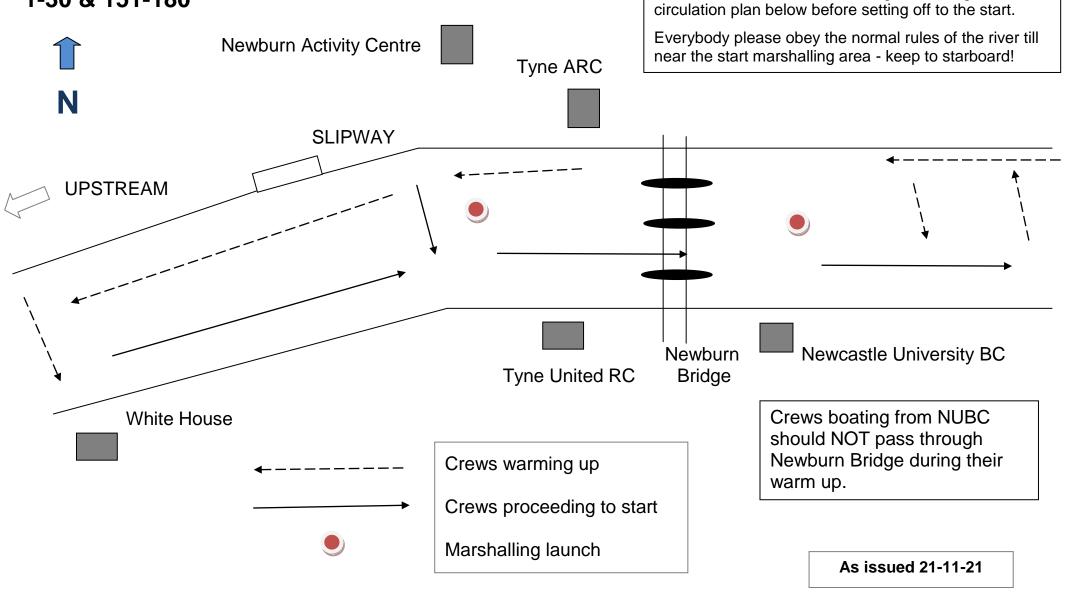
RUTHERFORD HEAD – 27 November 2021 BOATING PLAN & WARMUP FOR CREWS 1-30 & 151-180



Crews boating from TARC should boat facing upstream

Crews boating from TURC or NUBC should boat facing

downstream and if 1-30 or 151-180 can warm up with a

and if 1-30 or 151-180 can go as far as the White

circuit on the 1km Newburn straight following the

House (very obvious, about 1km) to warm up.