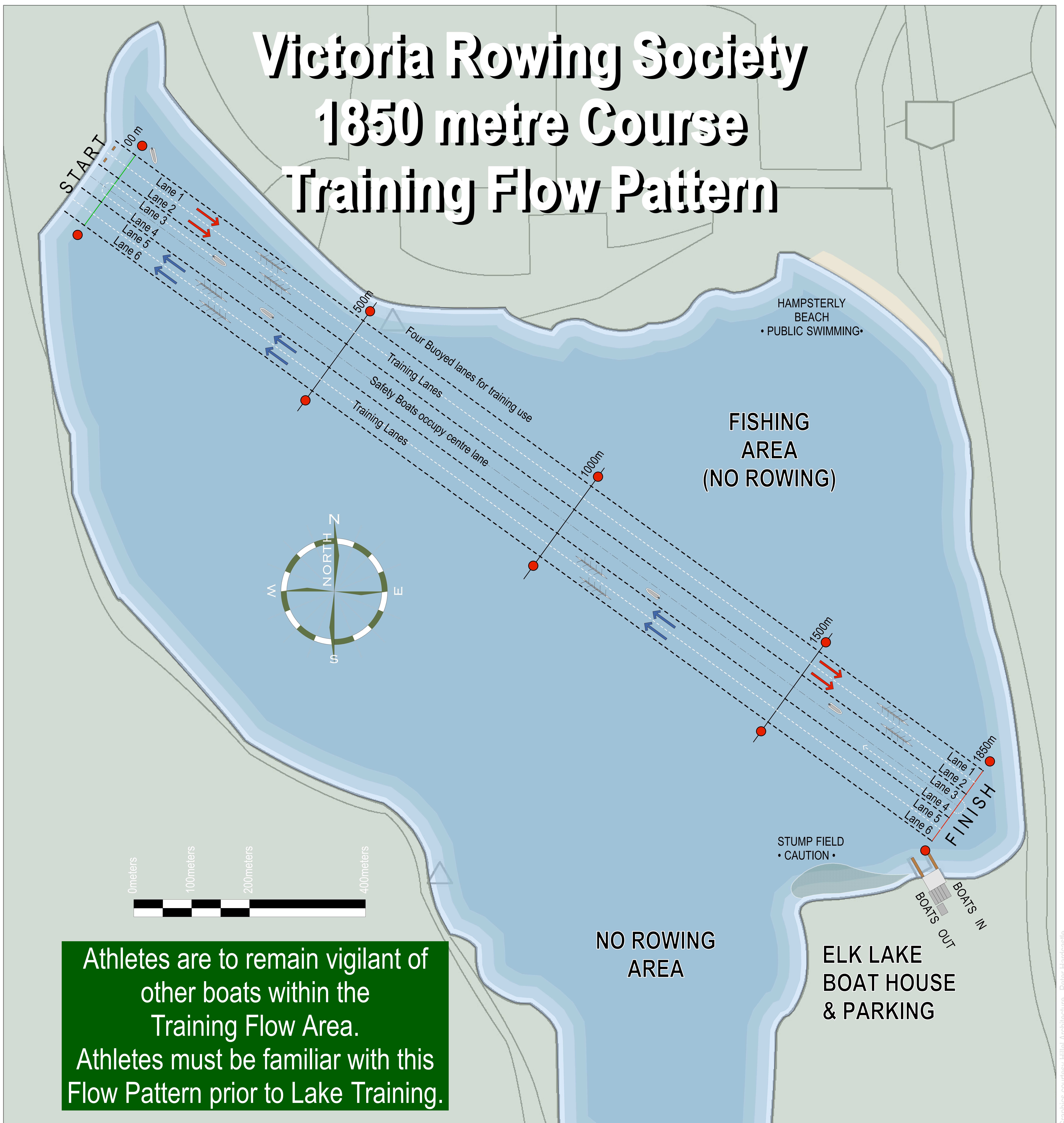


# Victoria Rowing Society 1850 metre Course Training Flow Pattern



Athletes are to remain vigilant of other boats within the Training Flow Area. Athletes must be familiar with this Flow Pattern prior to Lake Training.