

ERG & WEIGHT Room Schedule at Millvale Training Facility 2011-2012

DAY:	MON			TUES			WED			THUR			FRI			SAT			SUN	
	Ergs	Wts	Tnk	Ergs	Wts	Tnk	Ergs	Wts	Tnk	Ergs	Wts	Tnk	Ergs	Wts	Tnk	Ergs	Wts	Tnk	Ergs	Wts
AM																				
5:30	NC	NC		Duq	Duq		CC	CC		MM	MM	MM	CC	CC					TRR	TRR
6:00	NC	NC		Duq	Duq		CC	CC		MM	MM	MM	CC	CC		MW	MW	MW	TRR	TRR
6:30	NC	NC		Duq	Duq		CC	CC		MM	MM	MM	CC	CC		MW	MW	MW	TRR	TRR
7:00	NC	NC		Duq	Duq		CC	CC		MM	MM	MM	CC	CC		MW	MW	MW		
7:30																MW	MW	MW		
8:00																TRRA	TRRA	TRRA		
8:30																TRRA	TRRA	TRRA		
9:00																TRRA	TRRA	TRRA		
9:30																EMM	Pfish*	EMM		
10:00																EMM	Pfish*	EMM		
10:30																EMM	Pfish*	EMM		
11:00																2 Day	2 Day	2 Day		
11:30																2 Day	2 Day	2 Day		
12:00																2 Day	2 Day	2 Day		
PM																				
3:00	TA	TA					TA	TA		CC	CC		CC	CC						
3:30	TA	TA		FC	FC		TA	TA		CC	CC		CC	CC						
4:00	TA	TA	FR	FC	FC	FR	TA	TA	FR	TRJr and First Row			TRJr	TRJr	TRJr					
4:30	FR	FR	FR	FC	FC	FR	FR	FR	FR	TRJr and First Row			TRJr	TRJr	TRJr					
5:00	FR	FR	FR	FC	FC	FR	FR	FR	FR	TRJr and First Row			TRJr	TRJr	TRJr					
5:30	HT	HT	FR	OC	OC	FR	FR	FR	FR	TRJr and First Row			FC	TRJr	TRJr					
6:00	HT	HT		OC	OC		Pfish	Pfish*		HT	HT		FC	FC						
6:30	HT	Pfish*		OC	OC		Pfish	Pfish*		HT	HT		FC	FC						
7:00	WRL	Pfish*	WRL	WRL		WRL	WRL	Pfish*	WRL	WRL	HT	WRL	FC	FC						
7:30	WRL	Pfish*	WRL	WRL		WRL	WRL	Pfish*	WRL	WRL	HT	WRL	FC	FC						
8:00	WRL	Pfish*	WRL	WRL		WRL	WRL	Pfish*	WRL	WRL		WRL	TRR	TRR						
8:30													TRR	TRR						

CODE:

TA = Taylor Allderice FC = Fox Chapel NC = North Catholic TRR = TRR members/programs EMM = Evening Mixed Masters
 CC = Central Catholic HT = Hampton OC = Oakland Catholic TRJr = Three Rivers Junior Rowing 2 Day = 2 Day Mixed Masters
 MM = Masters Men MW = Masters Women Pfish = PaddleFish DB WRL = TRRA Winter Rowing League FR = First Row
 * = First Use of Classroom and Paddle Ergs

RULES:

If an assigned time slot is not being regularly used, it may be reassigned to another crew.
 An erg room reservation does NOT include tank reservation. Please make tank reservations on your own on EZBook
 An assigned tank time still needs to be reserved on Ezbook also and will still be subject to normal tank fees
 Two ergs must be made available for TRRA members upon request.
 (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.



**ERG & WEIGHT Room Schedule at Lambert Boathouse on Washington's Landing
2011-2012**

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	MW	MW	MM	MM	MW	MW	CC	CC	NC	NC	TRR	TRR	TRR	TRR
6:00	MW	MW	MM	MM	MW	MW	CC	CC	NC	NC	TRR	TRR	TRR	TRR
6:30	MW	MW	MM	MM	MW	MW	CC	CC	NC	NC	CC	CC	TRR	TRR
7:00	MW	MW	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 / TA	NC / TA	MM	MM
9:00											NC / TA	NC / TA	TA	TRR
9:30											NC / TA	NC / TA	TA	TRR
10:00											OC	OC	TA	TRR
10:30											OC	OC	TRR	TRR
11:00											OC	OC	TRR	TRR
11:30											OC	OC	TRR	TRR
12:00														
PM														
3:00														
3:30	FC	FC												
4:00	FC	FC	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr			
4:30	FC	FC	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr			
5:00	CC	CC	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr			
5:30	CC	CC	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr			
6:00	CC	CC	TRJr	TRJr	FC	FC	OC	OC	OC	OC				
6:30	EMM	EMM	2 Day	2 Day	FC	FC	OC	OC	OC	OC				
7:00	EMM	EMM	2 Day	2 Day	EMM	EMM	FC	FC	OC	OC				
7:30	EMM	EMM	2 Day	2 Day	EMM	EMM	FC	FC	OC	OC				
8:00	EMM	EMM	2 Day	2 Day	EMM	EMM	FC	FC						
8:30														

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