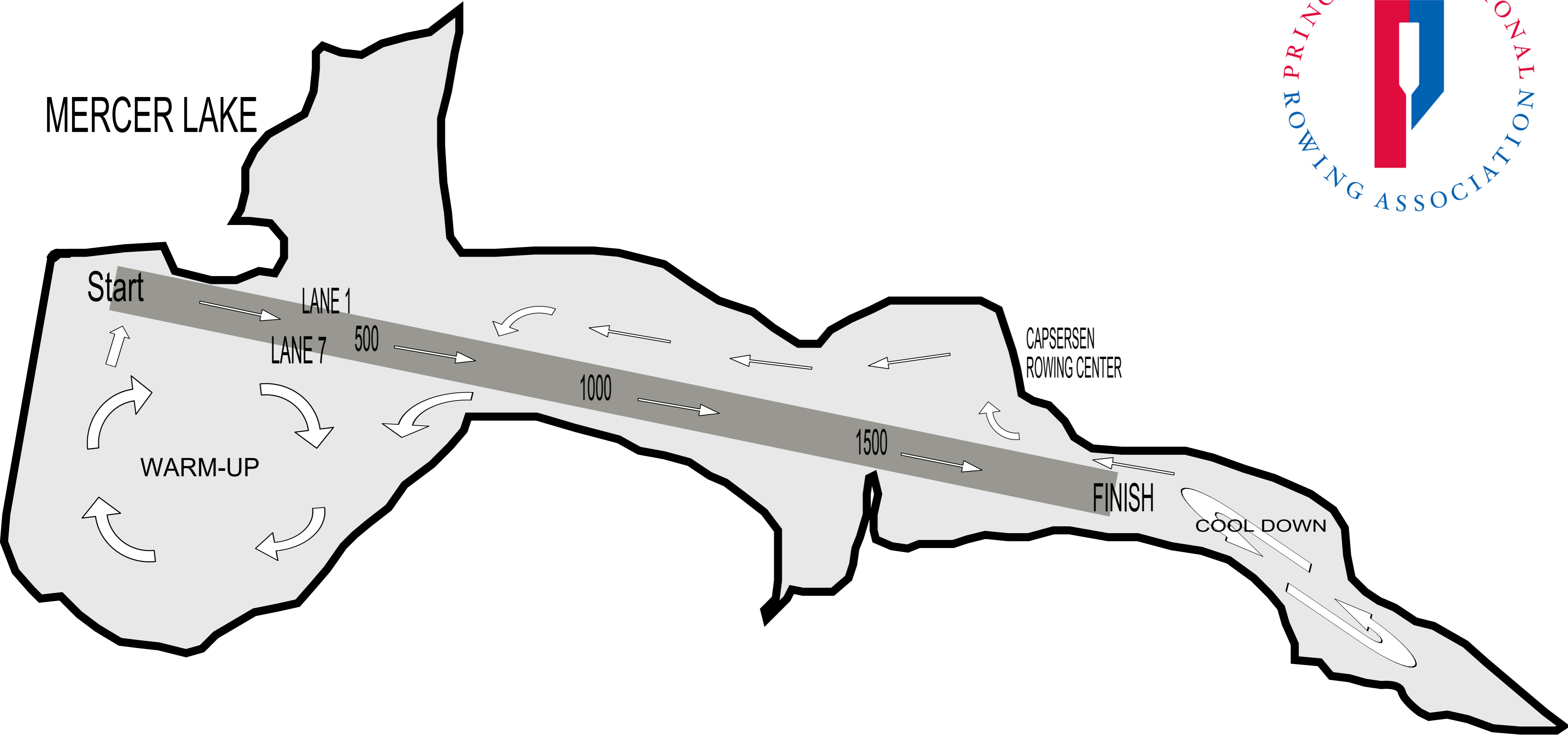


# TRAFFIC PATTERN - RACE



MERCER LAKE



Start

LANE 1

LANE 7

500

1000

1500

FINISH

CAPSERSEN  
ROWING CENTER

WARM-UP

COOL DOWN