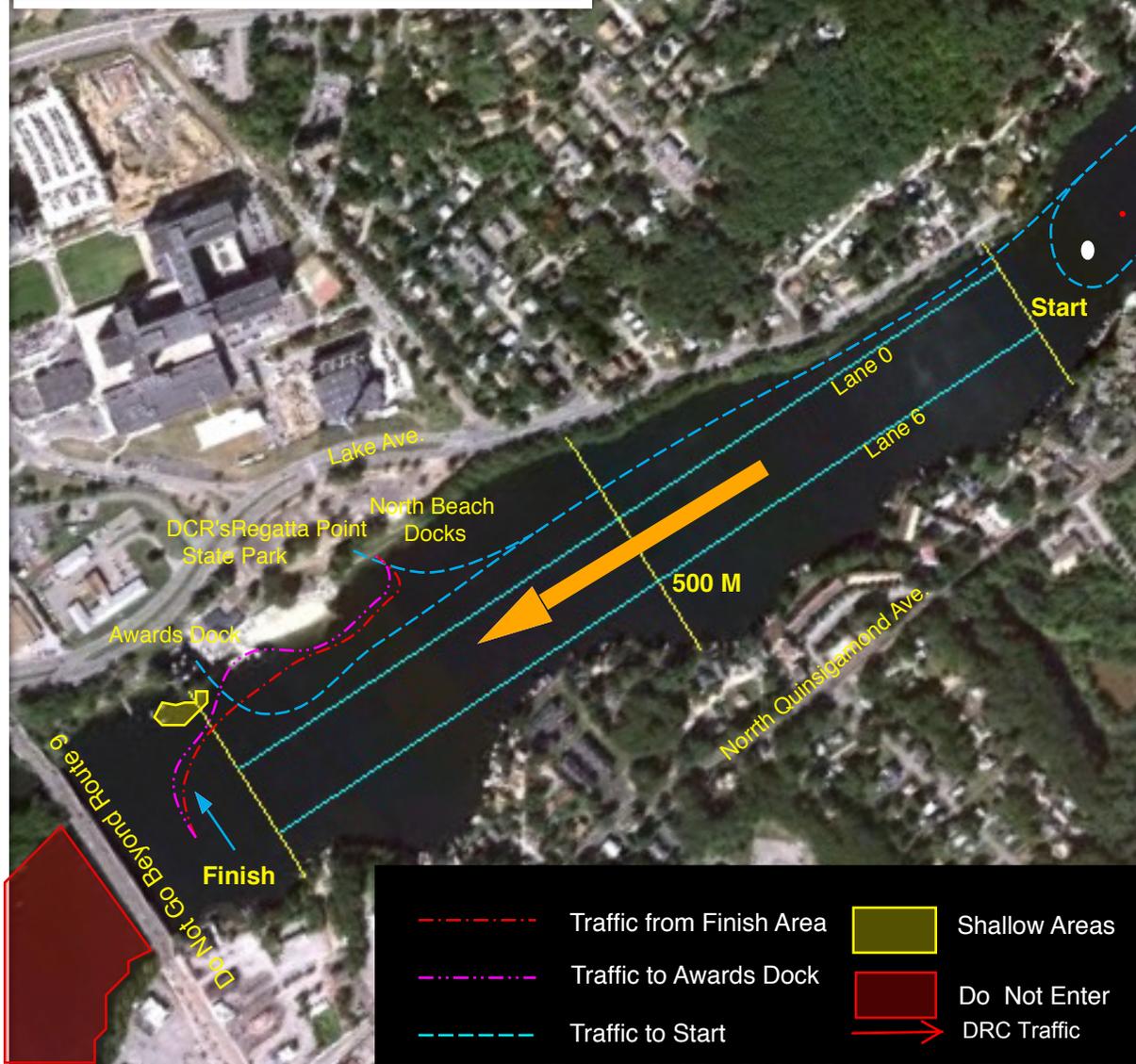


Lake Quinsigamond

Worcester, MA

1000 Meter Course

Racing Traffic



Route 290

Donahue Rowing Center

Clear the course as quickly as possible when leaving the launching area.

The warmup area is marked by one large white buoy at each end with a string of red buoys in the center. Warmup should be done in a clockwise direction around this string of buoys.

The start area begins at the 3 large orange buoys set 50m before the start line. Do not proceed past these buoys until you are prepared and are called to enter your lane.

Crews launching from the DRC should enter the warmup traffic pattern launching from the south docks. Crews landing at the DRC should return on the Worcester shore and pull out of the warmup pattern to land on the north side of the DRC docks.

Crews should clear the finish area as soon as possible following their race.