



500 m

- \* Lanes 3 and 4 are NOT TO BE USED.
- \* Crews heading to START MUST use LANE 1 (outside buoys, farthest from beach) and LANE 2.
- \* Crews rowing to FINISH MUST use LANES 5, 6 and 7 (lane 7 is closest to beach).

# PRACTICE DAY

