**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
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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