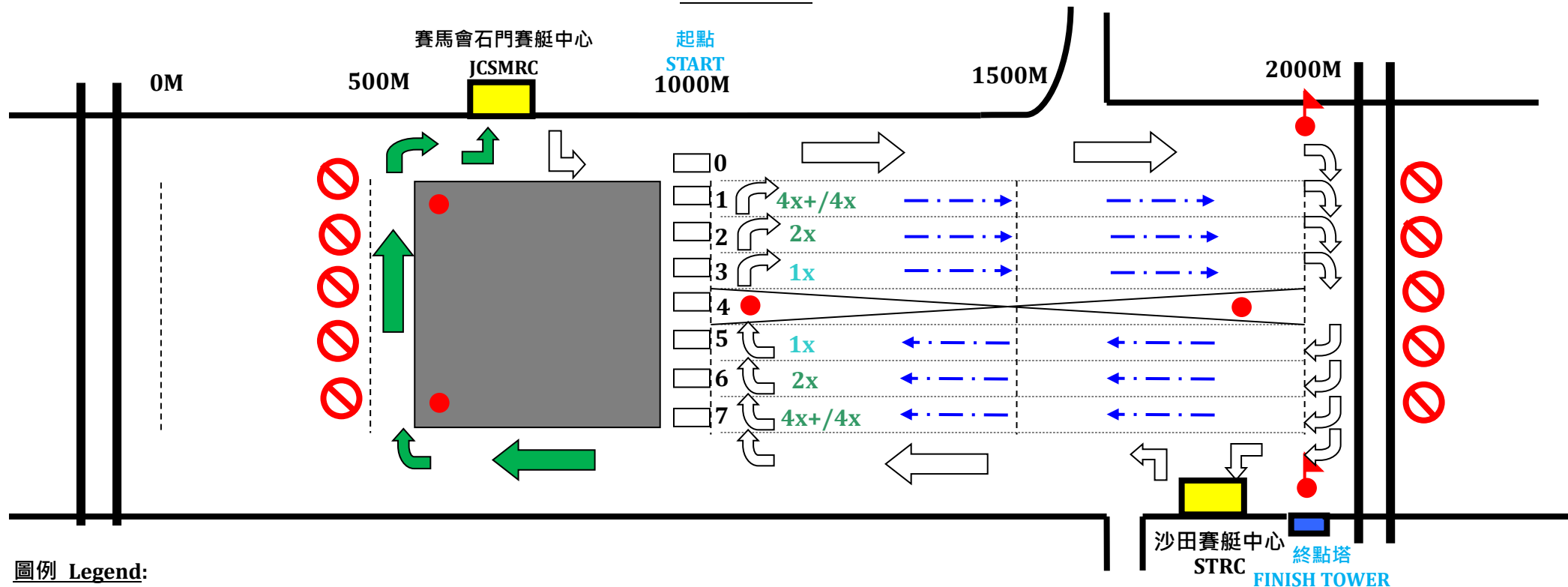


Traffic Rules for Training

練習航道規則



圖例 Legend:

- 大型浮波 Large Buoy
- 起步浮台 Starting Pontoon
- ⊘ 不准進入 No Entry
- 禁區 Forbidden zone

- - - - -> 訓練方向 Training Direction
- 進入指定練習航道方向 Direction to enter designated lane
- 大型浮波及紅旗 Large Buoy with Red Flag
- JCSMRC Boats Return Only 只限返回石門賽艇中心使用

備註 Remarks:

艇隻祇許在“1000M”或“2000M”進入指定練習航道。於比賽日，艇隻須於首場比賽開始前 **30 分鐘** 離開比賽航道。

Boats should only enter the designated lanes for training at the point of “1000M” or “2000M”. On Competition dates, boats that are training must leave the course **30 minutes** before the start time of the first race.