

ERG & WEIGHT Room Schedule at Lambert Boathouse on Washington's Landing 2009-2010

DAY:	MON		TUES		WED		THUR		FRI		SAT		SUN	
	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts
AM														
5:30	NC	NC	MM	MM	MW	MW	CC	CC	NC	NC	TRR	TRR	TRR	TRR
6:00	NC	NC	MM	MM	MW	MW	CC	CC	NC	NC	TRR	TRR	TRR	TRR
6:30	NC	NC	MM	MM	MW	MW	CC	CC	NC	NC	TRR	TRR	TRR	TRR
7:00	NC	NC	MM	MM	MW	MW	CC	CC	NC	NC	CC	CC	MM	MM
7:30											CC	CC	MM	MM
8:00											CC	CC	MM	MM
8:30											NC & Ellis	NC & Ellis	MM	MM
9:00											NC & Ellis	NC & Ellis	TRR	TRR
9:30											NC & Ellis	NC & Ellis	TRR	TRR
10:00											OC	OC	TRR	TRR
10:30											OC	OC	TRR	TRR
11:00											OC	OC	TRR	TRR
11:30											OC	OC	TRR	TRR
12:00														
PM														
3:00	TA	TA					TA	TA						
3:30	TA	TA	TRJr / FR	TRJr	TRJr	TRJr	TA	TA	TRJr	TRJr				
4:00	TA	TA	TRJr / FR	TRJr	TRJr	TRJr	TA	TA	TRJr	TRJr				
4:30	FC Girls	FC Girls	TRJr / FR	TRJr	TRJr	TRJr	TA	TA	TRJr	TRJr				
5:00	FC Girls	FC Girls	TRJr	TRJr	FC Girls	TRJr	HT	HT	TRJr	TRJr				
5:30	FC Girls	FC Girls	TRJr	TRJr	FC Girls	TRJr	HT	HT	TRJr	TRJr				
6:00	CC	CC			FC Girls		HT	HT	OC	OC				
6:30	CC	CC	Beg M	Beg M	MxM	MxM	OC	OC	OC	OC				
7:00	MxM	MxM	Beg M	Beg M	MxM	MxM	OC	OC	OC	OC				
7:30	MxM	MxM	Beg M	Beg M	MxM	MxM	OC	OC	OC	OC				
8:00	MxM	MxM	Beg M	Beg M										
8:30	MxM	MxM												

CODE:

TA =Taylor Allderdice	FC = Fox Chapel	NC = North Catholic	PR = Pine-Richland	USC = Upper St. Clair	Beg M = Beginning Masters
CC =Central Catholic	HT = Hampton	OC = Oakland Catholic	TRR = TRR members/programs	MxM = Evening Mixed Masters	FR = First Row
MM = Masters Men	MTL = Mt. Lebanon	Pfish = PaddleFish DB	TRJr = Three Rivers Junior Rowing	Ellis = Ellis	MW = Masters Women

RULES:

If an assigned time slot is not being regularly used, it may be reassigned to another crew.
 Two ergs must be made available for TRRA members upon request.
 Coaches must report any required erg maintenance
 (check: bolts for tightness, oil chains, wipe rails, leave handles up).
Failure to keep or cancel the scheduled time or follow these rules will result in a loss of time.

