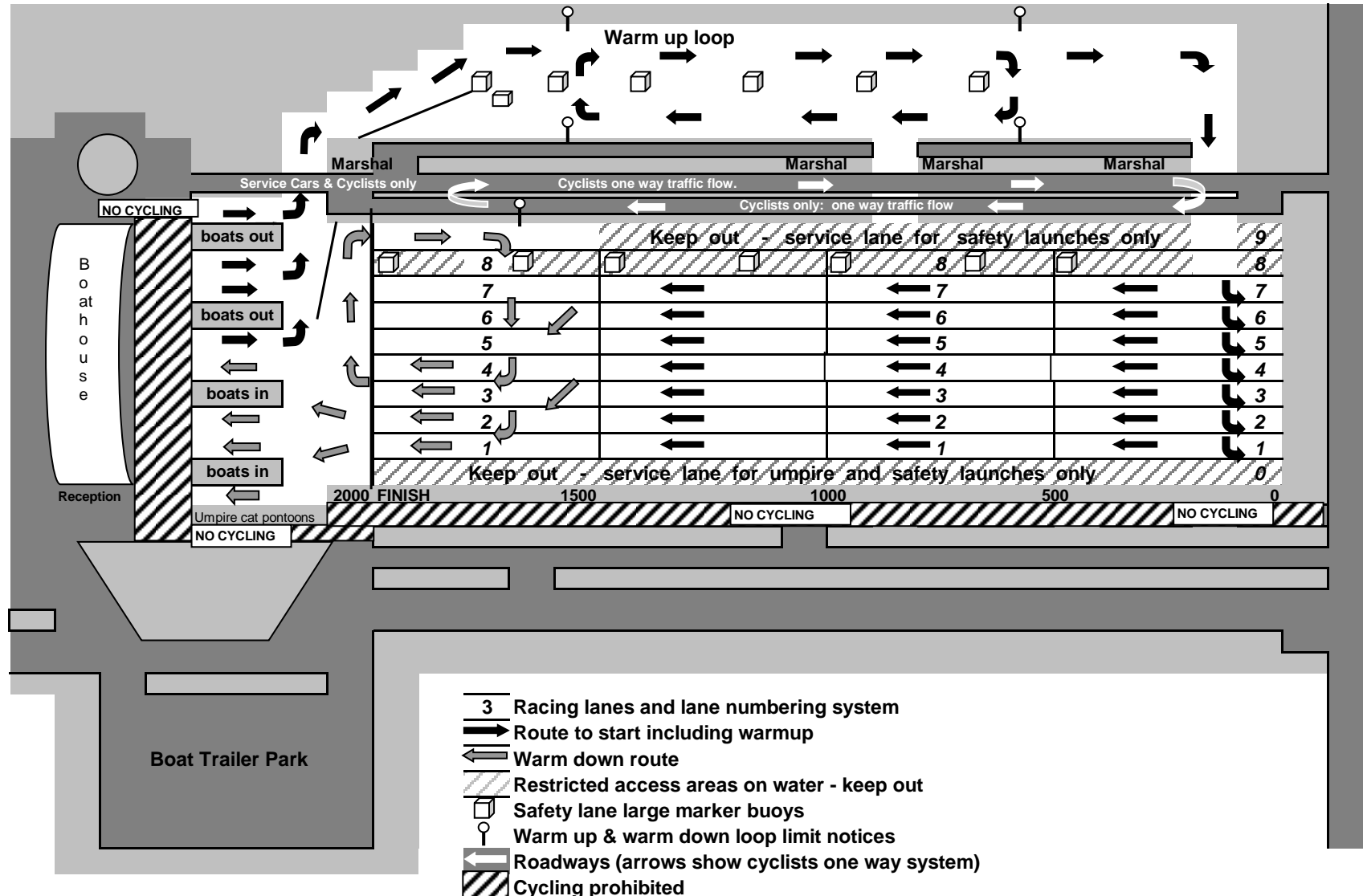


# WALLINGFORD REGATTA 2009 - CIRCULATION PATTERN (SIDE BY SIDE)



- Going afloat:** Boat from the left hand two rafts. Immediately turn left and proceed through the bridge into the return lane.
- Warm up:** Keep left (as viewed by the cox) in the warm up lake. Circulate between the "lollipop" marker signs.
- On to the start:** You must be at the bridge, in lane order, ready to enter the main lake 10 minutes before your race. Proceed under the bridge and get attached when instructed. Be quick!
- Return to rafts:** Warm down during your row back to the boathouse. After the finish, move across to lanes 1 - 4 to return to the rafts.
- Longer warm down:** If you need a longer warm down, when level with the 2000m finish, turn and cross the lake to lane 9 and return towards the the start. Do not paddle beyond the 1750m mark before turning back across the lake to lanes 1 - 4 to return to the boathouse.