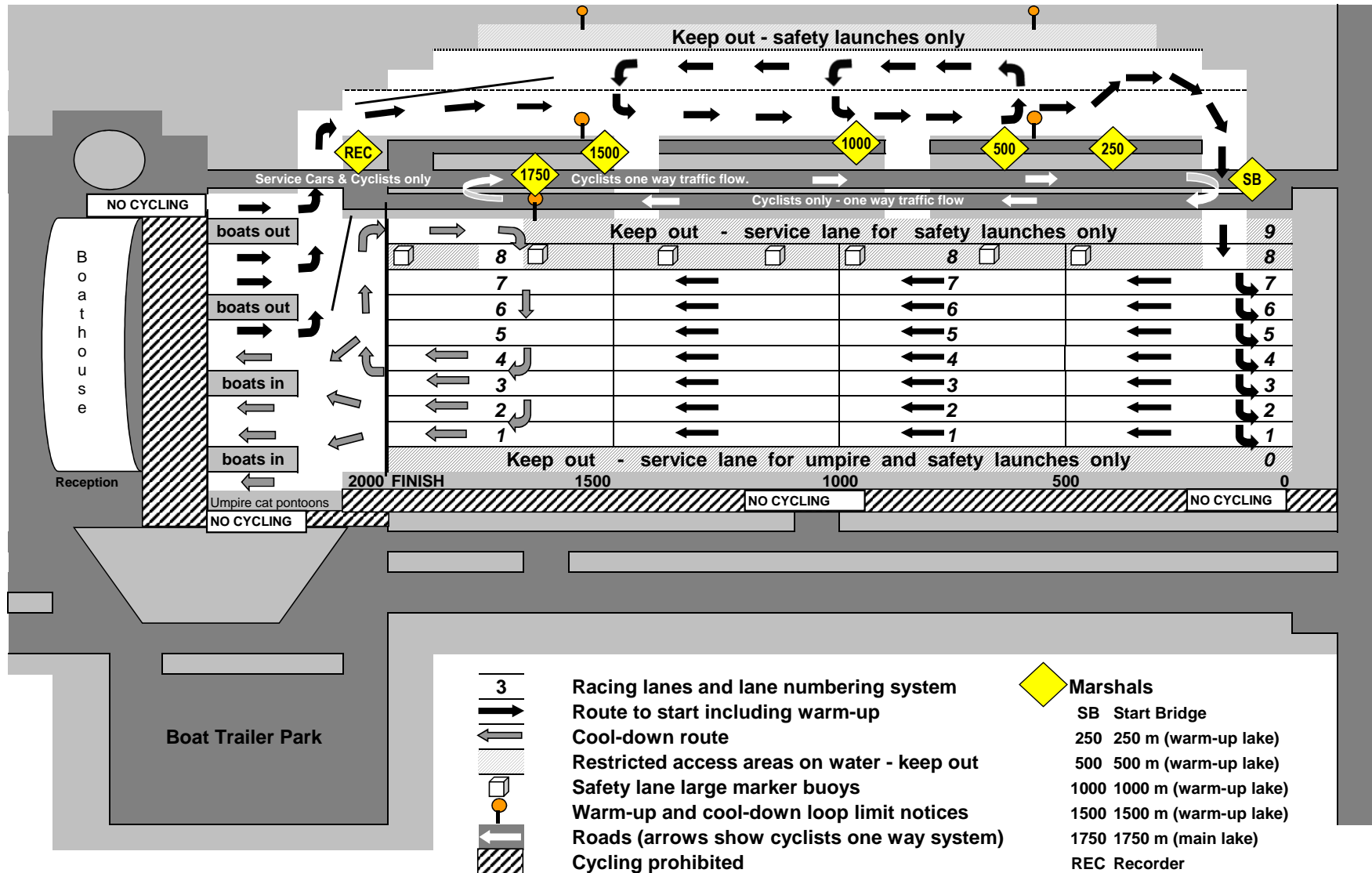


WALLINGFORD REGATTA 2011 - CIRCULATION PATTERN



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 RIGHT (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 500 m marshal 10 minutes before your race.

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.