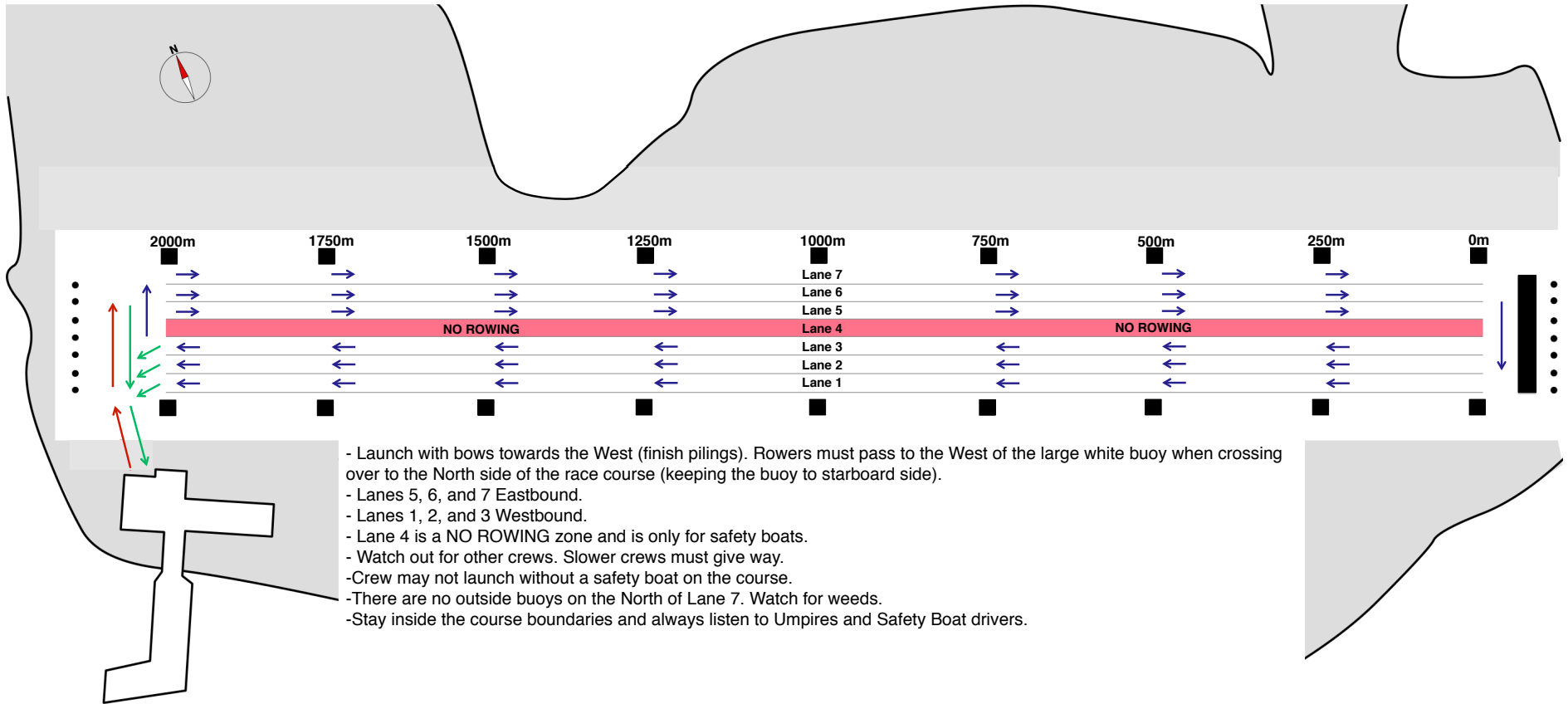


# Burnaby Lake Practice Map



- 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).
- Lanes 5, 6, and 7 Eastbound.
- Lanes 1, 2, and 3 Westbound.
- Lane 4 is a NO ROWING zone and is only for safety boats.
- Watch out for other crews. Slower crews must give way.
- Crew may not launch without a safety boat on the course.
- There are no outside buoys on the North of Lane 7. Watch for weeds.
- Stay inside the course boundaries and always listen to Umpires and Safety Boat drivers.