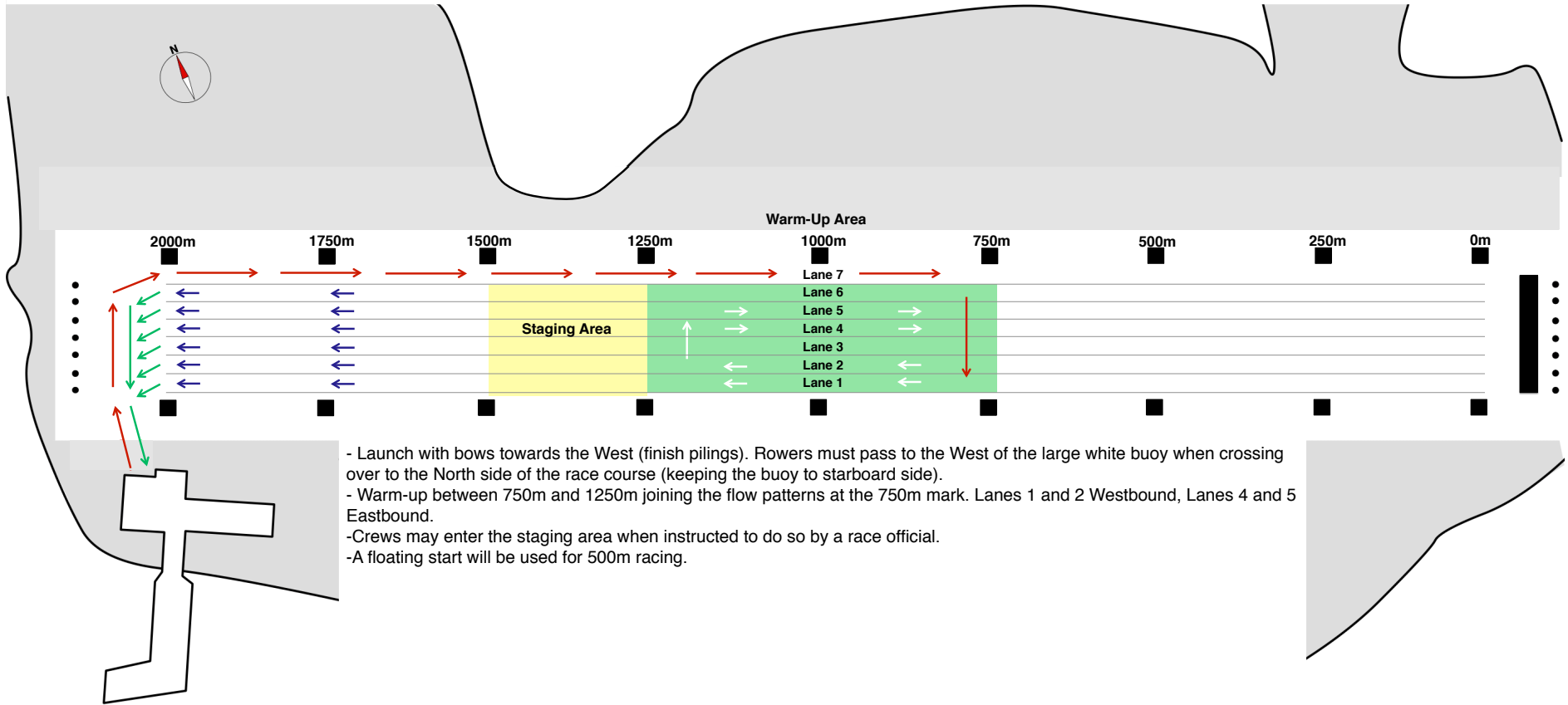


Burnaby Lake 500m Race Map



- Launch with bows towards the West (finish pilings). Rowers must pass to the West of the large white buoy when crossing over to the North side of the race course (keeping the buoy to starboard side).
- Warm-up between 750m and 1250m joining the flow patterns at the 750m mark. Lanes 1 and 2 Westbound, Lanes 4 and 5 Eastbound.
- Crews may enter the staging area when instructed to do so by a race official.
- A floating start will be used for 500m racing.