

**B-CC Crew Womens Practice Schedule**

**Sep 2009 (Eastern Time)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
7	8 Boathouse Run Test 4pm - Practice	9 Erg Test 4pm - Practice	10 4pm - Practice	11 4pm - Practice	12	13
14 4pm - Practice	15 4pm - Practice	16 4pm - Practice	17 4pm - Practice	18 4pm - Practice	19	20
21 4pm - Practice	22 4pm - Practice	23 4pm - Practice	24 4pm - Practice	25 4pm - Practice	26 7am - Practice	27 Head of the Potomac
28	29	30 4pm - Practice	1 Boathouse Run Test 4pm - Practice	2 Erg Test 4pm - Practice	3 7am - Practice	4 Occoquan Challenge

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**Oct 2009 (Eastern Time)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
		4pm - Practice	Boathouse Run Test 4pm - Practice	Erg Test 4pm - Practice	7am - Practice	Occoquan Challenge
5	6	7	8	9	10	11
4pm - Practice	4pm - Practice	4pm - Practice	4pm - Practice	4pm - Practice		
12	13	14	15	16	17	18
4pm - Practice	4pm - Practice	4pm - Practice	4pm - Practice	4pm - Practice	Head of the Charles @ Boston, MA	
19	20	21	22	23	24	25
	Boathouse Run Test 4pm - Practice	Erg Test 4pm - Practice	4pm - Practice	4pm - Practice	Head of the Schuykill	
26	27	28	29	30	31	1
					Boathouse Clean Up	