

| Regatta | Date | Location | Website | Program |
|------------------------------|----------------|-------------------|--|----------------|
| Canadian Indoor | Feb 5 | Mississauga | | All |
| Ontario Indoor Erg | March 3 | Ridley Gym | | All |
| Captain's Dinner | April 14 | Parkway Hotel | | All |
| Early Bird | April 29 | St Catharines | www.stcatharinesrowingclub.ca | School |
| John Bennet (Buffalo) Invite | May 6 | Buffalo | www.wsrc.org | School |
| Head Of the Martindale | May 12 | St Catharines | nstorrs@yahoo.com | Club |
| Mothers Day | May 13 | St Catharines | www.stcatharinesrowingclub.ca | School |
| Stotesbury Cup | May 18 - 19 | Philadelphia | www.boathouserow.org | School |
| South Niagara Invite | May 19 - 20 | Welland South | www.iaw.on.ca/~snrc/ | School |
| US Scholastics | May 25 - 26 | Camden, NJ | www.sraa.net | School |
| London WOSSA | May 26 | London (Fanshawe) | publish.uwo.ca/~mmurphy4/woss2005.html | School |
| CSSRA | June 1 - 3 | St Catharines | www.cssrarowing.ca | School |
| *Women's Royal Henley | June 15 - 17 | Henley UK | www.hwr.org.uk | Club Women |
| *Tony Biernacki | June 16 | Welland North | | Masters |
| CORA Guelph | June 23 | Guelph | jlyttle@rogers.com | Juniors |
| US Nationals Elite | June 27 - 29 | Princeton, NJ | usrowing.org | Club Seniors |
| *Royal Henley | June 27-July 1 | Henley UK | www.hrr.co.uk | Club Men |
| Independence Day | June 29-July 1 | Philadelphia | www.boathouserow.org | Club |
| Dominion Day | July 1 | Toronto | jlyttle@rogers.com | Club |
| CORA London | July 7 | London | jlyttle@rogers.com | Juniors |
| CORA St Catharines | July 14 | St Catharines | jlyttle@rogers.com | Club |
| RowOntario Master Champ | July 15 | Welland North | www.rowontario.ca | Masters |
| Westside Invite | July 15 | Buffalo | www.wsrc.org | Club |
| St Catharines Invite | July 21 - 22 | St Catharines | www.stcatharinesrowingclub.ca | Club |
| RowOntario Champs | July 28 - 29 | Welland South | www.rowontario.ca | Club |
| Royal Canadian Henley | August 5 | St Catharines | www.henleyregatta.ca | Masters |
| Royal Canadian Henley | August 7 - 12 | St Catharines | www.henleyregatta.ca | Club |
| *US Masters Nationals | August 9 - 12 | Worcester, MA | usrowing.org | Masters |
| Ontario Summer Games | August 16 - 17 | Toronto Island | | Under 17 |
| Canadian Masters | August 24 - 26 | Montreal | | Masters |
| Head of the Welland | tba | Welland | www.iaw.on.ca/~snrc/ | Club |
| *Head of the Trent | tba | Peterborough | www.trent.ca/rowing | Singles |
| Head of the Charles | Oct 20 - 21 | Boston | www.hocr.org | Club |
| Head of the Fish | Oct 27 - 28 | Saratoga Springs | www.headofthefish.com | Club |