

## ERG & WEIGHT Room Schedule at Millvale Training Facility 2009-2010

DAY:	MON		TUES		WED		THUR		FRI		SAT		SUN	
	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts	Ergs	Wts
<b>AM</b>														
5:30	MW	MW			CC	CC	MM	MM	CC	CC			TRR	TRR
6:00	MW	MW			CC	CC	MM	MM	CC	CC			TRR	TRR
6:30	MW	MW			CC	CC	MM	MM	CC	CC	MW	MW	TRR	TRR
7:00					CC	CC	MM	MM	CC	CC	MW	MW		
7:30											MW	MW		
8:00											Pfish	Pfish		
8:30											Pfish	Pfish		
9:00											Pfish	Pfish		
9:30											BegM	BegM		
10:00											BegM	BegM		
10:30											BegM	BegM		
11:00											Ellis	Ellis		
11:30											Ellis	Ellis		
12:00											Ellis	Ellis		
<b>PM</b>														
3:00	CC	CC	FC boys	TA*	TA	TA	CC	CC						
3:30	FC boys	FC boys	FC boys	TA*	TA / FR	TA	CC	CC	FC boys	FC boys				
4:00	FC boys	FC boys	FC boys	TA*	TA / FR	TA	TRJr	TRJr	FC boys	FC boys				
4:30	FC boys	FC boys	FC boys	TA*	TA / FR	TA	TRJr	TRJr	FC boys	FC boys				
5:00	HT	HT	OC	OC	FC boys	FC boys	TRJr	TRJr	FC girls	FC girls				
5:30	HT	HT	OC	OC	FC boys	FC boys	TRJr	TRJr	FC girls	FC girls				
6:00	HT	HT	OC	OC	FC boys	FC boys	FC girls	FC girls	FC girls	FC girls				
6:30	Pfish	Pfish			Pfish	Pfish	FC girls	FC girls	MxM	MxM				
7:00	WRL*	Pfish	WRL*	TRR	WRL*	Pfish	WRL*	FC girls	MxM	MxM				
7:30	WRL*	Pfish	WRL*	TRR	WRL*	Pfish	WRL*	FC girls	MxM	MxM				
8:00	WRL*	Pfish	WRL*	TRR	WRL*	Pfish	WRL*		TRR	TRR				
8:30									TRR	TRR				

**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  
 \* = Gets first use of Tanks if reserved    WRL\*=TRRA Winter Rowing League - This **does** include tank use.

**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  
 Two ergs must be made available for TRR 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.**

