Regression Form

Instructions

- Please note that regression is only available to competitors with five or more points.
- One point may, on written application to British Rowing HQ, be deducted from a competitor who has not won a qualifying event at Senior level or its equivalent in the immediately preceding calendar year(s) to a minimum of four points e.g. In 2016, a competitor with eight rowing points whose last win was in 2012 may regress for 2013, 2014 and 2015 reducing the rowing points total to four.
- Only fully completed calendar years (January to December) will be included in the calculation.

Personal Details

Please provide the following personal details. Please complete in block capitals or electronically.

Surname			
Forename			
Date of Birth			
Address to which the card should be sent			
		Postcode	
British Rowing Membership Number			

Declaration of Last Win

Please declare how many points you currently have in rowing and sculling	Rowing		Sculling	
When did you last win a race in rowing and sculling	Rowing		Sculling	

Declaration

I declare that the details given above are correct and that I agree to abide by the rules of British Rowing.

Signed: _____ Date:_____

(Signature of parent/guardian if applicant is under 16)

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