

ERG & WEIGHT Room Schedule at Millvale Training Facility

2017

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																			TRRA	TRRA
6:00			CC	TRRA	TRRA				CC	TRRA	TRRA				CC	MW	MW	MW	TRRA	TRRA
6:30			CC	TRRA	TRRA				CC	TRRA	TRRA				CC	MW	MW	MW	TRRA	TRRA
7:00				TRRA	TRRA					TRRA	TRRA					MW	MW	MW	MM	MM
7:30																MW	MW	MW	MM	MM
8:00																Pfish	Pfish*		MM	MM
8:30																Pfish	Pfish*		MM	MM
9:00																Pfish	Pfish*		TRRA	TRRA
9:30																EMM	EMM	EMM	TRRA	TRRA
10:00																EMM	EMM	EMM	TRRA	TRRA
10:30																EMM	EMM	EMM	TRRA	TRRA
11:00																2 Day	2 Day	2 Day	TRRA	TRRA
11:30																2 Day	2 Day	2 Day		
12:00																2 Day	2 Day	2 Day		
PM																				
3:00																				
3:30						CC						CC								
4:00	FR	FR	FR	TRJr	TRJr	TRJr	FR	FR	FR	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr					
4:30	FR	FR	FR	TRJr	TRJr	TRJr	FR	FR	FR	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr					
5:00	FR	FR	FR	TRJr	TRJr	TRJr	FR	FR	FR	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr					
5:30	FR	FR	FR	TRJr	TRJr	TRJr	FR	FR	FR	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr					
6:00	Pfish	Pfish*		TRJr	TRJr	TRJr	fish/TRJ	Pfish*	FR/TRJF	TRJr	TRJr	TRJr	TRJr	TRJr	TRJr					
6:30	Pfish	Pfish*					Pfish	Pfish*												
7:00	WRL	Pfish*	WRL	WRL		WRL	WRL	Pfish*	WRL	WRL		WRL								
7:30	WRL	Pfish*	WRL	WRL		WRL	WRL	Pfish*	WRL	WRL		WRL								
8:00	WRL	Pfish*	WRL	WRL		WRL	WRL	Pfish*	WRL	WRL		WRL	TRR	TRR						
8:30													TRR	TRR						

CODE:

TA =Taylor Allderdice	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 2017

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	MM	MM			TRRA	TRRA	TRRA	TRRA
6:00	MW	MW	MM	MM	MW	MW	MM	MM			TRRA	TRRA	TRRA	TRRA
6:30	MW	MW	MM	MM	MW	MW	MM	MM			TRRA	TRRA	TRRA	TRRA
7:00	MW	MW	MM	MM	MW	MW	MM	MM			TRJr	TRJr	TRRA	TRRA
7:30											TRJr	TRJr	TRRA	TRRA
8:00											TRJr	TRJr	TRRA	TRRA
8:30											TRJr	TRJr	FR	FR
9:00											TRJr	TRJr	FR	FR
9:30											TRRA	TRRA	FR	FR
10:00											TRRA	TRRA	Adap/FR	Adap/FR
10:30											TRRA	TRRA	Adap/FR	Adap/FR
11:00											TRRA	TRRA	Adap	Adap
11:30											TRRA	TRRA	TRRA	TRRA
12:00														
PM														
3:00														
3:30														
4:00	TRJr	TRJr	FR	FR	TRJr	TRJr	FR	FR	TRJr	TRJr				
4:30	TRJr	TRJr	FR	FR	TRJr	TRJr	FR	FR	TRJr	TRJr				
5:00	TRJr	TRJr	FR	FR	TRJr	TRJr	FR	FR	TRJr	TRJr				
5:30	TRJr	TRJr	FR	FR	TRJr	TRJr	FR	FR	TRJr	TRJr				
6:00	TRJr	TRJr			TRJr	TRJr			TRJr	TRJr				
6:30	EMM	EMM	2 Day	2 Day	EMM	EMM	Adap	Adap	TRRA	TRRA				
7:00	EMM	EMM	2 Day	2 Day	EMM	EMM	WRL/Adap	WRL/Adap	TRRA	TRRA				
7:30	EMM	EMM	2 Day	2 Day	EMM	EMM	WRL	WRL	TRRA	TRRA				
8:00			2 Day	2 Day	EMM	EMM	WRL	WRL	TRRA	TRRA				
8:30														

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			Adap = Adapt	

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