

CRLS Crew - Weekly Practice Schedule - Fall 2024

VARSITY

GIRLS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-7:30pm CBC*	5:30-7:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm OR 5:30-7:30pm**	9:30-12pm**	**

*Varsity Girls will be at CBC on Mondays at 5:30-7:30pm, or on land at Russell Field 3:30-5:30pm

**Boys and Girls will alternate having late practice on Fridays. Boys have late practice on Even number dates. Girls have late practice on Odd number dates

***There will be a race or regatta most weekends taking place on Saturdays and/or Sundays.

BOYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:25-5:30pm	3:25-5:30pm	5:25-7:30pm	5:25-7:30pm CBC*	3:25-5:30pm OR 5:25-7:30pm**	9-11:30am**	**

*Varsity Boys will be at CBC on Thursdays at 5:25-7:30pm, or on land at Russell Field 3:30-5:30pm

**Boys and Girls will alternate having late practice on Fridays. Boys have late practice on Even number dates. Girls have late practice on Odd number dates

***There will be a race or regatta most weekends taking place on Saturdays and/or Sundays.

NOVICE

GIRLS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-7:30pm	3:30-5:30pm Russell Field*	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm OR 5:30-7:30pm**	**	**

*Novice Girls will be on land at Russell Field on Tuesdays, or they will be at CBC on the water 5:30-7:30pm

**Boys and Girls will alternate having late practice on Fridays. Boys have late practice on Even number dates. Girls have late practice on Odd number dates

***There will be a race or regatta most weekends taking place on Saturdays and/or Sundays.

BOYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:25-5:30pm	3:25-5:30pm	3:30-5:30pm Russell Field*	5:25-7:30pm	3:25-5:30pm OR 5:25-7:30pm**	**	**

*Novice Boys will be on land at Russell Field on Wednesdays, or they will be at CBC on the water 5:25-7:30pm

**Boys and Girls will alternate having late practice on Fridays. Boys have late practice on Even number dates. Girls have late practice on Odd number dates.

***There will be a race or regatta most weekends taking place on Saturdays and/or Sundays.