

Soar Head April 2024 Warm-up Circulation

1. Crews must keep well to starboard in the warm-up loop and keep a good look out for other crews proceeding to the start
2. The warm-up will run for approximately 300m between the start and 'Soar Lane' or the first moored canal boats.
3. Crews may conduct short pressure pieces rowing downstream (towards the start) provided that the water ahead is clear.
4. **NO** crews may conduct pressure pieces rowing upstream (away from the start). If crews are seen to be doing this, time penalties may be awarded at the discretion of Race Committee
5. It is the responsibility of all crews to present themselves above the start in time for the race.

