



## LAKE MERRITT RACING TRAFFIC PATTERN

**IMPORTANT !! RACECOURSE IS REVERSED !!**

For your safety and that of others, all shells must follow the traffic pattern.

Launching: Allow at least 30 minutes before your race to warm up. Dock space is limited ;launch as quickly as possible .Bring oars to the dock before you launch. Tie in on the water.

Warm-up: Stay to the right of the buoys in the warm-up area.

Pre-Race Area: Wait for your race in the area before the dock. When called to the start ,you may row onto the course into your lane. BACK into your stakeboat; you must be locked on two minutes prior to your race's start time. Alignment will be done silently, by radio. To hold your point, scull the bow into position, DO NOT take full strokes, which will pull you out of the stake person's grasp.

Finish Area: Run-out room in lanes 6 and 7 is limited. Please clear the finish area quickly; a race may follow yours in only a few minutes!

Thanks for coming, and have a great race!

