

Team Schedule for:
Grand Rapids Spring Sprints Indoor Regatta

Friday: **3:00 PM** Meet in New Gym to assist with set-up and a light practice.

Team pictures will be at 4:00 PM.

All novice team members should be able to depart by 5 PM.

Varsity team members may be asked to stay longer if needed to complete set-up and testing on system.

Saturday: Arrive at gym **NO LATER THAN 8:00AM**

(Some crews may arrive later at the discretion of their coach)

Race schedule will be available on our WEB site

The team will be responsible for breaking down all of the equipment and cleaning the gyms upon completion of the event.

All team members can depart after completion of the clean-up. Tentative departure time is 1:30 – 2:00PM.

- Breakfast will be provided for all FHC crews at the regatta.
- Regatta T-Shirts will be on sale.
- **Please put your name in ALL clothing. We usually end up with a large quantity of unmarked clothes after each regatta.**