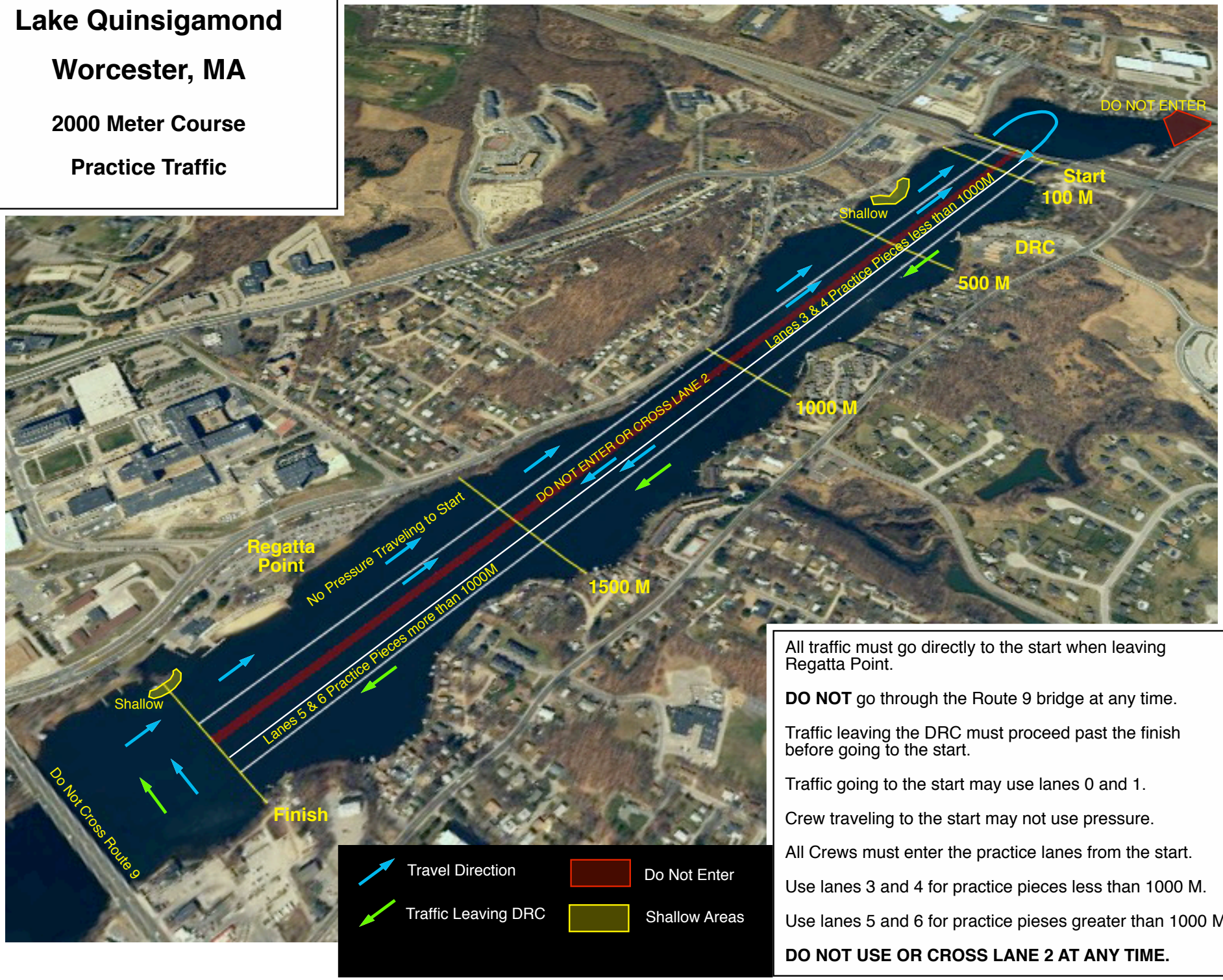
Lake Quinsigamond

Worcester, MA

2000 Meter Course

Practice Traffic



All traffic must go directly to the start when leaving Regatta Point.

DO NOT go through the Route 9 bridge at any time.

Traffic leaving the DRC must proceed past the finish before going to the start.

Traffic going to the start may use lanes 0 and 1.

Crew traveling to the start may not use pressure.

All Crews must enter the practice lanes from the start.

Use lanes 3 and 4 for practice pieces less than 1000 M.

Use lanes 5 and 6 for practice pieses greater than 1000 M.

DO NOT USE OR CROSS LANE 2 AT ANY TIME.