

# TIME TRIAL FLOW PATTERN

Warm Up

Start 100m

Launch/Return

ODD Bow Markers in Lane 3  
EVEN Bow Markers in Lane 2

Cool Down

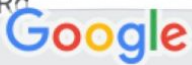
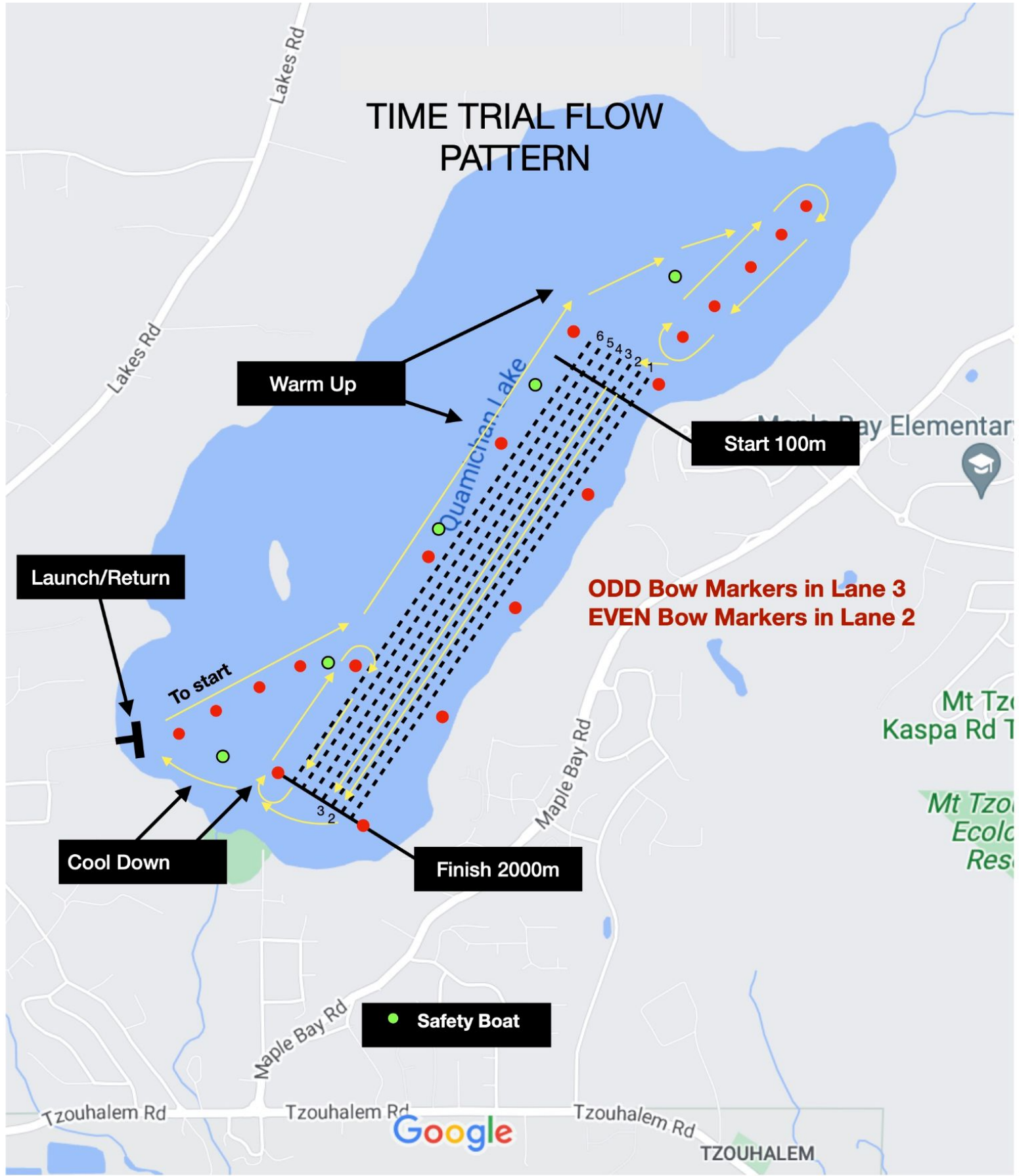
Finish 2000m

● Safety Boat

To start

6 5 4 3 2 1

3 2



TZOUHALEM