

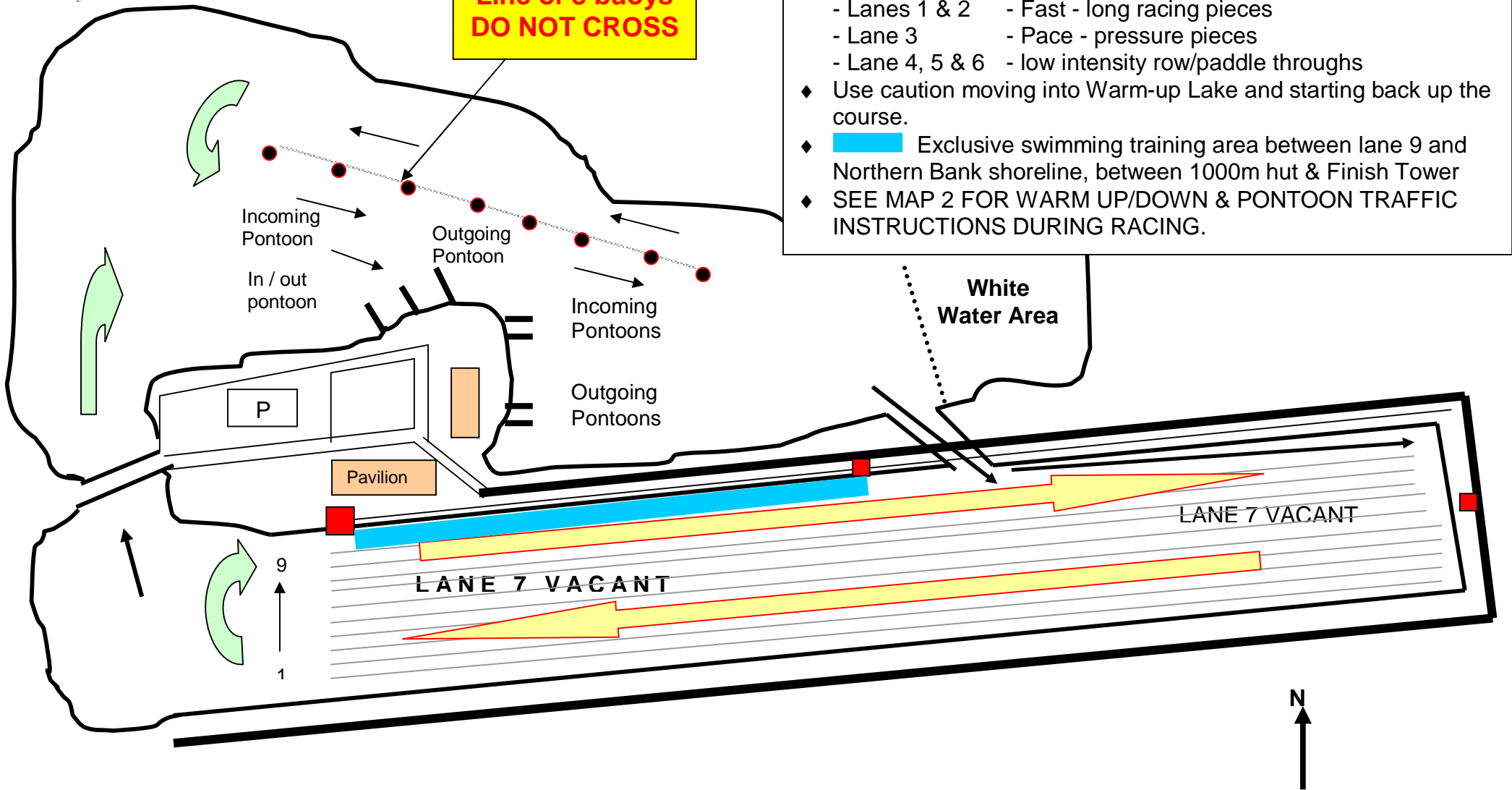


Training Traffic Flow

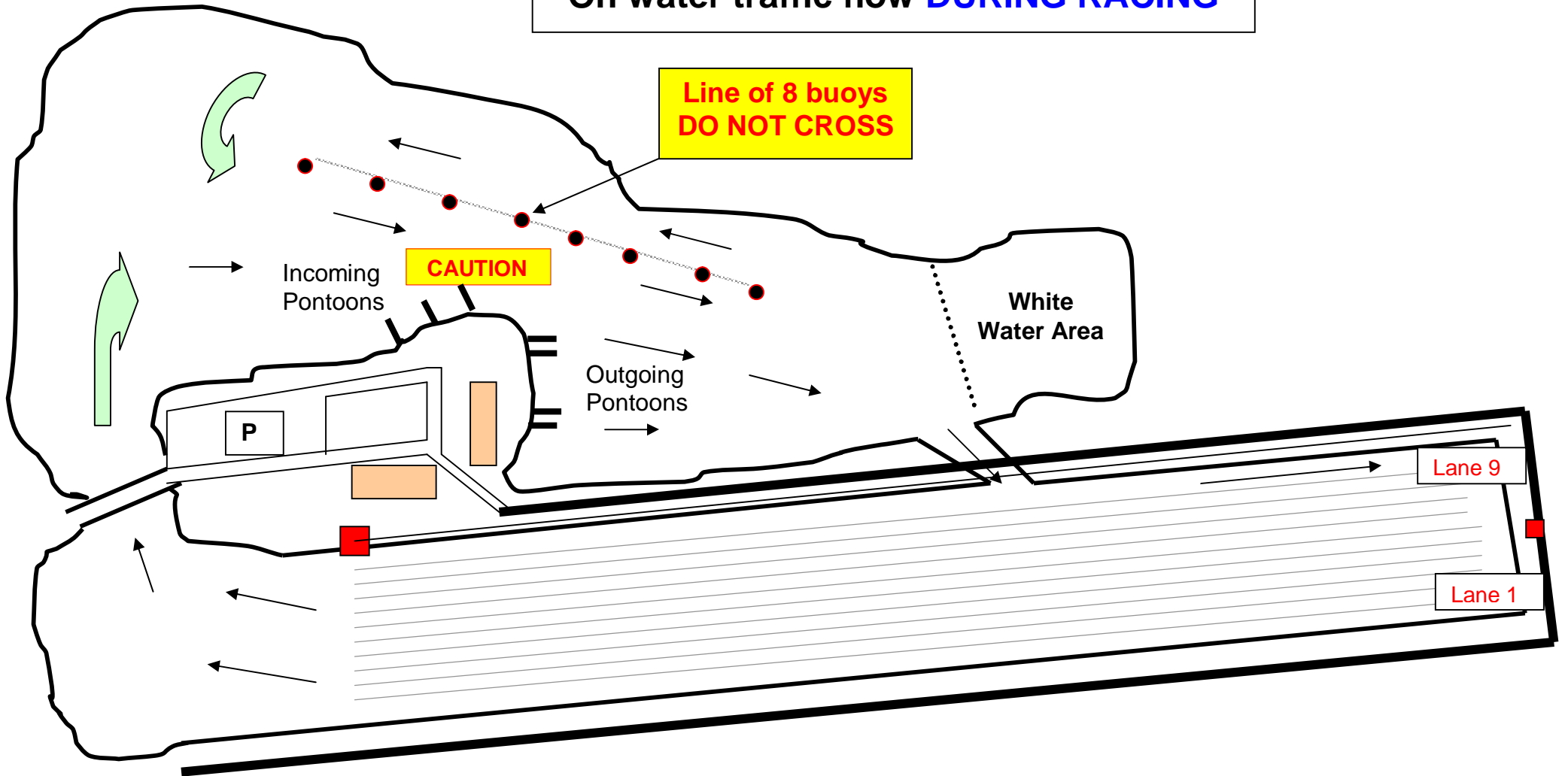
TRAINING INSTRUCTIONS

**Line of 8 buoys
DO NOT CROSS**

- ◆ Lanes 8 - 9 returning to start.
- ◆ No row/paddle lane 7 (vacant lane).
- ◆ Lanes 1 - 6 proceeding from start to finish.
 - Lanes 1 & 2 - Fast - long racing pieces
 - Lane 3 - Pace - pressure pieces
 - Lane 4, 5 & 6 - low intensity row/paddle throughs
- ◆ Use caution moving into Warm-up Lake and starting back up the course.
- ◆ Exclusive swimming training area between lane 9 and Northern Bank shoreline, between 1000m hut & Finish Tower
- ◆ SEE MAP 2 FOR WARM UP/DOWN & PONTOON TRAFFIC INSTRUCTIONS DURING RACING.



Sydney International Regatta Centre
On water traffic flow **DURING RACING**



Line of 8 buoys
DO NOT CROSS

CAUTION

Incoming
Pontoons

Outgoing
Pontoons

White
Water Area

Lane 9

Lane 1

