

AUG./SEPT.  
(2ND SESSION)

# ST. CATHARINES ROWING LEAGUE

## PRELIMINARY PRACTICE SCHEDULE

2023  
(YEAR 35)

(BORN IN 1989)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 31		1 AUGUST	2 REC. REGISTRATION CLOSES	3	4 BANQUET (SESSION 1)	5
6 AUG. 13 ROYAL CANADIAN HENLEY MASTERS	7 (CIVIC HOLIDAY)	8 AUG. 8	9 139th	10	11 ROYAL CANADIAN HENLEY REGATTA	12
13 COMPLETION OF 139th ROYAL CANADIAN HENLEY REGATTA	14 MEET and GREET 6:30-8:30	15 6:00-8:15 PRACTICE (NOVICES) BROCK TANK	16 6:00-8:15 PRACTICE (NOVICES) BROCK TANK	17 6:00-8:15 PRACTICE (NOVICES) ON THE WATER	18 6:00-8:15 PRACTICE BEGINS (FOR SCHEDULED CREWS)	19 8-10 TEAM# 5 10-12 TEAM# 9 12-2 TEAM#
20 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	21 6:00-8:15	22 6:00-8:15	23 6:00-8:15	24 6:00-8:00	25 6:00-8:00	26 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
27 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	28 6:00-8:00	29 6:00-8:00	30 6:00-8:00	31 REGATTA #1 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 SPRINT RACE #4 6:45 RACE #5 7:00 RACE #6 7:15	1 SEPT. 6:00-8:00	2 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
3 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	4 6:00-7:45	5 6:00-7:45	6 6:00-7:45	7 REGATTA #2 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 SPRINT RACE #4 6:45 RACE #5 7:00 RACE #6 7:15	8 6:00-7:45	9 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
10 ( ) REGATTA	11 6:00-7:40	12 6:00-7:40	13 6:00-7:40	14 REGATTA #3 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 SPRINT RACE #4 6:45 RACE #5 7:00 RACE #6 7:15	15 6:00-7:35	16 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
17 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	18 6:00-7:40	19 6:00-7:40 RAIN DATE	20 6:00-7:40	21 REGATTA #4 MAIN RACE #1 6:00 RACE #2 6:15 RACE #3 6:30 SPRINT RACE #4 6:45 RACE #5 7:00 RACE #6 7:15	22 6:00-7:35	23 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
24 REGATTA #5 MAIN RACE #1 1:00 RACE #2 1:15 RACE #3 1:30 SPRINT RACE #4 1:45 RACE #5 2:00 RACE #6 2:15 RACE #7 2:30 (BEAT THE COACHES)	25	26	27	28	29 BANQUET ( )	30 GRAPE & WINE

**ONLY SCHEDULED CREWS ARE PERMITTED ON THE WATER**

EXTRA PRACTICES ⑦ +

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