

**CREWS CONTINUE TO ROW IN THE ZERO LANE TILL THE 500 m MARK**

**DO NOT STOP AND IMMEDIATELY TURN THE BOAT OUT OF THE ZERO LANE WITH THE BOW BALL TOWARDS THE FINISH LINE. (MU15 4X en WU14 4X STAY IN ZERO LANE UNTIL M8+ HAS PASSED THE 1000 M MARK!)**

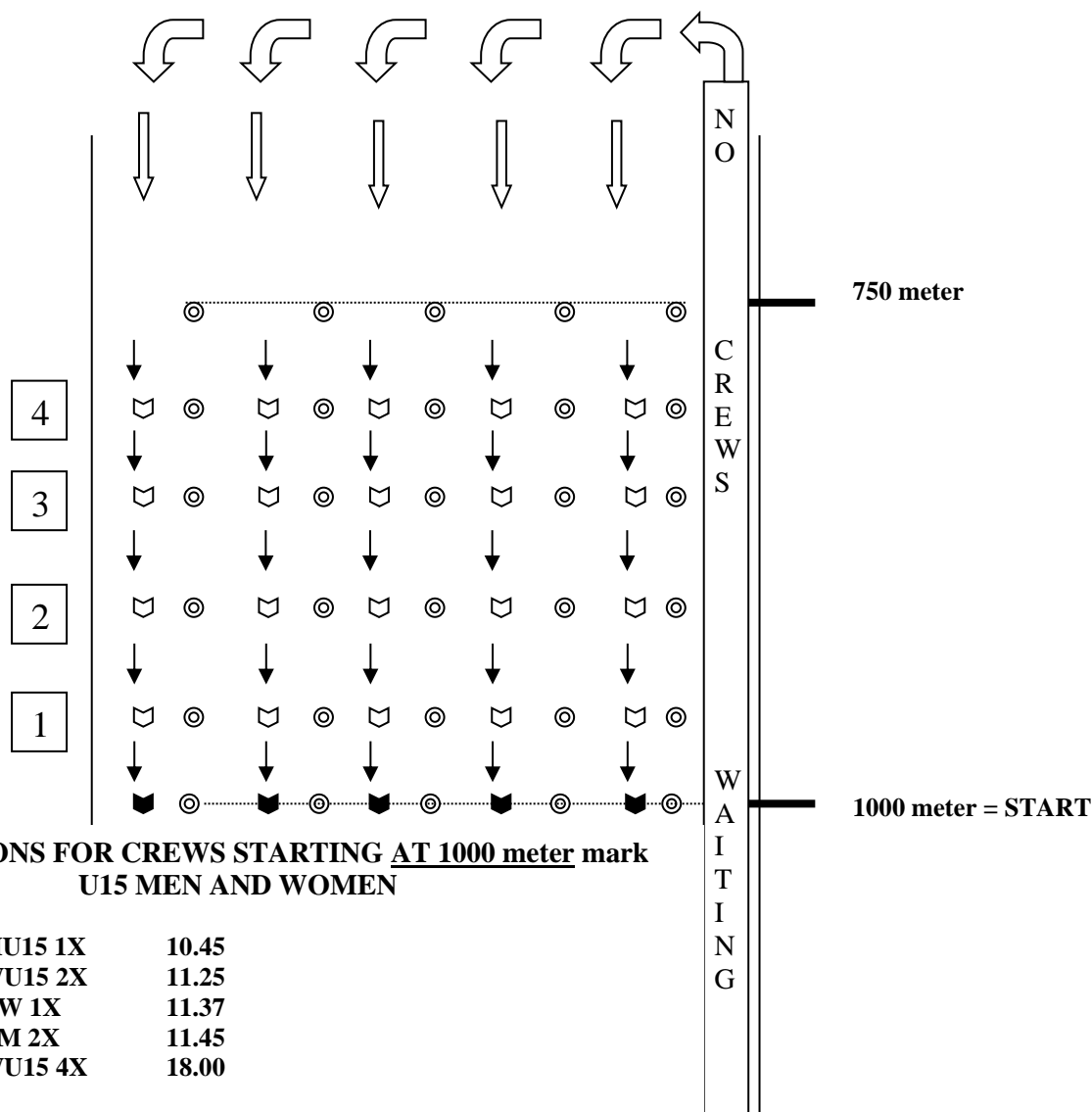
**PRE-STARTER WILL INDICATE HEAT AND LANE NUMBER**

**PLACE THE BOAT IN THE INDICATED LANE, STAY IN THE LANE AND KEEP THE SAME LEVEL AS THE CREWS OF YOUR HEAT.**

**FROM 750 till 1000 m CREWS WILL PROCEED TO START BY BUOY ROW.**

**AT THE OPPOSITE BANK OF THE ZERO LANE INDICATIONS WILL SHOW 4, 3, 2 and 1, THIS MEANS :**

- 4 = START within 4 HEATS**
- 3 = START within 3 HEATS**
- 2 = START within 2 HEATS**
- 1 = START after HEAT on START CABLE**



**INSTRUCTIONS FOR CREWS STARTING AT 1000 meter mark  
U15 MEN AND WOMEN**

Race 103	MU15 1X	10.45
Race 104	WU15 2X	11.25
Race 105	DW 1X	11.37
Race 106	DM 2X	11.45
Race 153	WU15 4X	18.00
Race 203	MU15 2X	10.17
Race 204	WU15 1X	10.37
Race 205	DM 1X	10.59
Race 206	DW 2X	11.06
Race 262	MU15 4X	17.12