## Lake Quinsigamond

Worcester, MA

2000 Meter Course

**Racing Traffic** 



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

Warmup Are

Do not approach the starting line until called to d so.

Do not take pratice starts beyond the 500 M mark.

Crews returning to Regatta Point from the starting area should stay off the course towards the Shrewsbury shore.

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

Crews launching form the DRC, going to the start, shall proceed directly across the course after launching making sure the course is clear of racing traffic. Crews must be clear of the course before turning towards the start and continuing.

Crews launching from the DRC may warm-up using lane 6 of the course. Provided the course is clear of racing. Crews warming up may not proceed further than the 1200M mark. They must thenproceed to the Shrewsbury shore and travel to the start.



