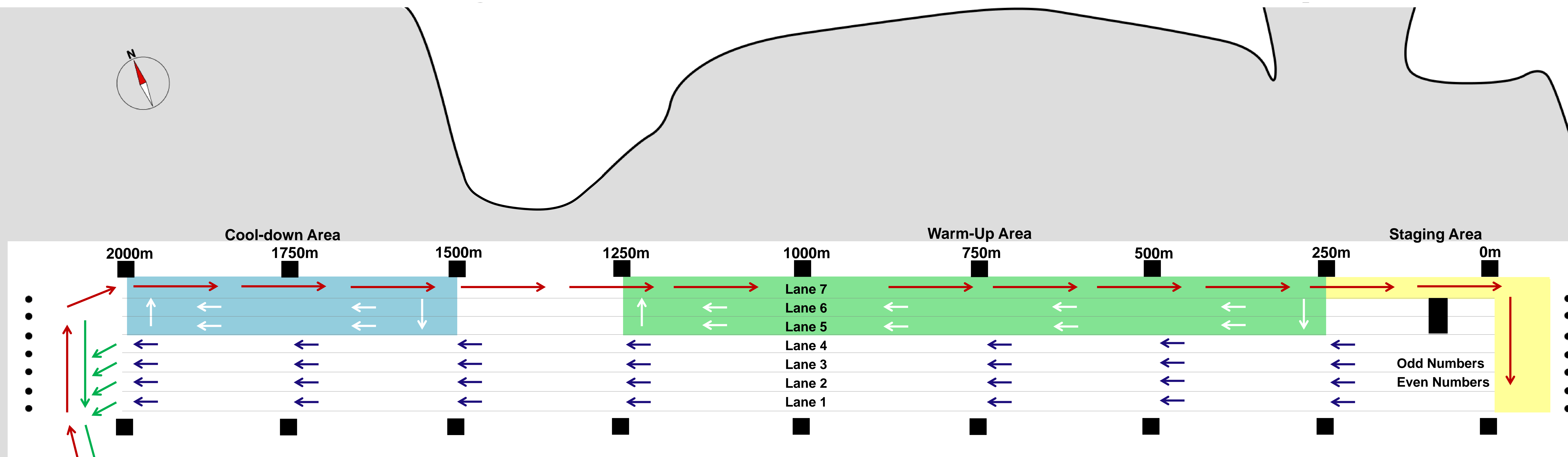
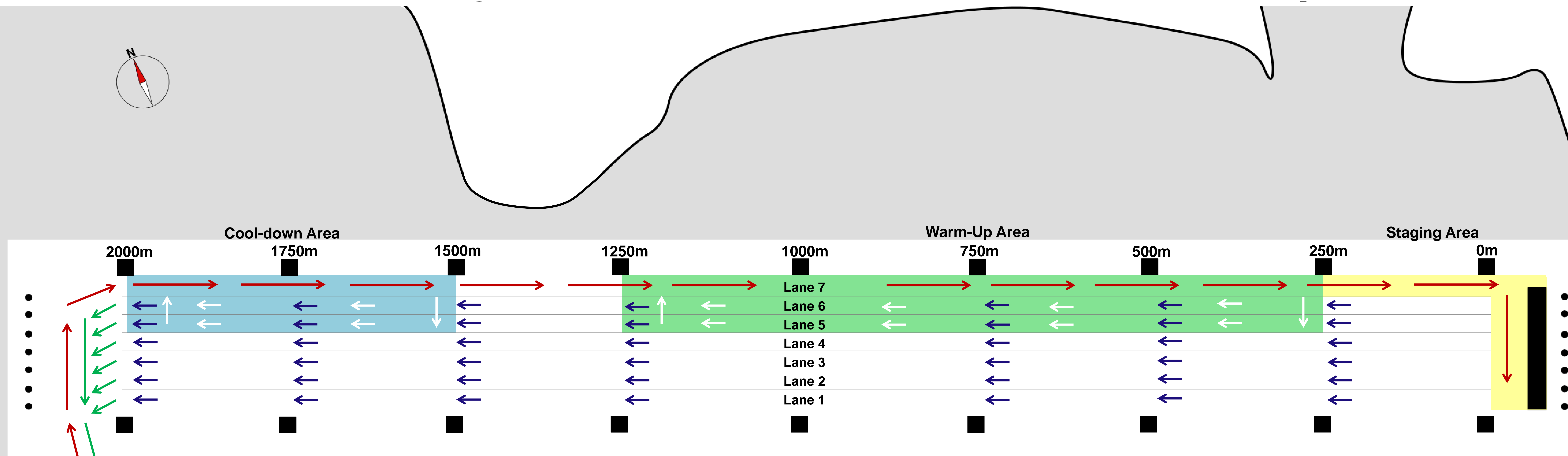


# Burnaby Lake 2k Time Trial Map



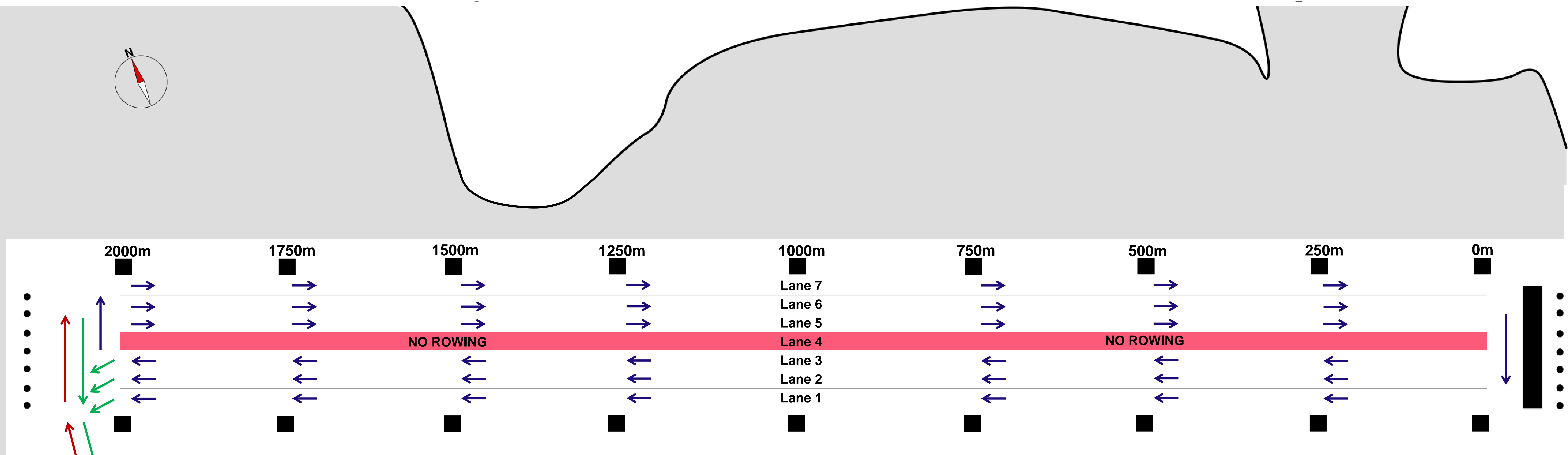
- Launch with bows towards the West (finish pilings). Rowers must pass to the West of the large white buoy when crossing over to the North side of the race course (keeping the buoy to starboard side).
- Row up Lane 7, stopping at the 250m mark.
- Warm-up between 250m and 1250m. Lanes 5 and 6 Westbound (down the course). Lane 7 Eastbound (up the course). Enter the warm up area once the race has passed. 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 1000m 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 warming up and cooling down, crews must stop while races pass. Do not cross the finish line while crews are racing.

# Burnaby Lake 2k Race Map



- 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 250m mark.
- Warm-up between 250m and 1250m. Lanes 5 and 6 Westbound (down the course). Lane 7 Eastbound (up the course). Enter the warm up area when race has passed. Listen to directions from the safety boats.
- Crews may enter the staging area when instructed to do so by a race official.
- 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 warming up and cooling down, crews must stop while races pass. Do not cross the finish line while crews are racing.

# Burnaby Lake Practice Map



- 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).
- Lanes 5, 6, and 7 Eastbound.
- Lanes 1, 2, and 3 Westbound.
- Lane 4 is a NO ROWING zone and is only for safety boats.
- Watch out for other crews. Slower crews must give way.
- Crew may not launch without a safety boat on the course.
- There are no outside buoys on the North of Lane 7. Watch for weeds.
- Stay inside the course boundaries and always listen to Umpires and Safety Boat drivers.

# Burnaby Lake 500m Race Map

