

Lincoln St.

To Route 70

	EMT Locations		Course
	Route to Starting Line		Shallow Area

Crews traveling to the start must stay off the course and to the Worcester shore.

Clear the course as quickly as possible when leaving the launching area.

Do not approach the starting line until called to do so.

Do not take practice starts beyond the 500 M mark.

Crews returning to Regatta Point from the starting area should stay off the course towards the Shrewsbury shore.

Crews should clear the finish area as soon as possible following their race.

**NO PRACTICING IN LANES 1 & 2!!**

Route I-290

Exit 21

Warm Up Area

Lane 1

Lane 2

Exit 22

Main St.

Worcester

Shrewsbury

Plantation St.

Donalvis Rowing Center

Part

North Quinsigamond Ave.

# Lake Quinsigamond Worcester, Ma.

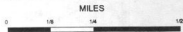
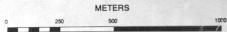
## 1500 Meter Course

500 M

CREWS TRAVELING TO START MUST PASS THE 500M MARK IN SINGLE FILE.

North Lake Ave

1000 M



1" = 1000'



North Beach Dock

Awards Dock

Regatta Point Dock

Regatta Point State Park

Finish

Route 9