

## LPBC - ROWING LOG

Date	Boat #	Cox/Coach	Rowers Names (Last Name, First Initial)	Time OUT	Time IN	Boat KMs	Conditions*
___ / ___			1				Air:
			2				Water:
			3				Combined:
			4				Notes:
___ / ___			1				Air:
			2				Water:
			3				Combined:
			4				Notes:
___ / ___			1				Air:
			2				Water:
			3				Combined:
			4				Notes:
___ / ___			1				Air:
			2				Water:
			3				Combined:
			4				Notes:
___ / ___			1				Air:
			2				Water:
			3				Combined:
			4				Notes:
___ / ___			1				Air:
			2				Water:
			3				Combined:
			4				Notes:
___ / ___			1				Air:
			2				Water:
			3				Combined:
			4				Notes:

\* Members are advised to make their own risk assessments before rowing. The "four oar rule" is in place when the combined air and water temperature is below 100F  
 Current conditions can be found at <https://lpboatclub.org/> or at <https://twitter.com/lpbcbot>