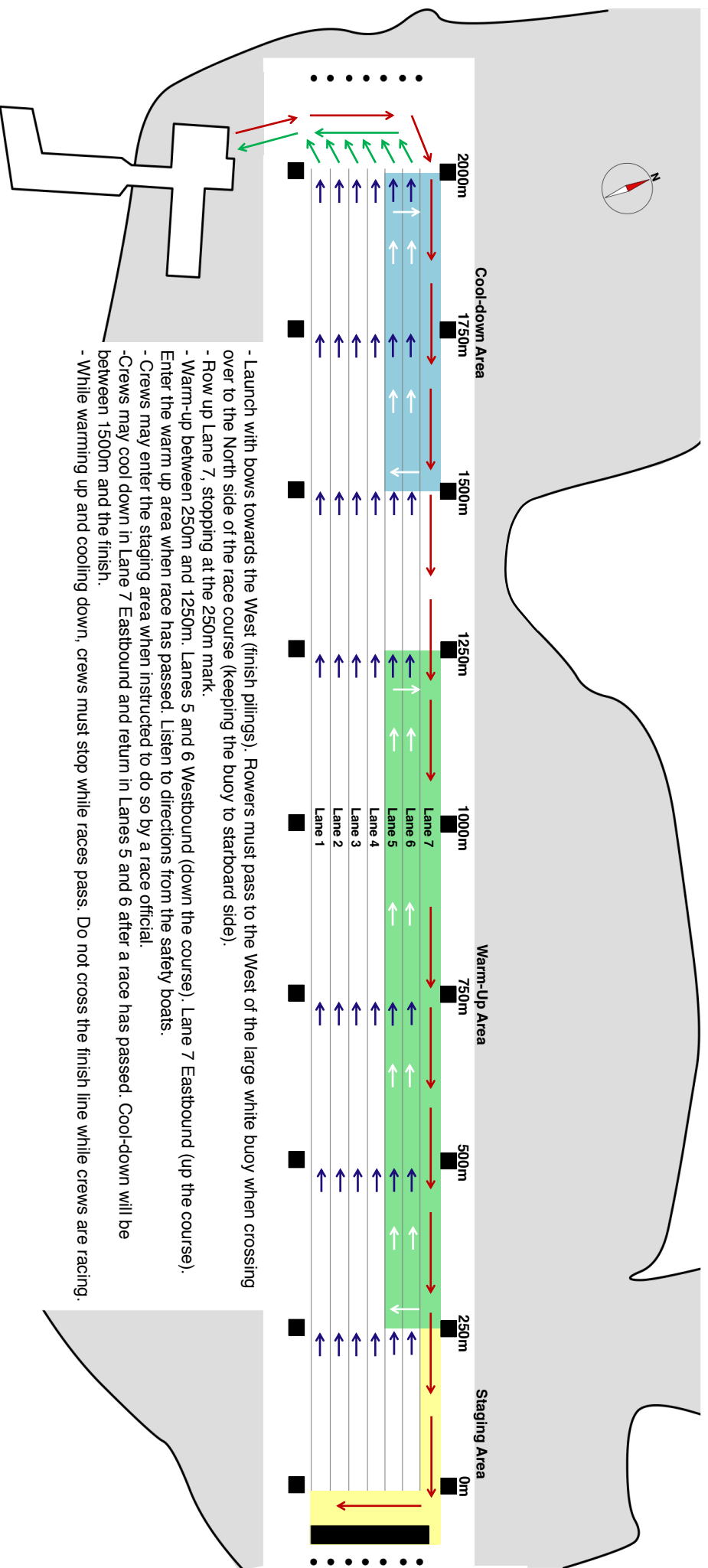


Burnaby Lake 2k Race Map



- 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.