

2025 Mercer Lake Sprints Schedule

Thursday, April 10

8:00 pm ZOOM Coaches & Coxn meeting

Saturday, April 12

Event #	Time	Event	Type	Distance	Progression
1	8:30 AM	W First Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
1	8:38 AM	W First Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
1	8:46 AM	W First Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
2	8:54 AM	M First Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
2	9:02 AM	M First Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
2	9:10 AM	M First Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
3	9:18 AM	W 2nd/3rd Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
3	9:26 AM	W 2nd/3rd Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
4	9:34 AM	M 2nd/3rd Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
4	9:42 AM	M 2nd/3rd Novice 8+	Flight	1900	medals for 1st, 2nd, 3rd
5	9:50 AM	W Novice 4+	Flight	1900	medals for 1st, 2nd, 3rd
5	9:58 AM	W Novice 4+	Flight	1900	medals for 1st, 2nd, 3rd
5	10:06 AM	W Novice 4+	Flight	1900	medals for 1st, 2nd, 3rd
6	10:14 AM	M Novice 4+	Flight	1900	medals for 1st, 2nd, 3rd
6	10:22 AM	M Novice 4+	Flight	1900	medals for 1st, 2nd, 3rd
6	10:30 AM	M Novice 4+	Flight	1900	medals for 1st, 2nd, 3rd
BREAK					
7	10:50 AM	W Novice 4x	Flight	1900	medals for 1st, 2nd, 3rd
7	10:58 AM	W Novice 4x	Flight	1900	medals for 1st, 2nd, 3rd
7	11:06 AM	W Novice 4x	Flight	1900	medals for 1st, 2nd, 3rd
8	11:14 AM	M Novice 4x	Flight	1900	medals for 1st, 2nd, 3rd
8	11:22 AM	M Novice 4x	Flight	1900	medals for 1st, 2nd, 3rd
8	11:30 AM	M Novice 4x	Flight	1900	medals for 1st, 2nd, 3rd
LUNCH					
9	12:40 PM	W Varsity 8+	Heat	2000	1-2 > Final A; 3-4 > Final B
9	12:46 PM	W Varsity 8+	Heat	2000	1-2 > Final A; 3-4 > Final B
9	12:52 PM	W Varsity 8+	Heat	2000	1-2 > Final A; 3-4 > Final B
10	12:58 PM	M Varsity 8+	Heat	2000	1-2 > Final A; 3-4 > Final B
10	1:04 PM	M Varsity 8+	Heat	2000	1-2 > Final A; 3-4 > Final B
10	1:10 PM	M Varsity 8+	Heat	2000	1-2 > Final A; 3-4 > Final B
11	1:16 PM	W 2nd Varsity 8+	Heat	2000	1-2 > Final A
11	1:22 PM	W 2nd Varsity 8+	Heat	2000	1-2 > Final A
11	1:28 PM	W 2nd Varsity 8+	Heat	2000	1-2 > Final A
12	1:34 PM	M 2nd Varsity 8+	Heat	2000	1-2 > Final A
12	1:40 PM	M 2nd Varsity 8+	Heat	2000	1-2 > Final A
12	1:46 PM	M 2nd Varsity 8+	Heat	2000	1-2 > Final A
13	1:52 PM	W 3rd Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd
13	1:58 PM	W 3rd Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd
13	2:04 PM	W 3rd Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd

14	2:10 PM	M 3rd Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd
14	2:16 PM	M 3rd Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd
14	2:22 PM	M 3rd Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd
15	2:28 PM	W 4th Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd
16	2:34 PM	M 4th Varsity 8+	Flight	2000	medals for 1st, 2nd, 3rd
17	2:40 PM	W 2nd Varsity 4X	Heat	2000	1-3 > Final A
17	2:46 PM	W 2nd Varsity 4X	Heat	2000	1-3 > Final A
18	2:52 PM	M 2nd Varsity 4X	Heat	2000	1-3 > Final A
18	2:58 PM	M 2nd Varsity 4X	Heat	2000	1-3 > Final A
19	3:04 PM	W Varsity 4+	Heat	2000	1-2 > Final A; 3-4 > Final B
19	3:10 PM	W Varsity 4+	Heat	2000	1-2 > Final A; 3-4 > Final B
19	3:16 PM	W Varsity 4+	Heat	2000	1-2 > Final A; 3-4 > Final B
20	3:22 PM	M Varsity 4+	Heat	2000	1-2 > Final A; 3-4 > Final B
20	3:28 PM	M Varsity 4+	Heat	2000	1-2 > Final A; 3-4 > Final B
20	3:34 PM	M Varsity 4+	Heat	2000	1-2 > Final A; 3-4 > Final B
21	3:40 PM	W U17 4X	Flight	2000	medals for 1st, 2nd, 3rd
21	3:46 PM	W U17 4X	Flight	2000	medals for 1st, 2nd, 3rd
21	3:52 PM	W U17 4X	Flight	2000	medals for 1st, 2nd, 3rd
22	3:58 PM	M U17 4X	Flight	2000	medals for 1st, 2nd, 3rd
22	4:04 PM	M U17 4X	Flight	2000	medals for 1st, 2nd, 3rd
22	4:10 PM	M U17 4X	Flight	2000	medals for 1st, 2nd, 3rd

BREAK

23	4:20 PM	W 2nd Varsity 4+	Heat	2000	1-2 > Final A
23	4:26 PM	W 2nd Varsity 4+	Heat	2000	1-2 > Final A
23	4:32 PM	W 2nd Varsity 4+	Heat	2000	1-2 > Final A
24	4:38 PM	M 2nd Varsity 4+	Heat	2000	1-2 > Final A
24	4:44 PM	M 2nd Varsity 4+	Heat	2000	1-2 > Final A
24	4:50 PM	M 2nd Varsity 4+	Heat	2000	1-2 > Final A
25	4:56 PM	W Varsity 4X	Heat	2000	1-2 > Final A; 3-4 > Final B
25	5:02 PM	W Varsity 4X	Heat	2000	1-2 > Final A; 3-4 > Final B
25	5:08 PM	W Varsity 4X	Heat	2000	1-2 > Final A; 3-4 > Final B
26	5:14 PM	M Varsity 4X	Heat	2000	1-2 > Final A; 3-4 > Final B
26	5:20 PM	M Varsity 4X	Heat	2000	1-2 > Final A; 3-4 > Final B
26	5:26 PM	M Varsity 4X	Heat	2000	1-2 > Final A; 3-4 > Final B
27	5:32 PM	W 3rd Varsity 4+	Flight	2000	medals for 1st, 2nd, 3rd
27	5:38 PM	W 3rd Varsity 4+	Flight	2000	medals for 1st, 2nd, 3rd
28	5:44 PM	M 3rd Varsity 4+	Flight	2000	medals for 1st, 2nd, 3rd
28	5:50 PM	M 3rd Varsity 4+	Flight	2000	medals for 1st, 2nd, 3rd
29	5:56 PM	W U17 4+	Flight	2000	medals for 1st, 2nd, 3rd
29	6:02 PM	W U17 4+	Flight	2000	medals for 1st, 2nd, 3rd
30	6:08 PM	M U17 4+	Flight	2000	medals for 1st, 2nd, 3rd
30	6:14 PM	M U17 4+	Flight	2000	medals for 1st, 2nd, 3rd

Event # Sunday April 13

31	8:00 AM	W Varsity 1X	Time Trial	1900	Top 7 advance to Final A, next 7 to Final B
32	8:20 AM	M Varsity 1X	Time Trial	1900	Top 7 advance to Final A, next 7 to Final B

33	8:40 AM	W Varsity 2X	Time Trial	1900	Top 7 advance to Final A, next 7 to Final B
34	9:00 AM	M Varsity 2X	Time Trial	1900	Top 7 advance to Final A, next 7 to Final B
35	9:25 AM	W Varsity 2-	Flight	2000	medals for 1st, 2nd, 3rd
35	9:31 AM	W Varsity 2-	Flight	2000	medals for 1st, 2nd, 3rd
35	9:37 AM	W Varsity 2-	Flight	2000	medals for 1st, 2nd, 3rd
36	9:43 AM	M Varsity 2-	Flight	2000	medals for 1st, 2nd, 3rd
36	9:49 AM	M Varsity 2-	Flight	2000	medals for 1st, 2nd, 3rd
36	9:55 AM	M Varsity 2-	Flight	2000	medals for 1st, 2nd, 3rd
37	10:01 AM	W Varsity 4-	Flight	2000	medals for 1st, 2nd, 3rd
37	10:07 AM	W Varsity 4-	Flight	2000	medals for 1st, 2nd, 3rd
38	10:13 AM	M Varsity 4-	Flight	2000	medals for 1st, 2nd, 3rd
38	10:19 AM	M Varsity 4-	Flight	2000	medals for 1st, 2nd, 3rd
39	10:25 AM	W U17 8+	Flight	2000	medals for 1st, 2nd, 3rd
39	10:31 AM	W U17 8+	Flight	2000	medals for 1st, 2nd, 3rd
40	10:37 AM	M U17 8+	Flight	2000	medals for 1st, 2nd, 3rd
40	10:43 AM	M U17 8+	Flight	2000	medals for 1st, 2nd, 3rd
41	10:49 AM	W 2nd Varsity 2X	Heat	2000	1-2 > Final A
41	10:55 AM	W 2nd Varsity 2X	Heat	2000	1-2 > Final A
41	11:01 AM	W 2nd Varsity 2X	Heat	2000	1-2 > Final A
42	11:07 AM	M 2nd Varsity 2X	Heat	2000	1-2 > Final A
42	11:13 AM	M 2nd Varsity 2X	Heat	2000	1-2 > Final A
42	11:19 AM	M 2nd Varsity 2X	Heat	2000	1-2 > Final A
43	11:25 AM	W LWT 2X	Flight	2000	medals for 1st, 2nd, 3rd
43	11:31 AM	W LWT 2X	Flight	2000	medals for 1st, 2nd, 3rd
43	11:37 AM	W LWT 2X	Flight	2000	medals for 1st, 2nd, 3rd
44	11:43 AM	M LWT 2X	Flight	2000	medals for 1st, 2nd, 3rd
44	11:49 AM	M LWT 2X	Flight	2000	medals for 1st, 2nd, 3rd
44	11:55 AM	M LWT 2X	Flight	2000	medals for 1st, 2nd, 3rd
LUNCH					
9b	1:00 PM	W Varsity 8+	Final B	2000	
9a	1:08 PM	W Varsity 8+	Final A	2000	medals for 1st, 2nd, 3rd
10b	1:16 PM	M Varsity 8+	Final B	2000	
10a	1:24 PM	M Varsity 8+	Final A	2000	medals for 1st, 2nd, 3rd
11	1:32 PM	W 2nd Varsity 8+	Final	2000	medals for 1st, 2nd, 3rd
12	1:40 PM	M 2nd Varsity 8+	Final	2000	medals for 1st, 2nd, 3rd
17	1:48 PM	W 2nd Varsity 4X	Final	2000	medals for 1st, 2nd, 3rd
18	1:56 PM	M 2nd Varsity 4X	Final	2000	medals for 1st, 2nd, 3rd
25b	2:04 PM	W Varsity 4X	Final B	2000	
25a	2:12 PM	W Varsity 4X	Final A	2000	medals for 1st, 2nd, 3rd
26b	2:20 PM	M Varsity 4X	Final B	2000	
26a	2:28 PM	M Varsity 4X	Final A	2000	medals for 1st, 2nd, 3rd
23	2:36 PM	W 2nd Varsity 4+	Final	2000	medals for 1st, 2nd, 3rd
24	2:44 PM	M 2nd Varsity 4+	Final	2000	medals for 1st, 2nd, 3rd
19b	2:52 PM	W Varsity 4+	Final B	2000	
19a	3:00 PM	W Varsity 4+	Final A	2000	medals for 1st, 2nd, 3rd
20b	3:08 PM	M Varsity 4+	Final B	2000	
20a	3:16 PM	M Varsity 4+	Final A	2000	medals for 1st, 2nd, 3rd

31b	3:24 PM	W Varsity 1X	Final B	2000	
31a	3:32 PM	W Varsity 1X	Final A	2000	medals for 1st, 2nd, 3rd
32b	3:40 PM	M Varsity 1X	Final B	2000	
32a	3:48 PM	M Varsity 1X	Final A	2000	medals for 1st, 2nd, 3rd
41	3:56 PM	W 2nd Varsity 2X	Final	2000	medals for 1st, 2nd, 3rd
42	4:04 PM	M 2nd Varsity 2X	Final	2000	medals for 1st, 2nd, 3rd
33b	4:12 PM	W Varsity 2X	Final B	2000	
33a	4:20 PM	W Varsity 2X	Final A	2000	medals for 1st, 2nd, 3rd
34b	4:28 PM	M Varsity 2X	Final B	2000	
34a	4:36 PM	M Varsity 2X	Final A	2000	medals for 1st, 2nd, 3rd