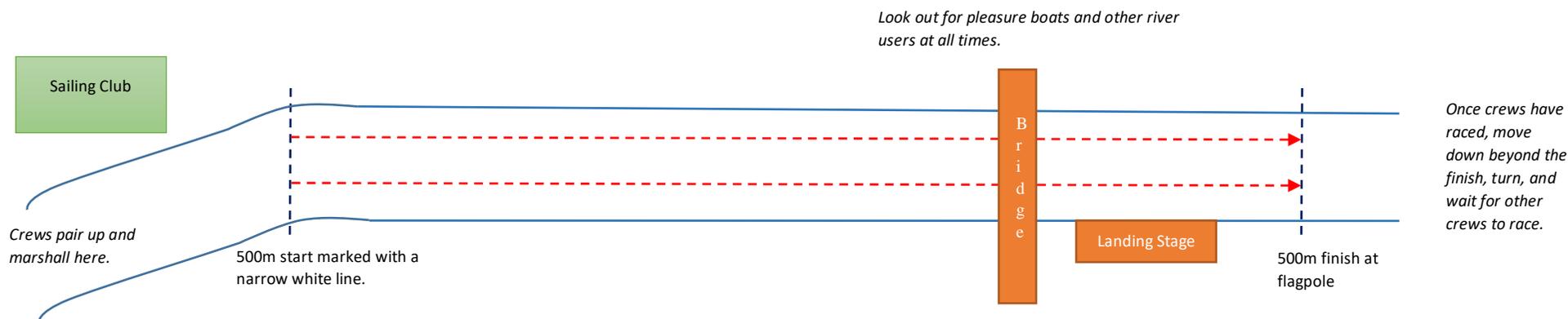


Side-by-side will take place during the Wednesday sessions. Session 1 from 6:15pm – 7:30pm and session 2 from 7:45pm – 9pm. If you do not wish to take part in the session, please proceed to the top of the river to train, and follow circulation plan once you return to the 500m stretch. Please tell those that are racing what your plans are.



Side-by-Side Sessions – Rules and Circulation Plan

- Crews who wish to race should proceed to the bay by the sailing club, pair up and move to the start together.
- Leave an appropriate gap between the pair of crews racing ahead of you, and yourselves.
- Once you have raced, continue to paddle downstream, turn, and then wait for other crews to race down.
- Everyone should proceed back upstream to the sailing club together.
- Please try to be on the water before the session starts. If you are late, then wait until other crews proceed upstream to the start and follow them up. Ensure that crews on the water know that you will be joining them.
- The usual '8 boats' rule does not apply in side-by-side sessions – more boats may go out if required.
- Be cautious and maintain a good look-out for other river users at all times.
- The 8 can be used in these sessions provided the circulation pattern is followed, but should not race other crews.