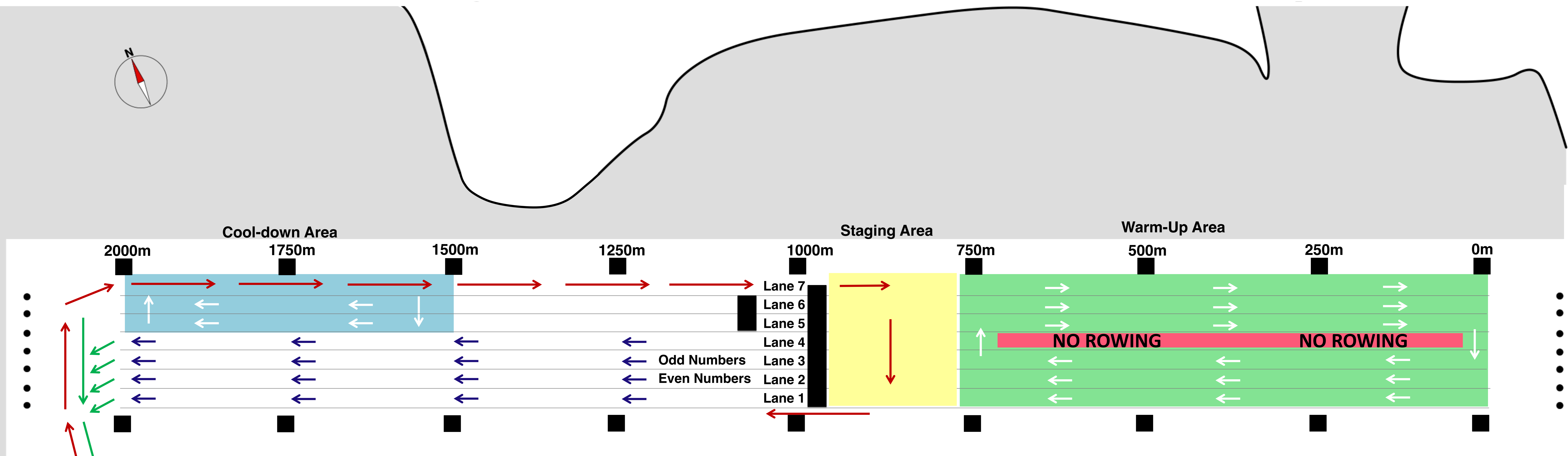


# CASCADIA MASTERS CHAMPIONSHIPS REGATTA



- Launch with bows towards the West (finish pilings). Rowers must pass to the West of the large white buoy when crossing over to the North side of the race course (keeping the buoy to starboard side).
- Row up Lane 7, stopping at the 750m mark.
- Warm-up between 0m and 750m. Lanes 1, 2 and 3 Westbound (down the course). Lanes 5, 6 and 7 Eastbound (up the course). Listen to directions from safety boats.
- Crews may enter the staging area when instructed to do so by a race official.
- Starting platform will be in Lane 5 at the 1100m mark.
- Lanes 2 and 3 will be the racing lanes (Even numbers in Lane 2, Odd numbers in Lane 3).
- Lanes 1 and 4 will be spare lanes where any boat being overtaken will move to (boats being overtaken in Lane 2 will move to Lane 1, boats being overtaken in Lane 3 will move to Lane 4).
- Crews may cool down in Lane 7 Eastbound and return in Lanes 5 and 6 after a race has passed. Cool-down will be between 1500m and the finish.
- While cooling down, crews must stop while races pass. Do not cross the finish line while crews are racing.

## TIME TRIAL MAP

