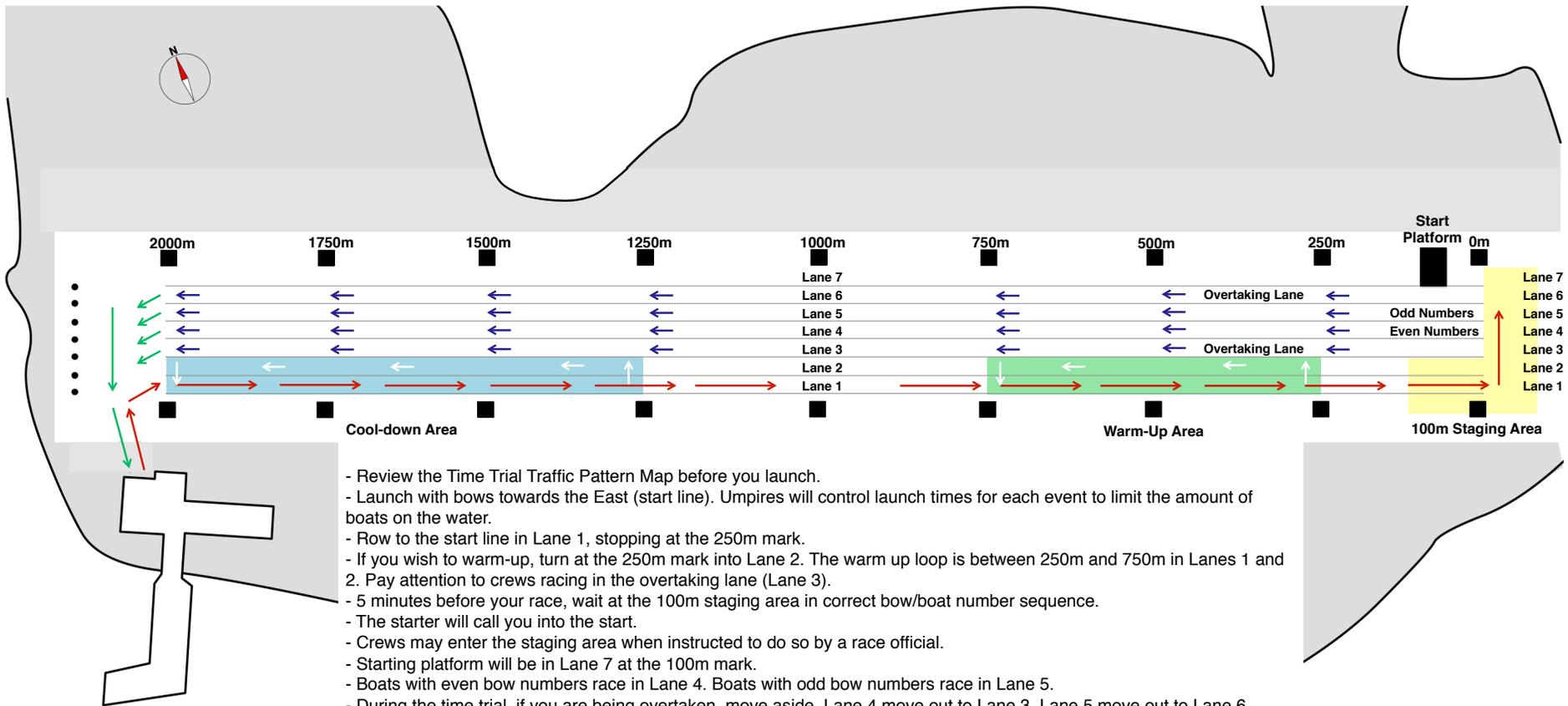


# Burnaby Lake 2k Time Trial Map



- Review the Time Trial Traffic Pattern Map before you launch.
- Launch with bows towards the East (start line). Umpires will control launch times for each event to limit the amount of boats on the water.
- Row to the start line in Lane 1, stopping at the 250m mark.
- If you wish to warm-up, turn at the 250m mark into Lane 2. The warm up loop is between 250m and 750m in Lanes 1 and 2. Pay attention to crews racing in the overtaking lane (Lane 3).
- 5 minutes before your race, wait at the 100m staging area in correct bow/boat number sequence.
- The starter will call you into the start.
- Crews may enter the staging area when instructed to do so by a race official.
- Starting platform will be in Lane 7 at the 100m mark.
- Boats with even bow numbers race in Lane 4. Boats with odd bow numbers race in Lane 5.
- During the time trial, if you are being overtaken, move aside. Lane 4 move out to Lane 3. Lane 5 move out to Lane 6. Return to your racing lane when clear.
- Cooling down is possible in Lane 1 and 2 (between 1250m – 2000m).
- When in the warm up and cool down loops, pay attention at all times.
- Listen to directions from Umpire and Safety boats. Yellow cards may be issued for violations.
- Do not cross the finish line while racing crews are approaching the line.