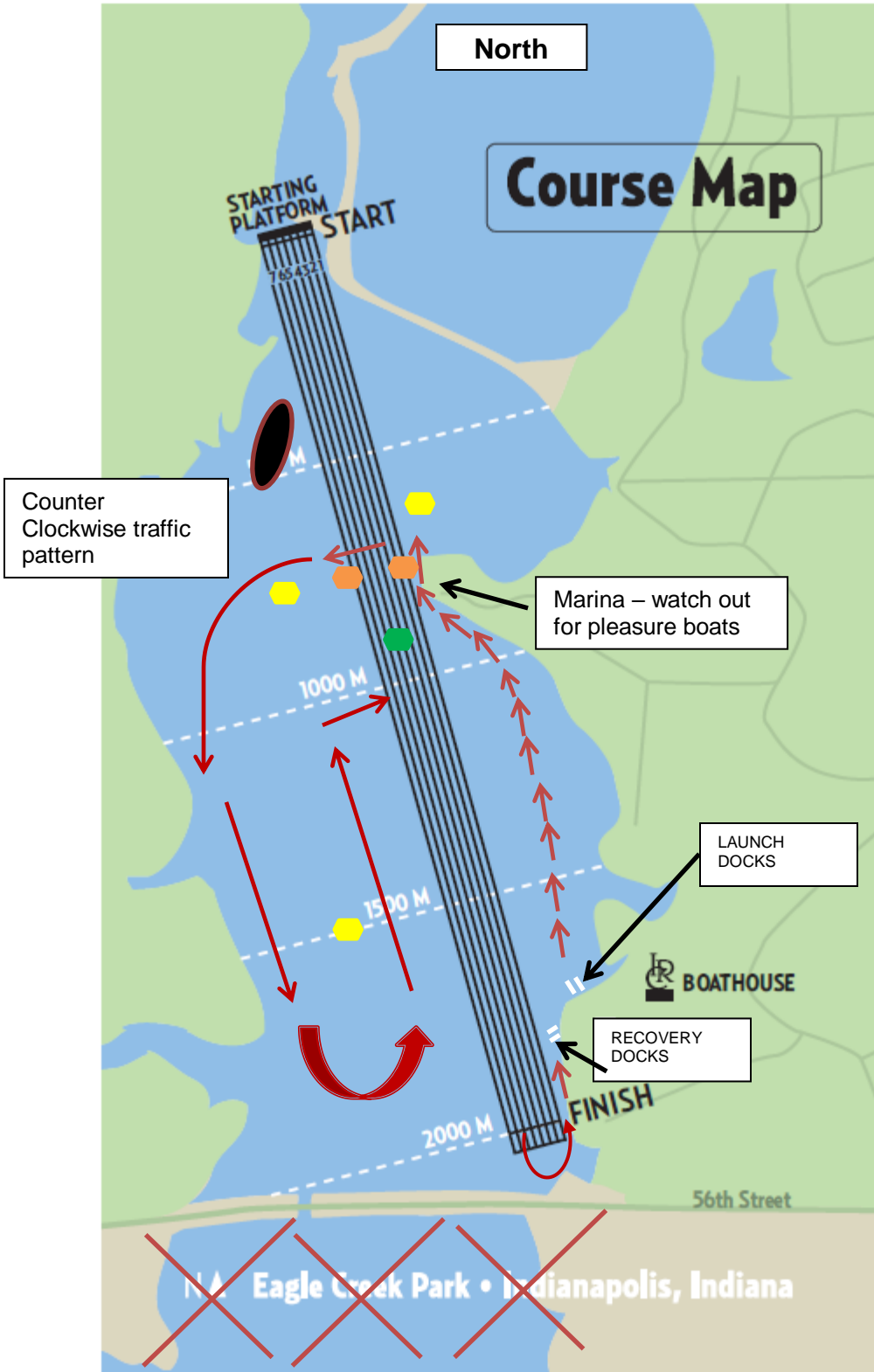


TRAFFIC PATTERN FOR RACE SESSIONS



TRAFFIC NOTES

- Head north, to the start, on the outside (east side) of the course
- You must row past the start, between the Marina point and the course, to the large buoys
- You must turn into the course past the large buoy, and row across the lanes to the other side
- Warm up is a counter clockwise pattern along the western shore and along the course
- Enter the course within the first 100m. You must stay in your lane once you get lined up in your lane.
- You must exit the course to the east and row up to the recovery docks

MAP KEY

- Traffic Pattern
- Marshall Boat
- Island
- Starter's Pontoon
- Crossing Buoy