | | | | | | |  | | | |  | | | | |
| **SEAT TRAVEL DISTANCE ON ERG**  Measured on seat rail, back of seat between catch and finish. | | | | | | | | | | | | | |  | | | |  | | | | |
| **HEEL CUP TO FRONT SEAT IN CATCH POSITION ON ERG**  Measure **horizontally** from heel cup to front of seat in catch position. | | | | | | | | | | | | | |  | | | |  | | | | |
| **HEEL CUP TO TOP SEAT ON ERG - FOOTSTOP HEIGHT**  Measured **vertically**, heel cut to top seat | | | | | | | | | | | | | |  | | | |  | | | | |
| **OAR HANDLES TO FRONT OF SEAT IN FINISH POSITION ON ERG**  Measure horizontally, hold hands in finish position as in the boat at navel height, measure from the thumb knuckle to the point even with front of seat. | | | | | | | | | | | | | |  | | | | your hand height mid way between your waist and base of sternum | | | | |
| **OAR HANDLE SPLIT DISTANCE IN FINISH POSITION**  The distance your oarhandles are apart at the finish. | | | | | | | | | | | | | |  | | | |  | | | | |
| **PERFORM** | **RACE POWER (ERG SCORE)** - Erg score (time) 2k or Masters 1k. | | | | | | | | | | | | | |  | | | |  | | | | |
| **TARGET RACE RATE** - Typical (target) stroke rate when you are racing. | | | | | | | | | | | | | |  | | | |  | | | | |
| **ROWING SHELL - EXISTING FOOTSTOP INFORMATION *(current dimensions if comfortable - take pic if unable to measure)*** | | | | | | | | | | | | | | | | | | | | | | | |
| **FS** | **HEEL SEPARATION** |  | | **TOE SEPARATION** | | | | |  | | | **SHOE LENGTH** | | | |  | | **SHOE SPLAY ANGLE** | | | | |  |
| **CURRENT OAR INFORMATION *(this information can be found on the sticker on the oar shaft next to the collar)*** | | | | | | | | | | | | | | | | | | | | | | | |
| **OARS** | **OAR MANUFACTURER** | | | |  | | | | | | | **BLADE TYPE** | | | | | | | | |  | | |
| **MINIMUM OAR LENGTH** | | |  | | | **MAX. OAR LENGTH** | | | | | | | |  | | | **FLEX** | | | |  | |
| **CURRENT OAR LENGTH** | |  | | | **CURRENT OAR INBOARD** | | | | | | |  | | | | **CURRENT BOAT SPAN** | | | | |  | |
| **OTHER CONCERNS OR COMMENTS** | | | | | | | | | | | | | | | | | | | | | | | |
| **Boatfit Video Capture on Erg** | | | | | | | | | | | | | | **Smartphone setup**   1. set perpendicular to erg 2. 10 to 15 feet from the erg 3. capture athlete and erg in video view screen 4. hold smartphone stationary on support | | | | | | | | | |
| * Record five strokes rowing at race rate and race pressure. * Rowing technique as in shell (do not extend layback or over reach * Ensure a good warm-up prior to workout | | | | | | | | | | | | | |

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

email complete form and video to [purcerverance@gmail.com](mailto:purcerverance@gmail.com)