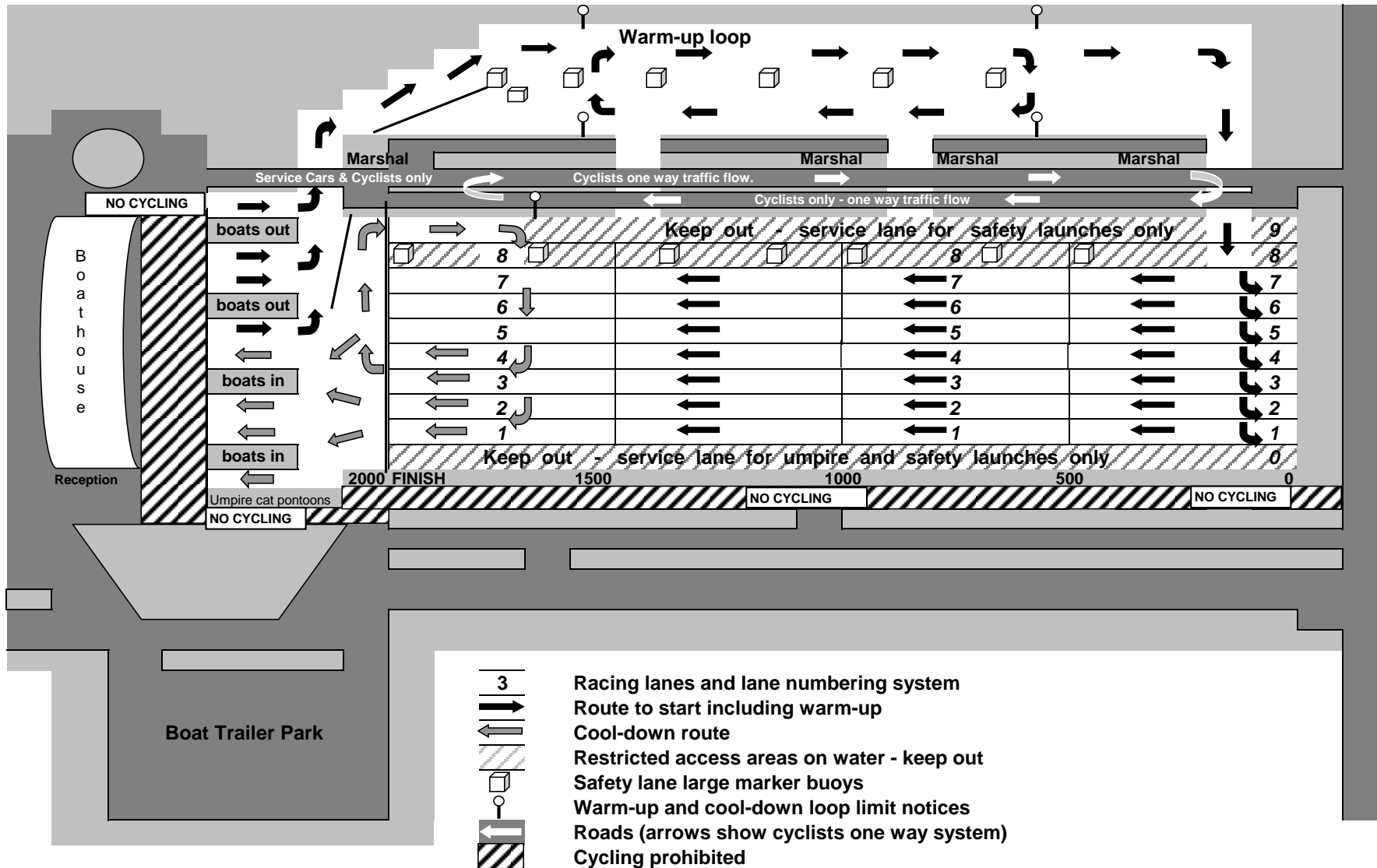


WALLINGFORD REGATTA 2010 - CIRCULATION PATTERN (SIDE BY SIDE)



- Going afloat:** Boat from the two left hand rafts. Immediately turn left and proceed through the bridge into the warm-up lake.
- 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 start 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:** Cool-down during your row back to the rafts. After the finish, move across to lanes 1 - 4 to return to the rafts.
- Longer warm down:** If you need a longer cool-down, when level with the finish, turn and cross the lake to lane 9 and return towards the start. Do not paddle beyond the 1750 m mark (look for the "lollipop" marker on the bank) before turning back across the lake to lanes 1-4 to return to the rafts.