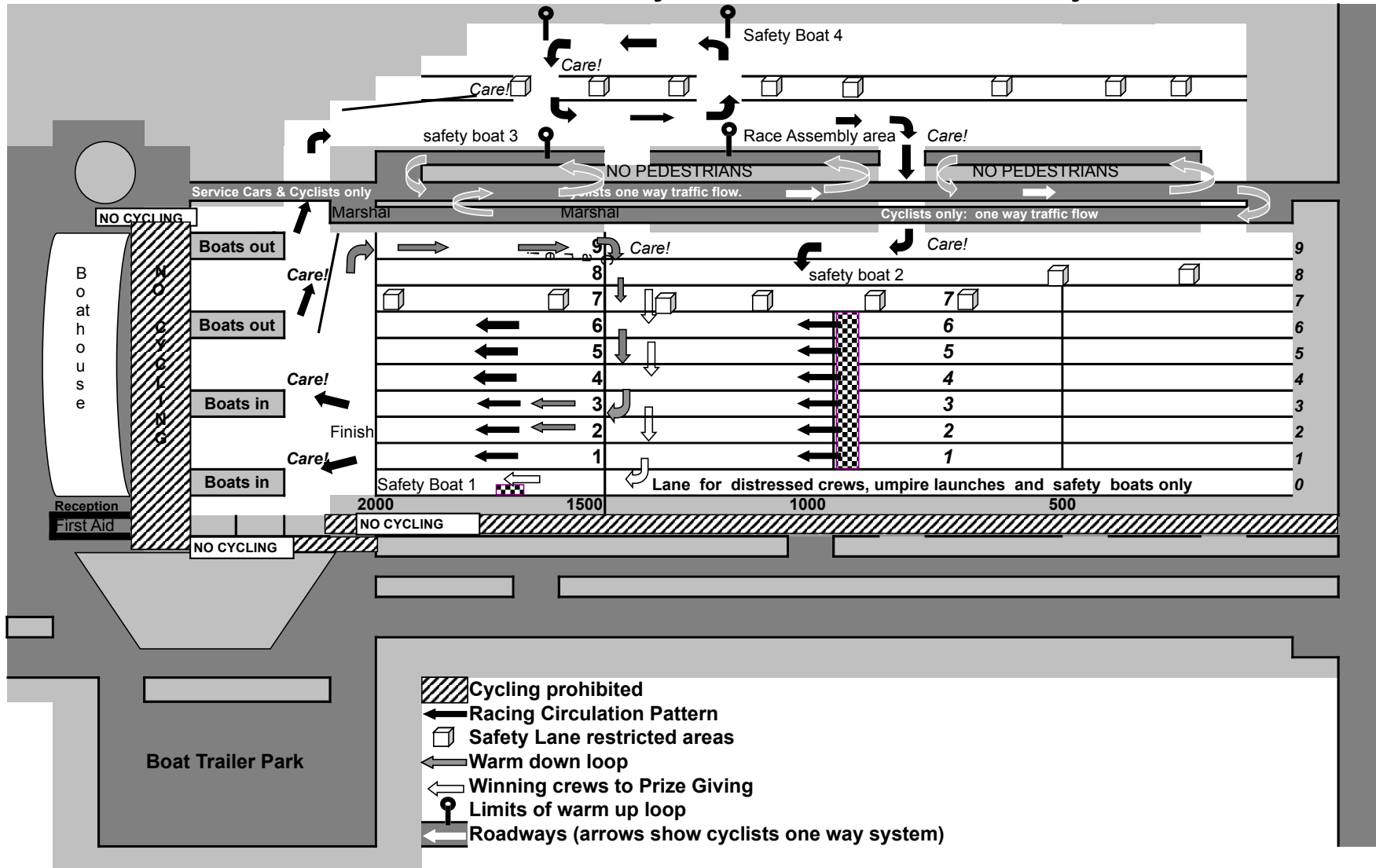


## Marlow at Dorney - Circulation 1000m - Sunday V3



- Boating: Bring blades to racks, boat from left hand rafts, proceed through bridge into return lane.
- Warm up: Follow anti-clockwise circulation pattern, warm up between "lollipops", assemble as shown.
- Race Assembly: Be in Assembly Area 10 mins before race time in lane order, lane 1 at head of queue, then proceed to lane n.b.care needed! Spin turn and back down onto start pontoon
- Finish: Paddle gently towards left hand rafts (coxes view) or
- Warm Down: With care, turn to finish tower side of course and paddle only to 1500m, turn after next race, to lanes 2 & 3, paddle to finish, disembark.
- Disembark: Take blades to racks, then remove boat from water, returning to retrieve blades. No discussion on rafts!