

GEORGE HERIOT'S SCHOOL ROWING CLUB
HEAD OF ROWING
 I. Munro

Telephone 0131 229 7263
 Email im@george-heriots.com



GEORGE HERIOT'S SCHOOL
 LAURISTON PLACE EDINBURGH EH3 9EQ

TERM 3 TRAINING & FIXTURES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning							
19 Apr	HOLIDAY	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		STRATHCLYDE PARK REGATTA MOTHERWELL	
26 Apr	S3 Rowing 1435-1700 Circuits 1800 – 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		Canal Rowing 0900 - 1200	
3 May	S3 Rowing 1435-1700 Circuits 1800 - 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		Canal Rowing 0900 - 1200	
10 May	S3 Rowing 1435-1700 Circuits 1800 - 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		ABERDEEN NORTH EAST REGATTA RIVER DEE	
17 May	S3 Rowing 1435-1700 Circuits 1800 - 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		CASTLE SEMPLE REGATTA LOCHWINNOCH	
24 May	S3 Rowing 1435-1700 Circuits 1800 - 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		NATIONAL SCHOOLS REGATTA NOTTINGHAM	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning							
31 May	S3 Rowing 1435-1700 Circuits 1800 – 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		Canal Rowing 0900 - 1200	
7 Jun	S3 Rowing 1435-1700 Circuits 1800 – 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		SCOTTISH CHAMPIONSHIPS MOTHERWELL	
14 Jun	S3 Rowing 1435-1700 Circuits 1800 – 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		HENLEYS WOMEN'S REGATTA RIVER THAMES	
21 Jun		ACTIVITIES WEEK				Canal Rowing 0900 - 1200	
28 Jun	S3 Rowing 1435-1700 Circuits 1800 – 1900	S4 - S6 Rowing 1435 - 1730	Squad Training 1515 - 1730	Squad Training 1900 - 2100		Canal Rowing 0900 - 1200	

ADDITIONAL REGATTAS

16-18TH JULY NATIONAL ROWING CHAMPIONSHIPS OF GREAT BRITAIN (STRATHCLYDE COUNTRY PARK)

24TH JULY HOME INTERNATIONAL REGATTA (NOTTINGHAM)