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Crews proceeding to START MUST stay well off the course, outside all buoys and markers furthest from beach. Crews must not go beyond the START!

RACE DAY



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- * 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

