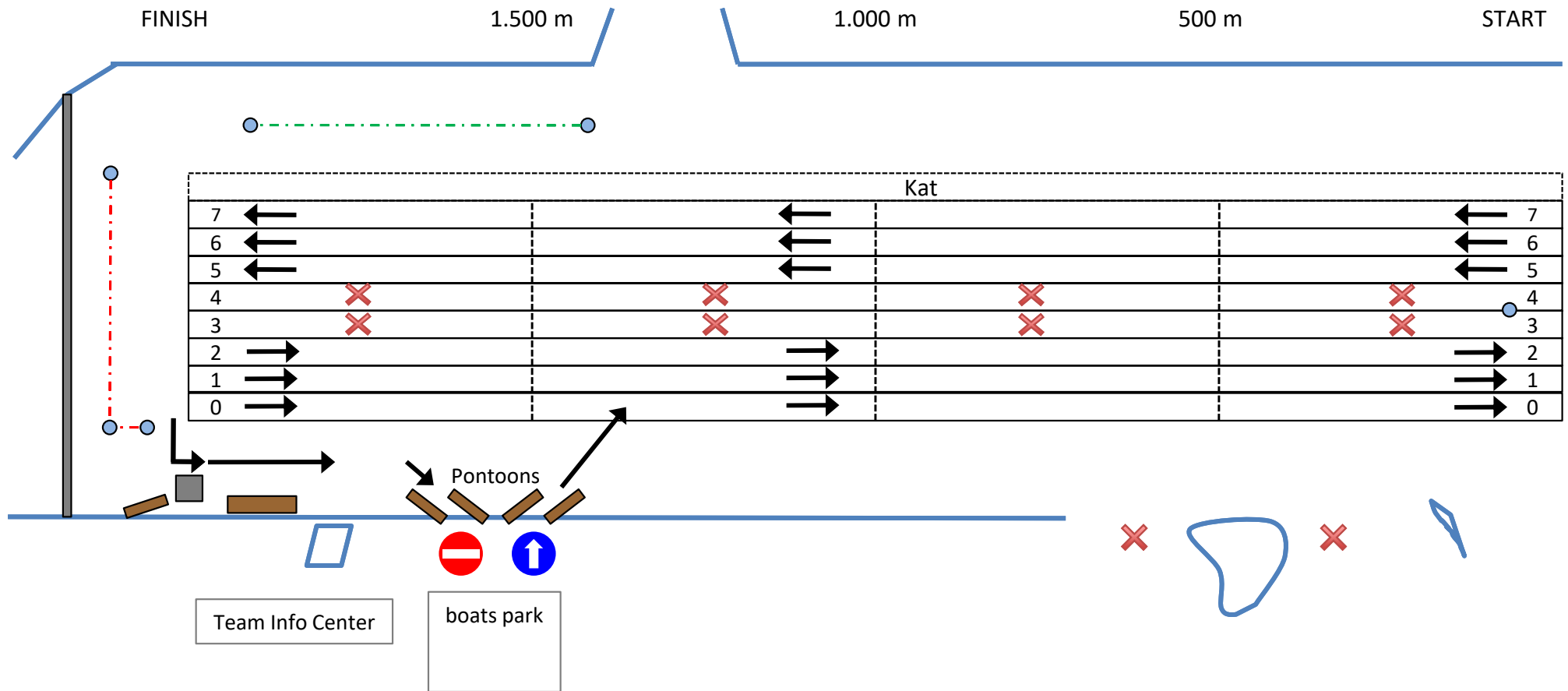




# Traffic Rules Training

## Thursday, Friday, Saturday Evening

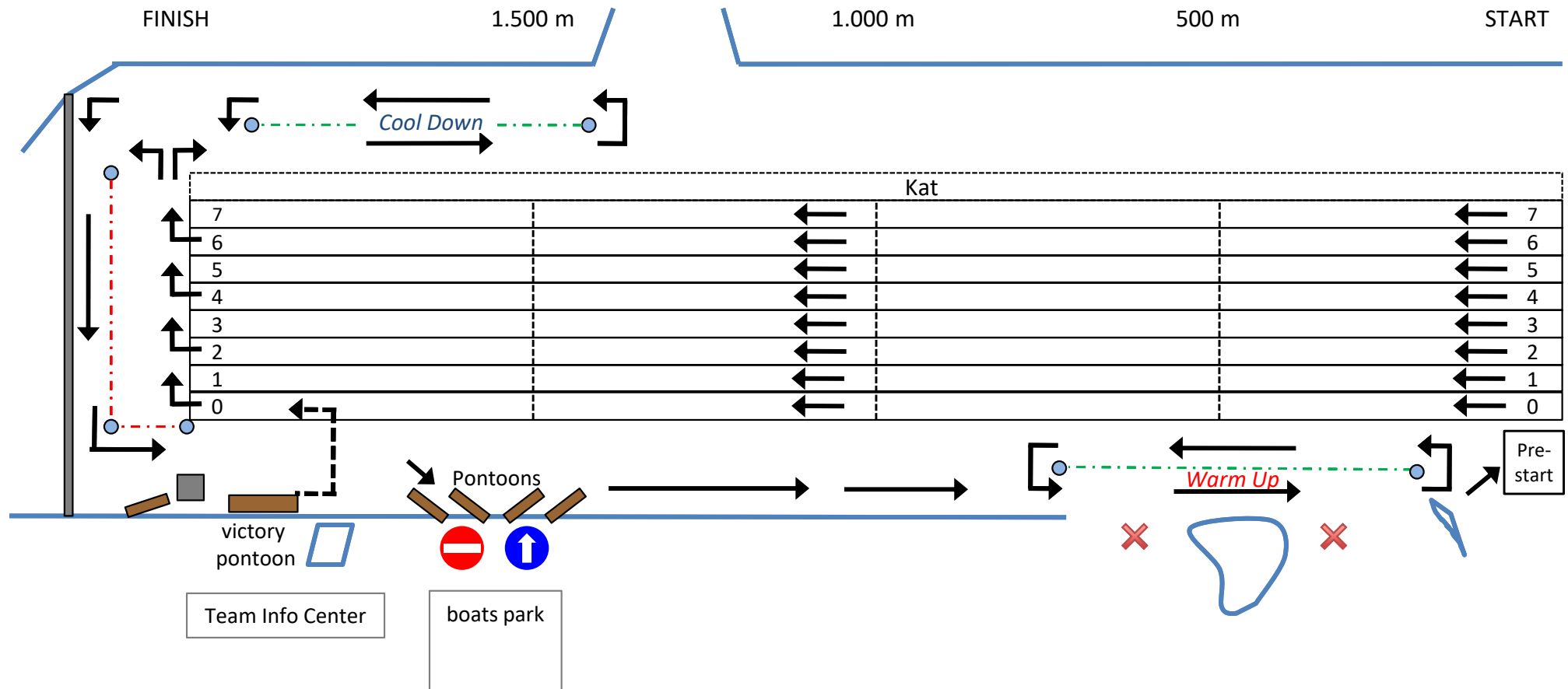


**Caution:**

Training takes place at your own risk. The training is not secured by the water rescue.

**Training times:**

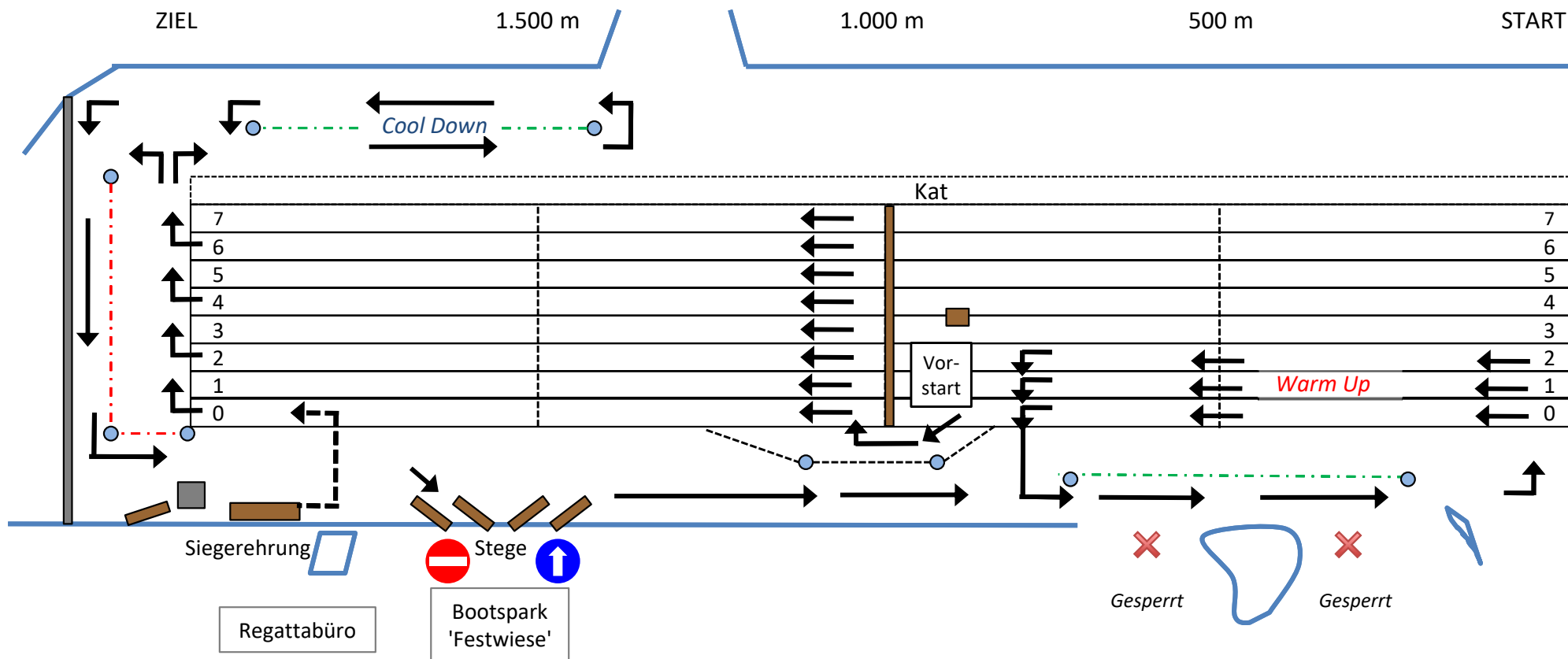
Thursday	all day until 19.00 hrs
Friday	all day until 19.00 hrs
Saturday	15:45 hrs – 17:00 hrs
Sunday	no training



**Principally:** The regatta course may only be used in the start-finish direction.

**Way to the start:** Row outside the regatta course on the boat place side. Caution: There are red and green buoys! The warm up takes place in a separate warm up zone next to the regatta course, which is rowed through counter-clockwise.

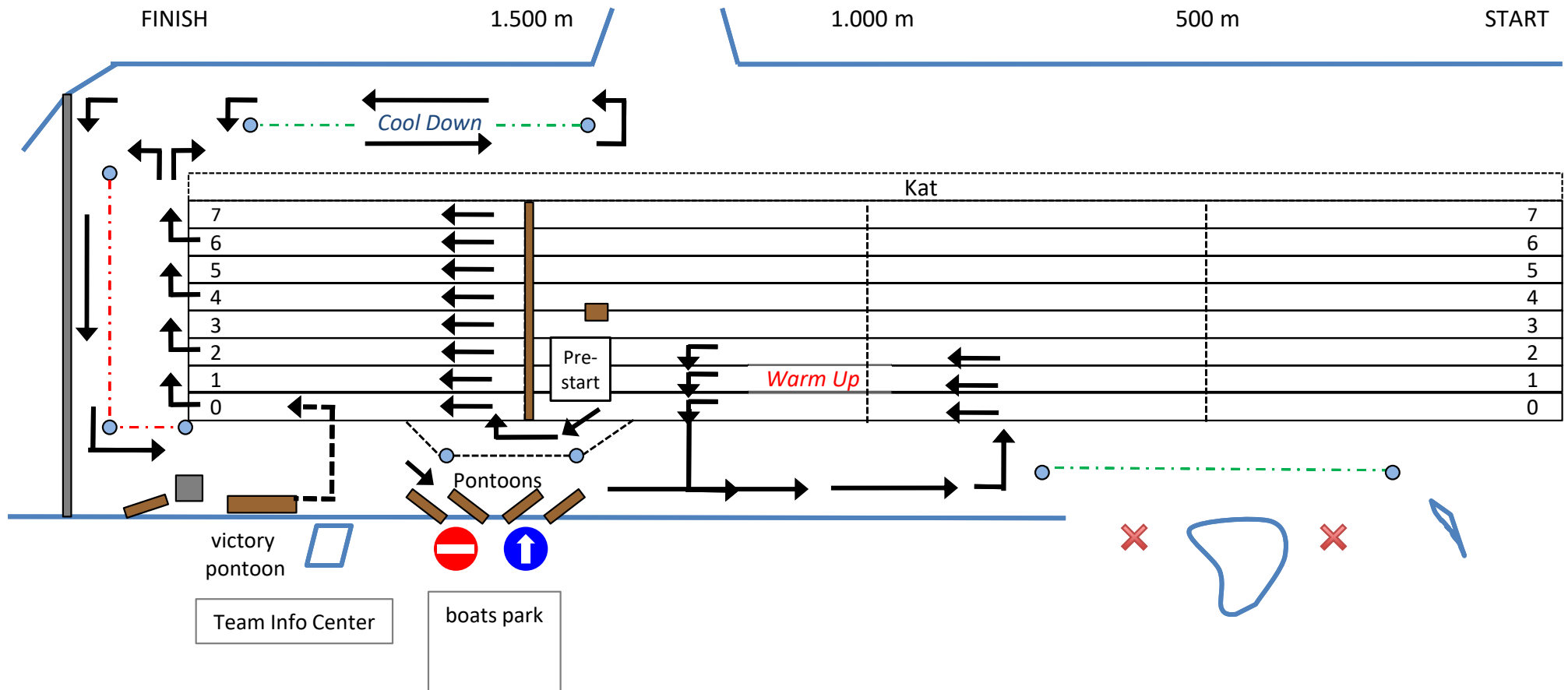
**Cool Down:** In the "cool down" area next to the course. Teams coming from the victory pontoon can enter the cool down area again via lane 0.



**Grundsätzlich:** Die Regattastrecke darf nur in Start-Ziel-Richtung befahren werden.

**Fahrt zum Start:** Erfolgt außerhalb der Regattastrecke auf der Bootsplatzseite. **Vorsicht:** Dort befinden sich rote und grüne Fahrwasserbojen! Das Aufwärmen findet auf den oberen 800m oberhalb der 1000m Startbrücke statt.

**Ausrudern:** In dem "Cool Down"-Bereich neben der Strecke. Mannschaften, die vom Siegersteg kommen, können über Bahn 0 noch einmal in den Cool Down Bereich fahren.



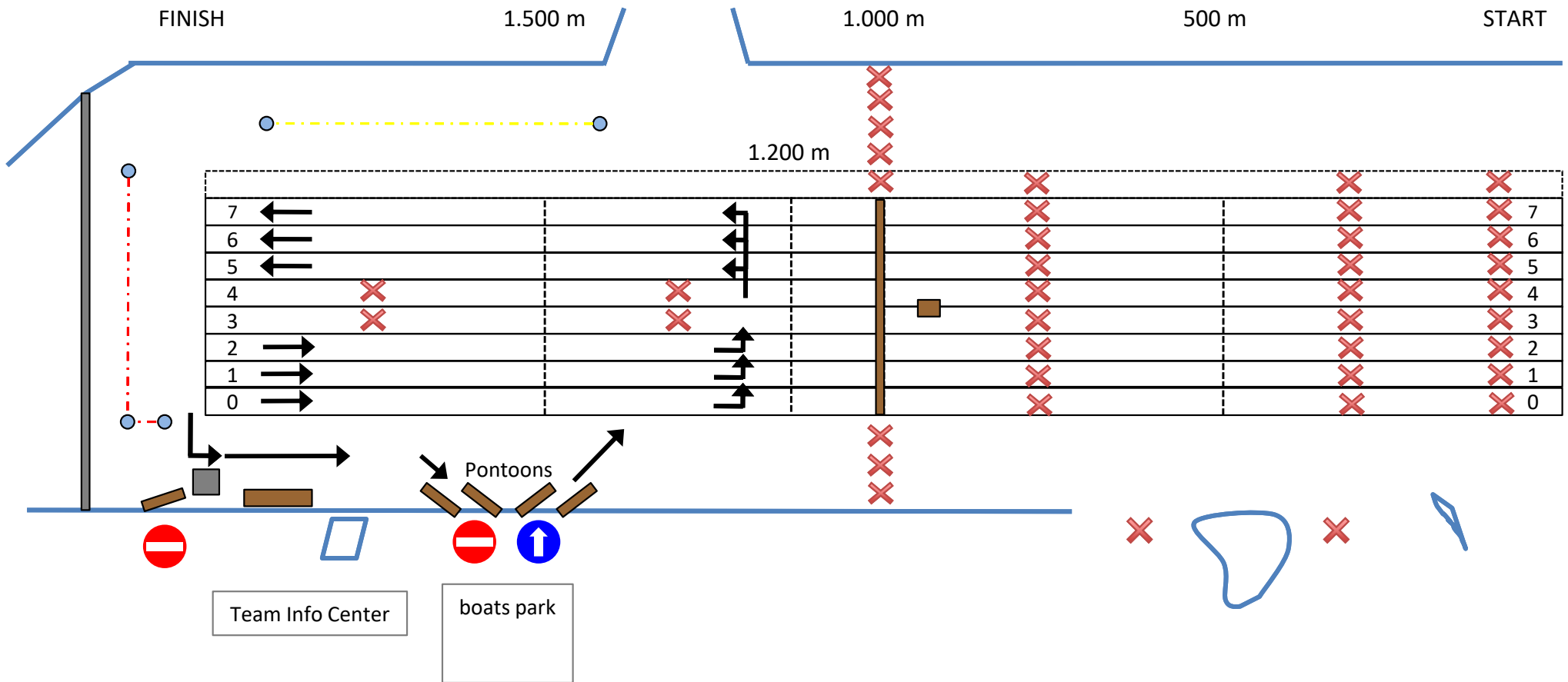
**Principally:** The regatta course may only be used in the start-finish direction.

**Way to the start:** Row outside the regatta course on the boat place side. Caution: There are red and green buoys! The warm-up takes place between 800m and 1300m.

**Cool Down:** In the "cool down" area next to the course. Teams coming from the victory pontoon can enter the cool down area again via lane 0.



# Traffic Rules – Training Saturday Morning



**Caution:** Training takes place at your own risk. The training is not secured by the water rescue.  
Between 7.00 hrs and 8:50 hrs the startbridge at 1000m will be installed. Be careful and turn at 1200m.

**Training times:** Saturday Sunrise until 08:20 hrs  
Sunday no training