

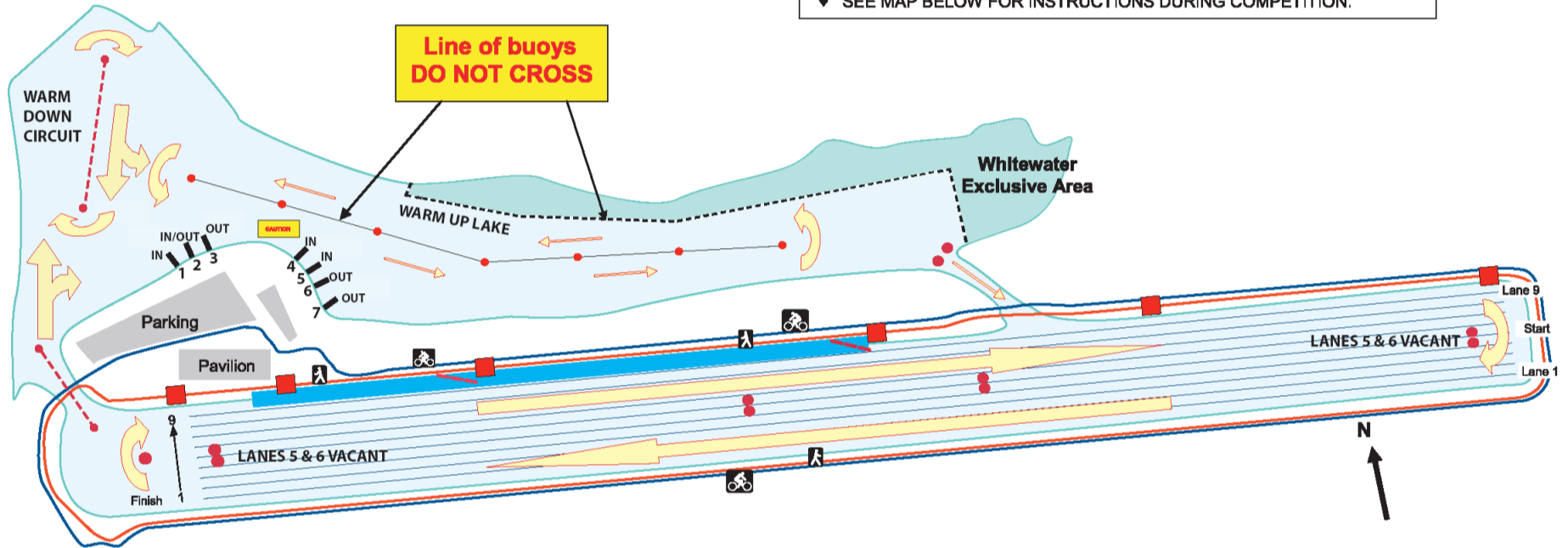


# ON WATER TRAFFIC FLOW PROCEDURES

## DURING TRAINING

### TRAINING INSTRUCTIONS

- ◆ Lanes 1 to 4 Proceed from Start to Finish
  - Lanes 1 & 2 - Fast - long racing pieces
  - Lane 3 - Pace - pressure pieces
  - Lanes 4 - Low intensity row / paddle through
- ◆ Lanes 5 & 6 Vacant Lane (no rowing / padding in these lanes)
- ◆ Lanes 7, 8 & 9 Return to Start
- ◆ Use caution moving into the Warm Up Lake and starting back up the course.
- ◆ Exclusive Swimming Training Lane between Lane 9 and Northern Bank shoreline, extending from the Presentation Pontoon to the 1000m Hut.
- ◆ Various users row, paddle and sail on the Warm Up Lake. Please respect other users and employ caution while training on this Lake.
- ◆ No access is permitted to the Whitewater Exclusive Area.
- ◆ SEE MAP BELOW FOR INSTRUCTIONS DURING COMPETITION.



## DURING COMPETITION

### COMPETITION INSTRUCTIONS

Event: AUSTRALIAN ROWING CHAMPIONSHIPS

Date:

- ◆ Proceed to start in Lane 10 only

- ◆ Various water craft share the Warm Up Lake. Please respect others and employ caution while on this Lake.

- ◆ No access is permitted to the Whitewater Exclusive Area.

Instructions authorised by:

