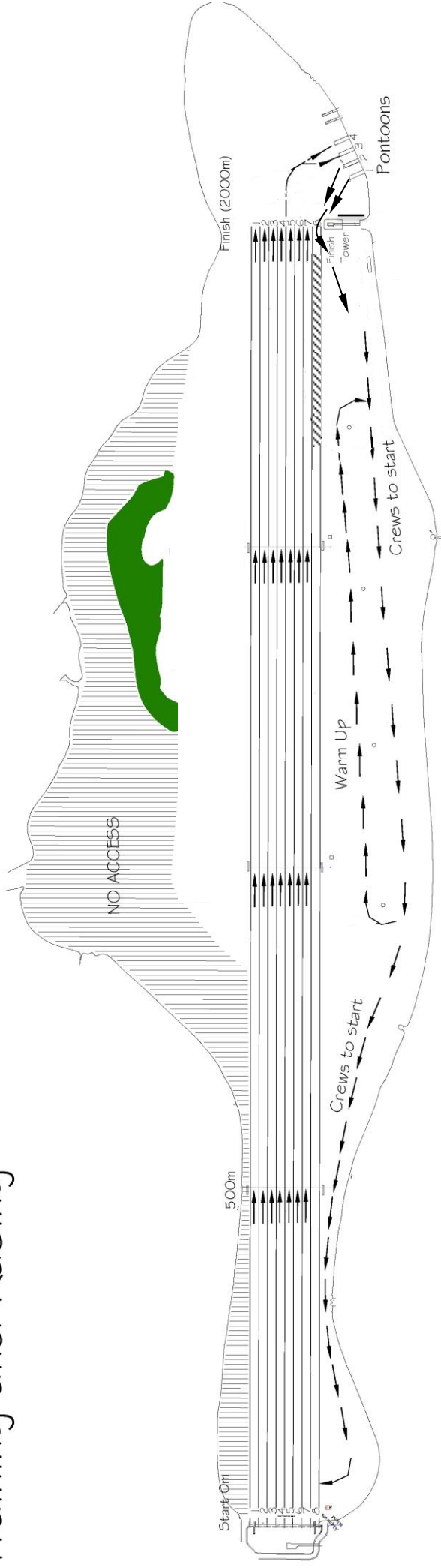


CIRCULATION PATTERN

Training and Racing



Racing Circulation

1. Launch on pontoons 1 and 2.
2. Disembark on pontoons 3 and 4.
3. Go around Tower in Lane 8 only. DO NOT use lane 7.
4. Go to Start on shore side of large orange buoys.
5. Warm up must be clockwise around the orange buoys - see map.
6. Particular care should be taken when passing the 500m mark due to the restricted width between the overflow and lane 8. Crews should proceed in single file at this point.
7. After finishing a 1000m race proceed without delay to the 'IN' pontoons (3 & 4) using lanes 1-6. Do not use lanes 7 or 8.

Training during racing

There is NO training during racing.

