

Name	Scratch Deadline	Date	Program	Mandatory for Performance?
Hammer the Erg	January 3	January 14	All	no
Mac 2x4	January 31	February 11	All	no
World Rowing Indoor Championships	February 3	February 25, 26	Performance	YES
Ontario Ergometer Championships	February 21	March 4	Performance	YES
Spring Training Camp	January 20	March 11 - 19	All	No (highly recommended)
Ontario Small Boat Regatta	May 1	May 13	Performance	No (selected athletes only)
South Niagara Invitational	May 6	May 20	All	YES
WOSSA	May 13	May 27	All	no
CSSRA	May 15	June 2, 3, 4	Performance	no
Summer Selection	n/a	June 23, 24, 25	Performance	YES
Dominion Day	June 17	July 1	All	YES
CORA Regatta	June 24	July 8	Development	no
CORA Champ Regatta	July 1	July 15	Performance	YES
Row Ontario Championships	July 1	July 29 - 30	Performance	YES
Henley	July 1	August 8 - 13	Performance	YES
<b>Summer Training Break</b>	n/a	<b>August 14 - 27</b>		<b>No training for 2 weeks</b>
Hogtown Heats	August 20	August 27	Novices	no
Fall Selection	n/a	September 1, 2, 3	Performance	YES
Muskoka Fall Classic	August 25	September 9	All	no
Head of the Welland	September 9	September 23	All	YES
Head of the Trent	September 17	October 1	All	YES
Head of the Charles	September 1	October 21, 22	Performance	no (selected athletes only)
Head of the Schuylkill	September 17	October 28, 29	All	no
Martha Coffey Frostbite Sprints	October 22	October 29	Novices	no