

AUG./SEPT.  
(2ND SESSION)

# ST.CATHARINES ROWING LEAGUE PRELIMINARY PRACTICE SCHEDULE

(BORN IN 1989)  
**2024**  
(YEAR 36)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 18	19	20	21	22	23	24
<b>WORLD CHAMPIONSHIPS 2024</b>						
AUG. 25 W.C. 2024	26 MEET and GREET 6:30-8:30	27 6:00-8:15 PRACTICE (NOVICES) BROCK TANK	28 6:00-8:15 PRACTICE (NOVICES) BROCK TANK	29 6:00-8:15 PRACTICE (NOVICES) ON THE WATER	30 6:00-8:15 PRACTICE BEGINS (FOR SCHEDULED CREWS)	31
1 SEPT.	2 6:00-7:59	3 6:00-7:57	4 6:00-7:55	5 6:00-7:53	6 6:00-7:52	7
8	9 5:30-7:46	10 5:30-7:44	11 5:30-7:43	12 10 Min. after sunset 7:41PM REGATTA #1	13 5:30-7:39	14
15	16 5:30-7:34	17 5:30-7:32 RAIN DATE	18 5:30-7:30	19 7:28 PM REGATTA #2	20 5:30-7:26	21 GRAPE & WINE
22	23 5:30-7:21	24 5:30-7:19	25 5:30-7:17	26 7:16 PM REGATTA #3	27 7:14	28
29 REGATTA #4	30 7:08	OCT. 1 7:07	2 7:05	3	4 BANQUET (HOLIDAY INN)	5

**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

(2)