

AUG./SEPT.
(2ND SESSION)

ST. CATHARINES ROWING LEAGUE

PRELIMINARY PRACTICE SCHEDULE

2022
(YEAR 34)

(BORN IN 1989)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 31 ROYAL CANADIAN HENLEY MASTERS	1 AUGUST (CIVIC HOLIDAY)	2 AUG. 2	3 REG. REGISTRATION CLOSES 138th	4 ROYAL CANADIAN HENLEY REGATTA	5 BANQUET (SESSION 1)	6
7 AUG. 7 COMPLETION OF 138th ROYAL CANADIAN HENLEY REGATTA	8 MEET and GREET 6:30-8:30	9 PRACTICE (NOVICES) BROCK TANK	10 PRACTICE (NOVICES) BROCK TANK	11	12 TEAM#	13
14	15	16	17	18	19	20
2022 CANADIAN SUMMER GAMES - ST. CATHARINES						
21 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	22 6:00-8:15 PRACTICE (ALL CREWS)	23 6:00-8:15	24 6:00-8:15 TEAM#	25 6:00-8:00 TEAM#	26 6:00-8:00 TEAM#	27 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
28 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	29 6:00-8:00 TEAM#	30 6:00-8:00 TEAM#	31 6:00-8:00 TEAM#	1 SEPT. REGATTA #1 MAIN RACE #1 8:00 RACE #2 6:15 RACE #3 6:30 SPRINT RACE #4 6:45 RACE #5 7:00 RACE #6 7:15	2 6:00-8:00 TEAM#	3 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
4 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	5 6:00-7:45 TEAM#	6 6:00-7:45 TEAM#	7 6:00-7:45 TEAM#	8 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	9 6:00-7:45 TEAM#	10 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
11 JIM STONE REGATTA	12 6:00-7:40 TEAM#	13 6:00-7:40 RAIN DATE TEAM#	14 6:00-7:40 TEAM#	15 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	16 6:00-7:35 TEAM#	17 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
18 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#	19 6:00-7:40 TEAM#	20 6:00-7:40 RAIN DATE TEAM#	21 6:00-7:40 TEAM#	22 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	23 6:00-7:35 TEAM#	24 8-10 TEAM# 10-12 TEAM# 12-2 TEAM#
25 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)	26	27	28	29	30 BANQUET (HOLIDAY INN)	OCT. 1

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