





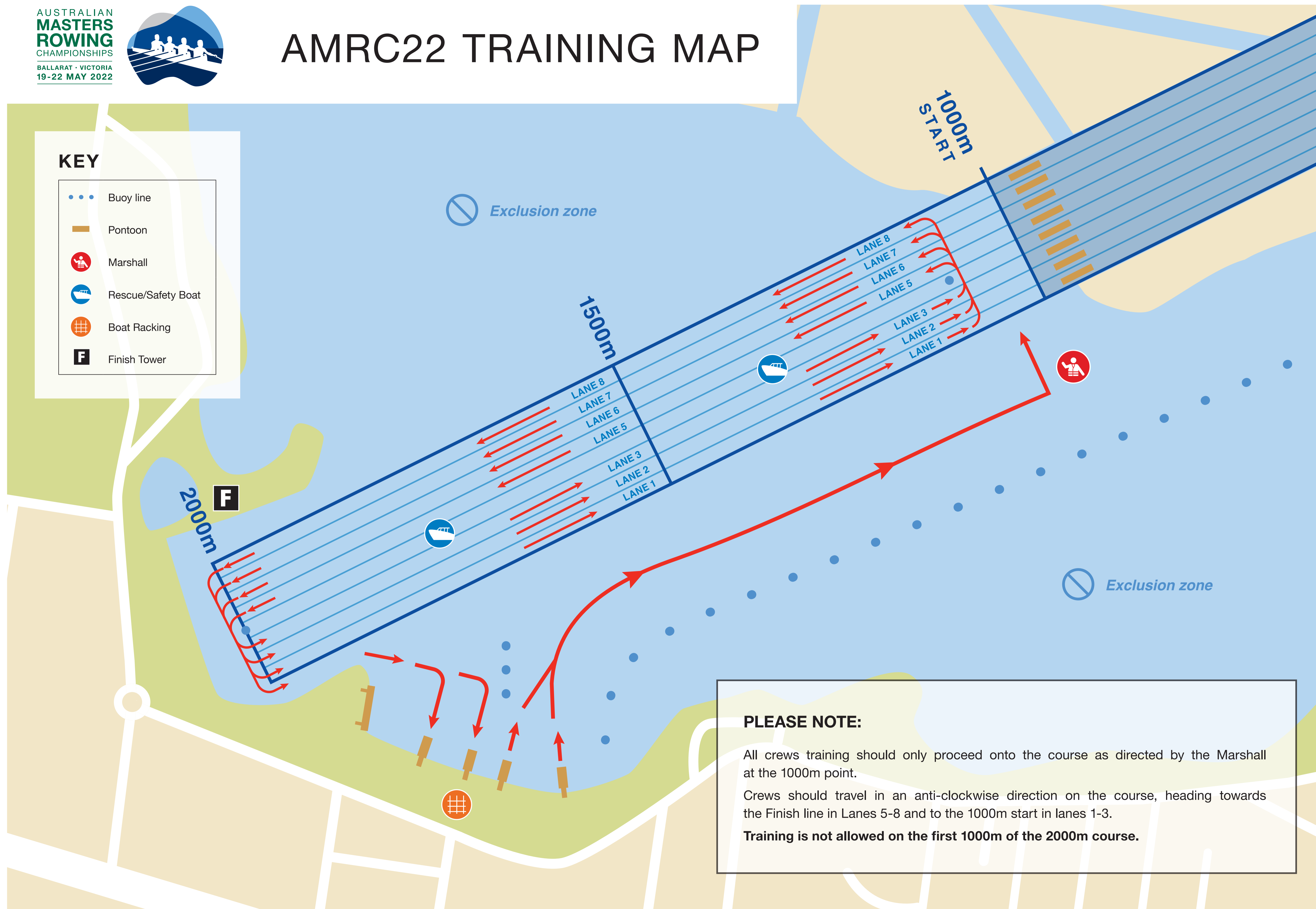




AMRC22 TRAINING MAP

KEY

-  Buoy line
-  Pontoon
-  Marshall
-  Rescue/Safety Boat
-  Boat Racking
-  Finish Tower



PLEASE NOTE:

All crews training should only proceed onto the course as directed by the Marshall at the 1000m point.

Crews should travel in an anti-clockwise direction on the course, heading towards the Finish line in Lanes 5-8 and to the 1000m start in lanes 1-3.

Training is not allowed on the first 1000m of the 2000m course.