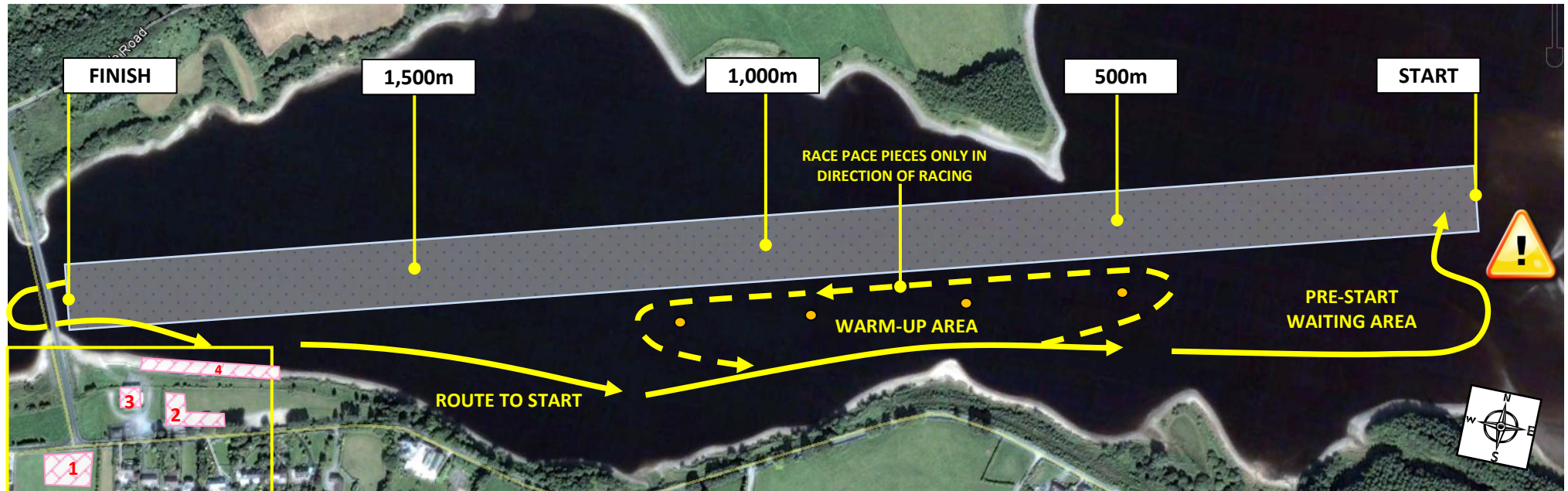


DUBLIN METROPOLITAN REGATTA

COURSE LAYOUT and CIRCULATION PATTERN



At the Finish

1. All crews must row through the bridge and return to the slip through the south arch (Lane 1 of the course) when clear.
2. Crews may warm down by proceeding towards the start in lane 0 and turning into lane 1 at 500m and row through the bridge in racing lane No. 1 taking care not to interfere with racing or with crews going to the start.

The Regatta Enclosure

Area No.

1. **Parking for spectators and competitors**
2. **Parking for boat trailers, towing vehicles only**
3. **Boathouse / First Aid and Ambulance Station**
4. **Slipping area**

Please observe all safety and directional signs

Going to the start

1. Crews should leave the slips in good time and be in the start waiting area at least 10 min before their race time.
2. Crews going to the start must keep off the course and out of the warm up zone.
3. Crews must not do race pace pieces while rowing towards the start.
4. Crews are only permitted on the course when racing.

Warm-up Area

1. This is located between the 500m and 1250m points on the course, south of the course (i.e. the boathouse side).
2. Circulate anti-clockwise around the 4 large orange buoys.
3. Practice pieces at race pace are only allowed in the direction of racing and between the orange buoys and the buoys marking lane No. 1
4. Do not go onto the course or interfere with races
5. Do not warm-up to the north of the course.

Pre-start Waiting Area

1. Crews must be here at least 10 minutes before the start time of their race.
2. Do not row behind the start as the water is shallow.
3. When it is time for your race row across the course into the assigned lane and back boat onto the start.