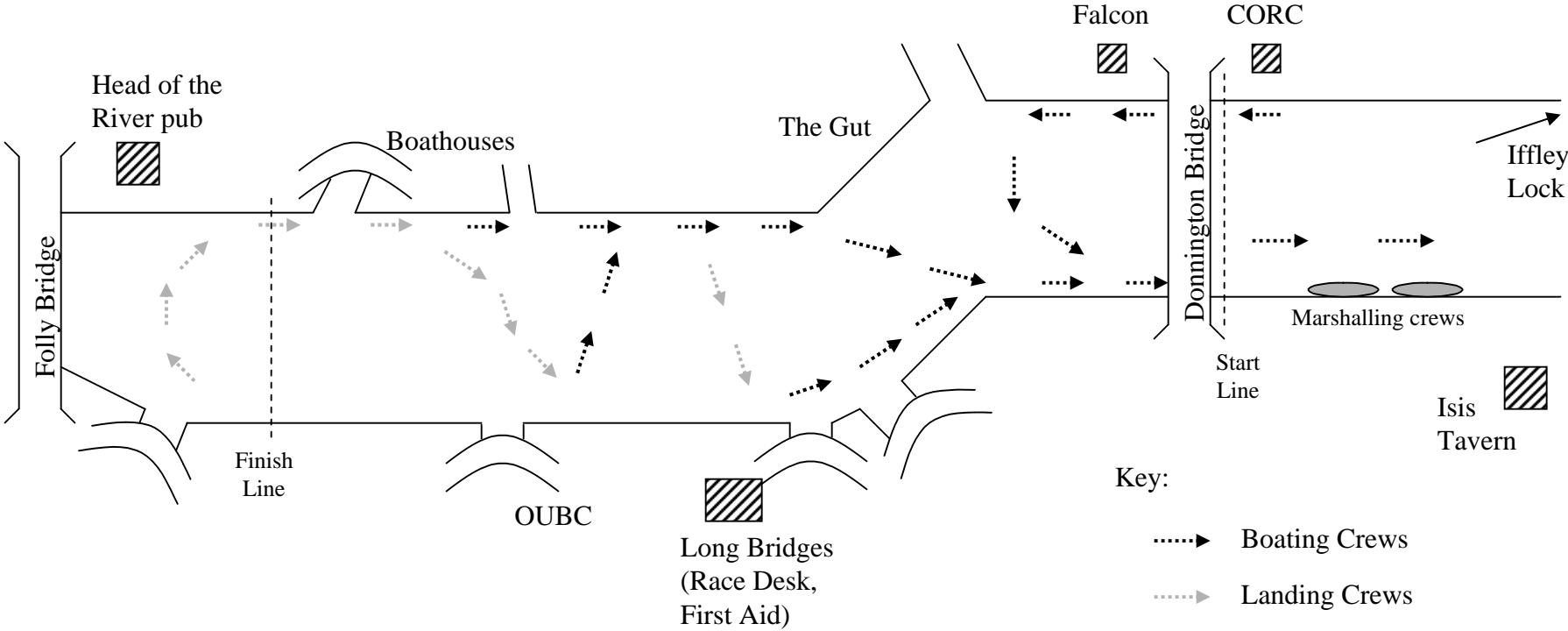


# Appendix C: Circulation Pattern



The basic circulation pattern is reversed above the gut, crews proceeding to the bank on port/strokeside. Crews cross to the normal circulation pattern at the top entrance of the gut, rowing close to the bank on starboard/bowside.

Crews should not proceed downstream through Donnington Bridge unless instructed by the Start Marshal or Senior Umpire.

Not to scale

There is no on water warm up in Isis Winter League.