

MINNEAPOLIS ROWING CLUB 2023 PROGRAM PRACTICE SCHEDULE							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30-7:30 AM							
Comp Women National + Comp Men	Recreational	Comp Women Regional	Novice	Comp Women National			
U30	U30		U30	U30			
Green	Comp Men		Comp Men				
7:30 AM						7:15 AM	
Juniors (Summer)	Juniors (Summer)	Juniors (Summer)	Juniors (Summer)	Juniors (Summer)		All Comp Race Day (multiple coaches)	Comp Women Regional
							8stravaganza / Special Events
							Green
9:30 AM						9:30 AM	
Open		Recreational		Open		Recreational	Recreational
						Novice	
4:00 PM							
Juniors (Spring/Fall)	Juniors (Spring/Fall)	Juniors (Spring/Fall)	Juniors (Spring/Fall)	Juniors (Spring/Fall)			
5:30 / 5:45 PM							
Comp Women Regional	Comp Women National	Comp Women National	Comp Men + Comp Women Regional	Green			
	Comp Men	Comp Women Regional					
Recreational	Novice	Green	Recreational	Novice			