

Robert E. Day Capital Sprints

Transit Lane to Start/Warm Up
Through Arch 2 of Penn Ave Bridge

Boathouse

Race Course

Staging Area

Warm Up Area

The Course

- 5 Lanes
- Lane 1: closest to the boathouse shore, through Arch 4 of the Penn Ave Bridge
- Lanes 2-4: through Arch 5 of the Penn Ave Bridge
- Lane 5: through Arch 6 of the Penn Ave Bridge (runs along the shore)

The Pennsylvania Ave Bridge

- 6 Arches over the River, numbered from the Boathouse side.
- Arch 1 – Don't Use - Fishing
- Arch 2 – Downstream Traffic
- Arch 3 – Don't Use – Obstructed
- Arch 4 – Lane 1 (starboard side)
- Arch 5 – Lanes 2, 3, and 4
- Arch 6 – Lane 5 (port side)

