

RUTHERFORD HEAD - 1st December 2018

BOATING AND WARM UP PLAN - CREWS 1-30 & 151-180



Newburn Activity Centre



Tyne ARC



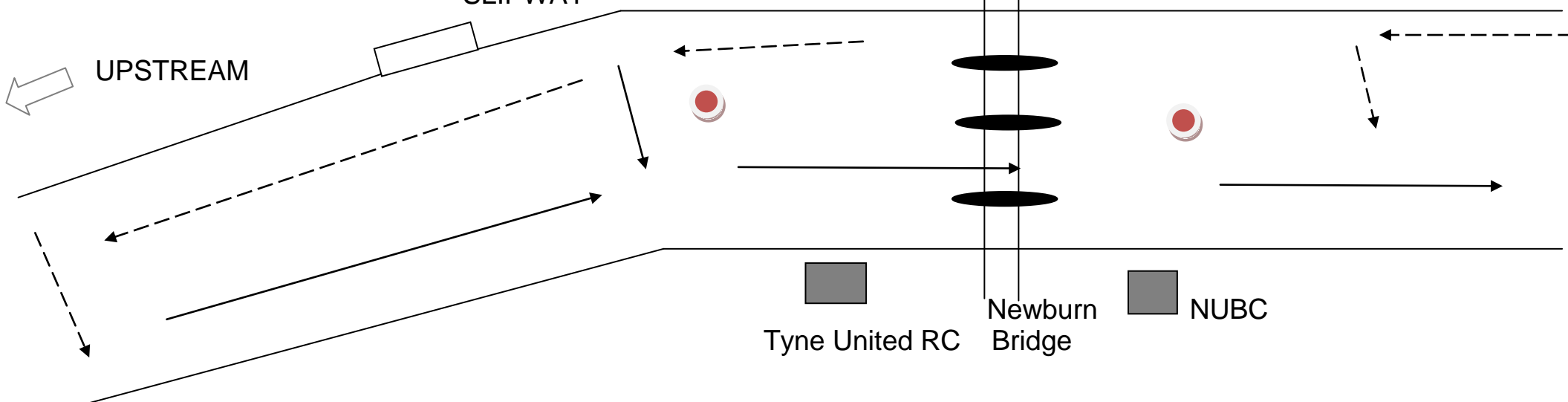
Crews boating from TARC should boat facing upstream and 1-30 & 151-180 can go as far as the White House (very obvious) upstream to warm up if you wish.

Crews boating from TURC or NUBC should boat facing downstream and 1-30 & 151-180 can warm up with a circuit on the 1km Newburn straight following the circulation plan below before setting off to the start.

Everybody please obey the normal rules of the river till near the start marshalling area

SLIPWAY

UPSTREAM



Tyne United RC

Newburn Bridge

NUBC

Crews warming up

Crews proceeding to start

Crews boating from NUBC should NOT pass through Newburn Bridge during their warm up.



Marshalling launch