


**Maidenhead Rowing Club  
Launch and Water Sessions Schedule**

Day		06:30 to 13:00			13:00 to 16:30		16:30 to 18:30	18:45 to 20:30
Monday - Friday	Top Cat	No organised sessions			CCS		Juniors	Adults
	Tom Jost							
	Duncan Ross							
	Lock to Lock							
	Lawrie							
	Terry	CCS						
Saturday	Launch	06:30 to 09:00	09:15 to 11:45	11:45 to 12:45	12:45 to 15:00	No organised sessions		
	Top Cat	No Launches: Performance training session	Rec Squad		Adaptive 12:30 to 14:00			
	Tom Jost		Junior Boys					
	Duncan Ross		Masters					
	Lock to Lock		WJ 14-15					
	Lawrie		Seniors					
	Terry	CCS above Boulter's	WJ16-18					
Sunday		06:30 to 09:00	09:15 to 11:45	11:45 to 12:45	12:45 to 15:00	No organised sessions		
	Top Cat	Masters Men	Masters Men		Adaptive 12:30 to 14:00			
	Tom Jost	Spare	Junior Boys					
	Duncan Ross	Senior Women	Senior Women					
	Lock to Lock	Spare	WJ 14-15					
	Lawrie	Senior Men	Senior Men					
	Terry	Masters Women	WJ16-18					

 Changeover period when previous session comes in, wipes down and puts boats away.  
Next session starts after this when pontoons and pathways are clear.

Please stick to your designated finish time. If you are late returning from your session, please be prepared to wait for the next session to clear the pontoons before coming in.