

AUG./SEPT.
(2ND SESSION)

ST. CATHARINES ROWING LEAGUE

PRELIMINARY PRACTICE SCHEDULE

(BORN IN 1989)
2019
(31th YEAR) (30th ANNIVERSARY)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 AUGUST ROYAL CANADIAN HENLEY MASTERS	5 REC. REGISTRATION CLOSES (CIVIC HOLIDAY)	6 ▶ AUG. 6	7 137th	8	9	10 ROYAL CANADIAN HENLEY REGATTA
11 ▶ AUG. 11 COMPLETION OF 137th ROYAL CANADIAN HENLEY REGATTA	12 MEET and GREET 6:30-8:30	13 6:00-9:00 PRACTICE (NOVICES) BROCK TANK	14 6:00-9:00 PRACTICE (NOVICES) BROCK TANK	15 6:30-8:30 PRACTICE (NOVICES) ON WATER	16 6:30-8:30 PRACTICE ALL CREWS	17 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
18 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	19 6:30-8:30 TEAM#	20 6:30-8:30 TEAM#	21 6:30-8:30 TEAM#	22 6:30-8:30 TEAM#	23 6:30-8:30 TEAM#	24 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
25 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	26 6:00-8:15 TEAM#	27 6:00-8:15 TEAM#	28 6:00-8:15 TEAM#	29 REGATTA #1 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 RACE #4 6:45 SPRINT RACE #5 7:00 RACE #6 7:12 RACE #7 7:24 RACE #8 7:36	30 6:00-8:00 TEAM#	31 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
1 SEPT. 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	2 6:00-8:00 TEAM#	3 6:00-8:00 TEAM#	4 6:00-8:00 TEAM#	5 REGATTA #2 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 RACE #4 6:45 SPRINT RACE #5 7:00 RACE #6 7:12 RACE #7 7:24 RACE #8 7:36	6 6:00-8:00 TEAM#	7 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
8 JIM STONE REGATTA	9 6:00-7:45 TEAM#	10 6:00-7:45 TEAM#	11 6:00-7:45 TEAM#	12 REGATTA #3 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 RACE #4 6:45 SPRINT RACE #5 7:00 RACE #6 7:12 RACE #7 7:24 RACE #8 7:36	13 6:00-7:45 TEAM#	14 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
15 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	16 6:00-7:40 TEAM#	17 6:00-7:40 TEAM# RAIN DATE	18 6:00-7:40 TEAM#	19 REGATTA #4 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 RACE #4 6:45 SPRINT RACE #5 7:00 RACE #6 7:12 RACE #7 7:24 RACE #8 7:36	20 6:00-7:35 TEAM#	21 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
22 REGATTA #5 MAIN RACE #1 1:00 RACE #2 1:15 RACE #3 1:30 RACE #4 1:45 SPRINT RACE #5 2:00 RACE #6 2:12 RACE #7 2:24 RACE #8 2:36 RACE #9 2:50 (BEAT THE COACHES)	23	24	25	26	27 BANQUET (HOLIDAY INN)	28

ONLY SCHEDULED CREWS ARE PERMITTED ON THE WATER

EXTRA PRACTICES (8) +

IT IS NOT MANDATORY TO ATTEND ALL PRACTICES, ALTHOUGH AN EFFORT TO ATTEND AS MANY AS POSSIBLE IS BETTER SPORTSMANSHIP FOR THE TEAM