Please note that this is a guide aimed at supporting those who do not have access to an weighing in process. Any readings from an official weighing in process will always take precedence over the chart'

RS700 Provisional Rack Settings

Helm's Height Metres	Helm's Weight Kg 68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106
1.63	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1
1.64	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1
1.65	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1
1.66	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1
1.67	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1
1.68	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1
1.69	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1
1.70	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1
1.71	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1
1.72	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1
1.73	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1
1.74	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1
1.75	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.76	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.77	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.78	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.79	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.80	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.81	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.82	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.83	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.84	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	3	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.85	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	3	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.86	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.87	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.88	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.89	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.90	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.91	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.92	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.93	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.94	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1.95	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	3	3	3	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1