Crews boating from TARC should boat facing upstream and if 1-30 or 151-180 can go as far as the White **RUTHERFORD HEAD – 3 December 2022** House (very obvious, about 1km) to warm up. Crews boating from TURC or NUBC should boat facing **BOATING PLAN and** downstream and 1-30 or 151-180 can warm up with a circuit on the 1km Newburn straight following the WARMUP FOR CREWS 1-30 & 151-180 circulation plan below before setting off to the start. Everybody please obey the normal rules of the river till Newburn Activity Centre near the start marshalling area - keep to starboard! Tyne ARC Ν **SLIPWAY UPSTREAM** Newburn Newcastle University BC Tyne United RC Bridge White House Crews boating from TARC Crews warming up NUBC should NOT pass through Newburn Bridge going Crews proceeding to start upstream during a warm up. Marshalling launch