

# November 2017

## Winter Schedule

Cross Fit Hamilton - 2101 E State St. Hamilton, NJ 08610

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 Philadelphia Frostbite Varsity Only
12 Bill Braxton Memorial Regatta Varsity and Novice	13	14 CF-Boys 6:30- 8pm	15 CF-Girls 6:30- 8pm	16	17 Boathouse Clean up	18 CF- Both 7:30- 9am
19 Top Golf Fall Fundraising Event OFF Thanksgiving Challenge	20 OFF Thanksgiving Challenge	21 CF-Boys 6:30- 8pm Thanksgiving Challenge	22 CF-Girls 6:30- 8pm Thanksgiving Challenge	23 Thanksgiving Thanksgiving Challenge	24 OFF Thanksgiving Challenge	25 Both 7:30- 9am Thanksgiving Challenge
26 OFF Thanksgiving Challenge	27 Masters Pre Winter Starts 5:30-7:00 Am Varsity Winter Starts Boys - 3:45-5:45 Girls 5:45-7:45	28	29 CF-Girls 6:30- 8pm Novice Winter Begins 5:45-7:45PM	30 CF-Boys 6:30- 8pm		

# December 2017

## Winter Schedule

Cross Fit Hamilton 2101 E State St. Hamilton, NJ 08610

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 CF Both 7:30- 9am
3	4	5	6 CF Girls 6:30- 8pm	7 CF Boys 6:30- 8pm	8	9 CF Both 7:30- 9am
10	11	12	13 CF Girls 6:30- 8pm	14 CF Boys 6:30- 8pm	15	16 CF Both 7:30- 9am
17 Dare To Be 10:00 AM Garden Theater in Princeton	18	19	20 Last Junior Practice at Boathouse Girls CF 6:30- 8pm Holiday Challenge	21 Boys CF 6:30- 8pm Holiday Challenge	22 Last Masters Practice Holiday Challenge	23 CF Both 7:30- 9am Holiday Challenge
24/31 Holiday Challenge	25 Christmas Holiday Challenge	26 Holiday Challenge	27 Girls CF 6:30- 8pm Holiday Challenge	28 Boys CF 6:30- 8pm Holiday Challenge	29 Holiday Challenge	30 CF Both 7:30- 9am Holiday Challenge

# January 2018

## Mercer Rowing

## Red vs. Blue Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Holiday Challenge Red vs Blue Starts	2 All Practice Resumes	3 CF Girls 6:30- 8pm	4 CF Boys 6:30- 8pm	5	6 CF Both 7:30- 9am
7	8	9	10 CF Girls 6:30- 8pm	11 CF Boys 6:30- 8pm	12	13 CF Both 7:30- 9am
14	15	16	17 CF Girls 6:30- 8pm	18 CF Boys 6:30- 8pm	19	20 CF Both 7:30- 9am
21	22	23	24 CF Girls 6:30- 8pm	25 CF Boys 6:30- 8pm	26	27 CF Both 7:30- 9am
28	29	30	31 CF Girls 6:30- 8pm Red vs Blue Ends			

# February 2018

## Mercer Rowing

## Indoor Erg Races

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CF Boys 6:30- 8pm	2	3 CF Both 7:30- 9am
4 Main Line Slide	5	6	7 CF Girls 6:30- 8pm	8 CF Boys 6:30- 8pm	9	10 CF Both 7:30- 9am
11	12	13	14 CF Girls 6:30- 8pm	15 CF Boys 6:30- 8pm	16	17 CF Both 7:30- 9am WIRC-VA
18 WIRC-VA	19	20	21 CF Girls 6:30- 8pm	22 CF Boys 6:30- 8pm	23	24 CF Both 7:30- 9am
25 Crash B's	26	27	28 CF Girls 6:30- 8pm			

# March 2018

**End of Winter Start of Spring**

All Teams start back

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CF Boys 6:30- 8pm	2	3 Last Day of Winter Trialing CF Both 7:30- 9am
4	5 Varsity Tryouts- Start	6 Varsity Tryouts	7 CF Girls 6:30- 8pm Varsity Tryouts	8 CF Boys 6:30- 8pm Varsity Tryouts	9 Varsity Tryouts- End	10 CF Both 7:30- 9am
11 Mercer Indoor Row for the Cure	12 Masters, Novice, 3 <sup>rd</sup> Grade Spring Start	13	14 CF Girls 6:30- 8pm	15 CF Boys 6:30- 8pm	16	17 CF Both 7:30- 9am
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# April 2018

## Spring Event

## Races!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 CRI – Top 3 Varsity Boys and Girls boats only Neczypor Regatta- Remaining Varsity and Novice
8	9	10	11	12	13	14 Cincinnati High School Invitational- Top 3 Varsity Boys and Girls boats only Knecht Cup-College
15 Knecht Cup-College	16	17 National Selection Regatta I	18 National Selection Regatta I	19 National Selection Regatta I	20 National Selection Regatta I	21 Mercer Lake Sprints: Varsity and Novice
22 Mercer Lake Sprints: Varsity and Novice	23	24	25	26	27	28 Saratoga- Top 3 Varsity Boys and Girls boats and Top Novice Boat
29 Saratoga- Top 3 Varsity Boys and Girls boats and Top Novice Boat	30					

# May 2018

## Spring Event

## Races!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 MAPL
6	7	8	9	10	11	12 Mid- Atlantic Regionals- Varsity and Novice
13 Mid- Atlantic Regionals- Varsity and Novice	14	15	16	17 National selection Regatta II- National Team	18 National selection Regatta II- National Team Last Day of Spring	19 National selection Regatta II- National Team Youth Nationals Training Starts
20 National selection Regatta II- National Team	21 Summer Season Starts	22 Mercer Banquet	23	24	25	26
27	28	29	30	31		

# June 2018

## Spring Event

## Races!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 IRA Championships- College	2 IRA Championships- College
3 IRA Championships- College	4	5	6	7	8 Youth Nationals Sacramento, CA	9 Youth Nationals Sacramento, CA
10 Youth Nationals Sacramento, CA	11	12	13	14	15	16 Schulykill Navy Regatta- Masters and Juniors
17	18	19	20	21	22	23
24	25	26	27	28	29 Independence Day Regatta- Masters and Juniors	30 Independence Day Regatta- Masters and Juniors



# July 2018

## Spring Event

## Races!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Independence Day Regatta- Masters and Juniors	2	3	4	5 JR/U23/Senior 1 Trials- National Team	6 JR/U23/Senior 1 Trials- National Team	7 JR/U23/Senior 1 Trials- National Team
8 JR/U23/Senior 1 Trials- National Team	9	10	11 Club Nationals – Juniors	12 Club Nationals – Juniors	13 Club Nationals – Juniors	14 Club Nationals – Juniors Carnegie Lake Regatta- Masters
15 Club Nationals – Juniors	16	17	18	19	20	21 Philly Youth Regatta- Juniors
22 Diamond State Regatta- Masters	23 Summer Season Ends	24	25	26	27	28
29	30 Summer Sculling Session Start	31				

# August 2018

## Spring Event

## Races!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Senior II Trials- National Team	6 Senior II Trials- National Team	7 Senior II Trials- National Team	8 Senior II Trials- National Team	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 Summer Sculling Session End	25
26	27 Varsity Try Outs Start	28	29	30	31	