

To be qualified for Lake Merritt Club “racing” single, doubles or quads, a sculler must meet the requirements below. (Note: There is separate approval to bow a double, or quad, to bow offsite, or rowing in low light conditions without coaches supervision).

- 1) A 1000m meter time trial in a single must be rowed faster than a certain time. Base times are: 4:10 for lightweight men, 4:35 for lightweight women. 4:06 for heavyweight men, 4:30 for heavyweight Women. Times adjusted for age according to USRowing handicap system, which is given below.
- 2) The candidate can make 1 pass in their direction of choice. They can use boat of choice (LMRC trainer, or borrowed boat). Regardless of time trial result, an approved coach who has knowledge of the rowing ability of the candidate, must make the determination that the candidate is qualified.
- 3) Rowers who can provide verified race times over 1000m distance can substitute that for TT, but that does not supersede need for coach’s approval.
- 4) Failure to steer a reasonable course will result in failure of the test regardless of the time.
- 5) The board of directors may exempt scullers from these requirements for a specified period of time.
- 6) Al Chase, Chris Dadd, Dede Birch, Brian Birch, Greg Lewis, Jill McIntire, Alan Dreyfus are approved to do TT checkouts. (i.e. the same people who can also do Aero and trainer checkouts).

US Rowing Handicap times is $0.025 \text{ times (age-27)}^2$ seconds is added to the base time. Age is US rowing racing age (i.e. current year minus birth year, or age on last day of the year).

For reference, this comes out to:

Age	Handicap
30	0.2 s
35	1.6 s
40	4.2
45	8.1
50	13.2
55	19.6
60	27.2
65	36.1
70	46.2
75	57.6