

Grinder application form	
Name	
Date of birth	
Address	
Nationality	
Sailing/sports experience	
Grinder machine result*	<p>Please attach evidence of your Technogym grinder result, including time, level and distance, either as a photo, snap from a video, or a video fragment. Some machines lose the results screen quickly so a video would be recommended, but you can just send us the last 10-20 seconds.</p>

How to submit:

To apply, simply head to your local gym and sailing club and complete our simple grinder test (details below) on a Technogym Excite Top Arm trainer.

Then, send us your scores and details, and we'll choose a selection of the best candidates for an in-person trial with our SailGP athletes in Copenhagen.

Send the filled-out form and test results to pwibroee@sailgpden.com no later than 16 March 2022. Please put "SailGP Test result" in the subject line.

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