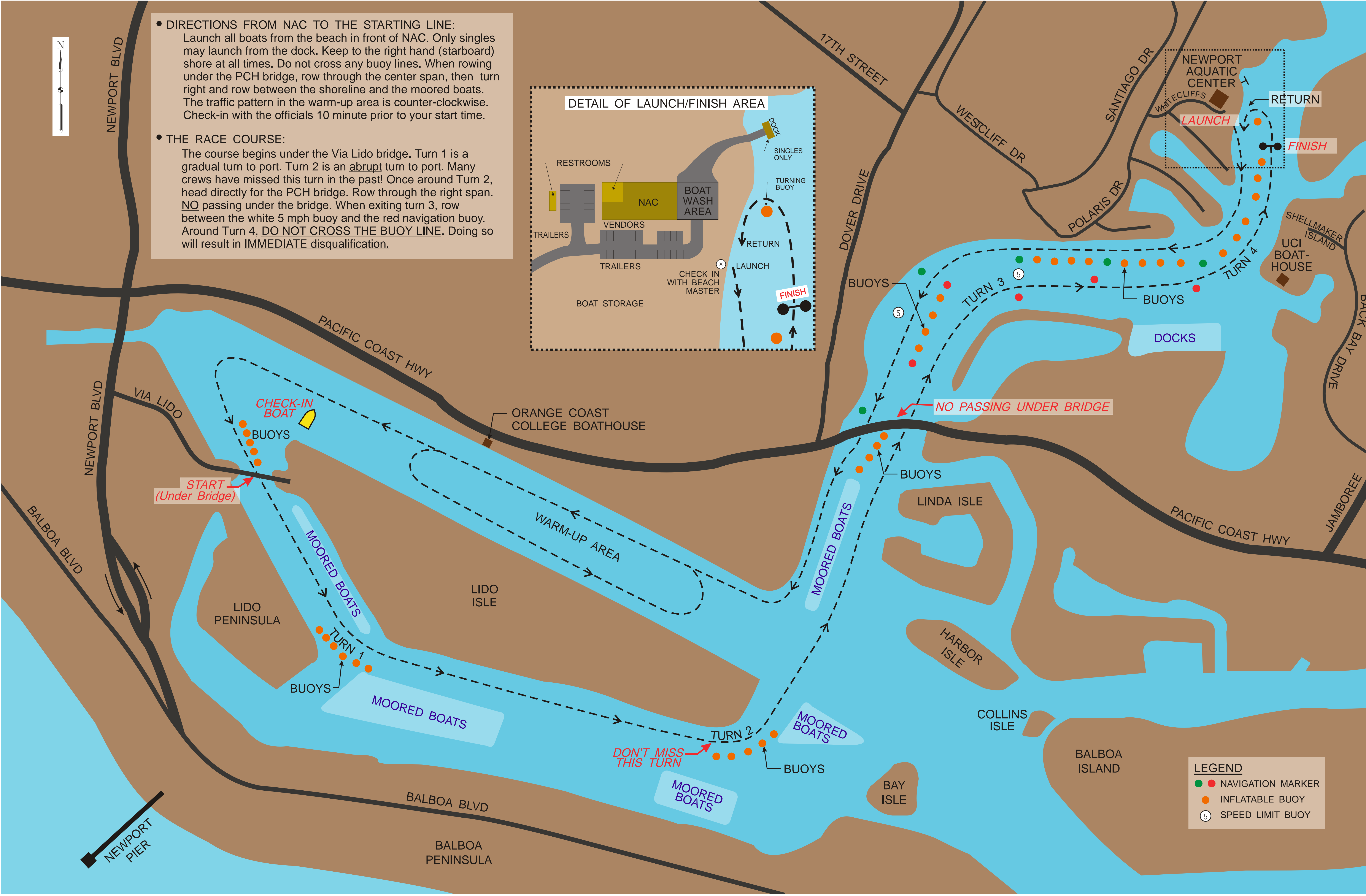
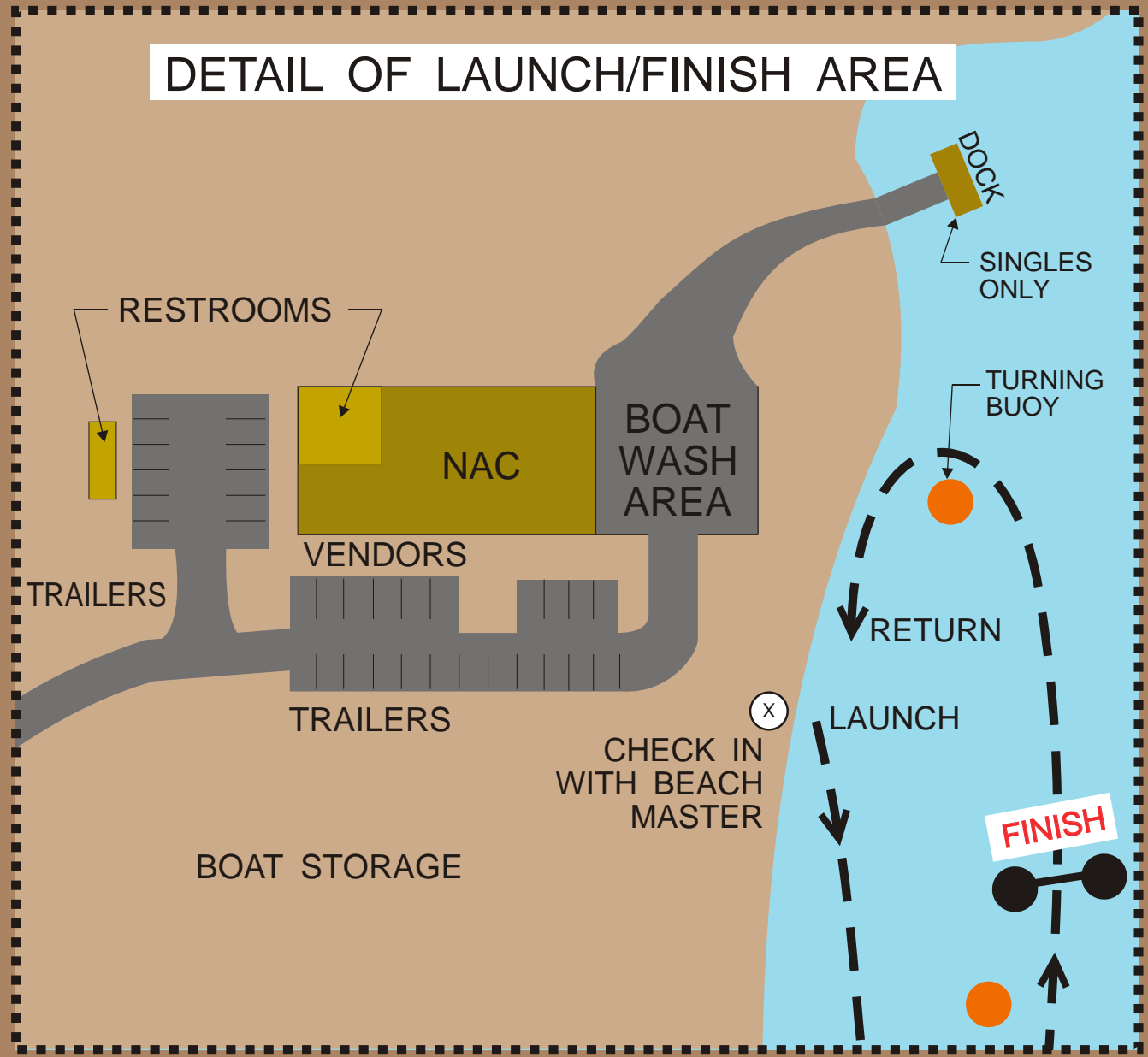




- DIRECTIONS FROM NAC TO THE STARTING LINE:**
 Launch all boats from the beach in front of NAC. Only singles may launch from the dock. Keep to the right hand (starboard) shore at all times. Do not cross any buoy lines. When rowing under the PCH bridge, row through the center span, then turn right and row between the shoreline and the moored boats. The traffic pattern in the warm-up area is counter-clockwise. Check-in with the officials 10 minute prior to your start time.
- THE RACE COURSE:**
 The course begins under the Via Lido bridge. Turn 1 is a gradual turn to port. Turn 2 is an abrupt turn to port. Many crews have missed this turn in the past! Once around Turn 2, head directly for the PCH bridge. Row through the right span. NO passing under the bridge. When exiting turn 3, row between the white 5 mph buoy and the red navigation buoy. Around Turn 4, DO NOT CROSS THE BUOY LINE. Doing so will result in IMMEDIATE disqualification.



| LEGEND | |
|--------|-------------------|
| ● | NAVIGATION MARKER |
| ● | INFLATABLE BUOY |
| ⑤ | SPEED LIMIT BUOY |