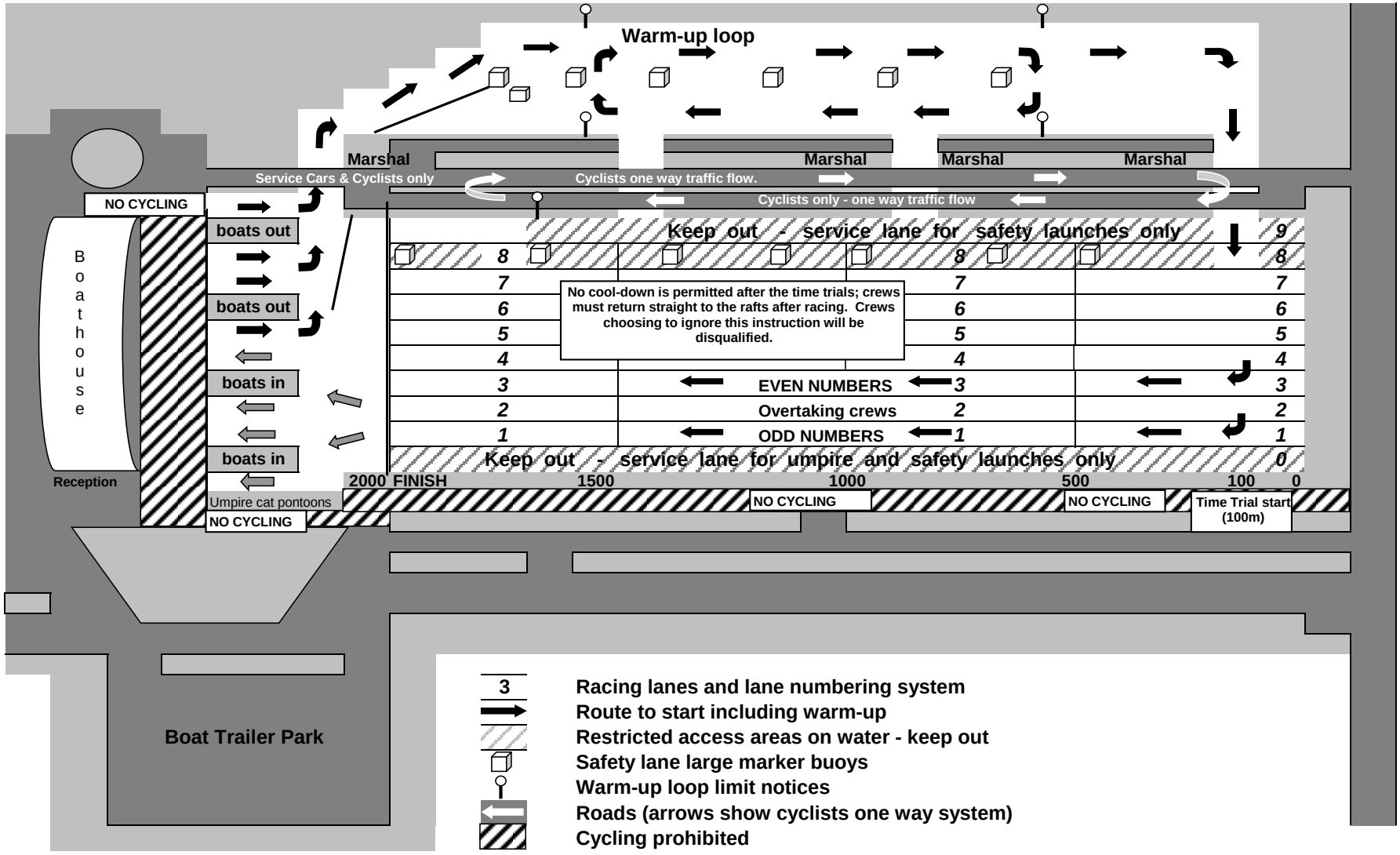
WALLINGFORD REGATTA 2010 - CIRCULATION PATTERN (TIME TRIALS)



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.