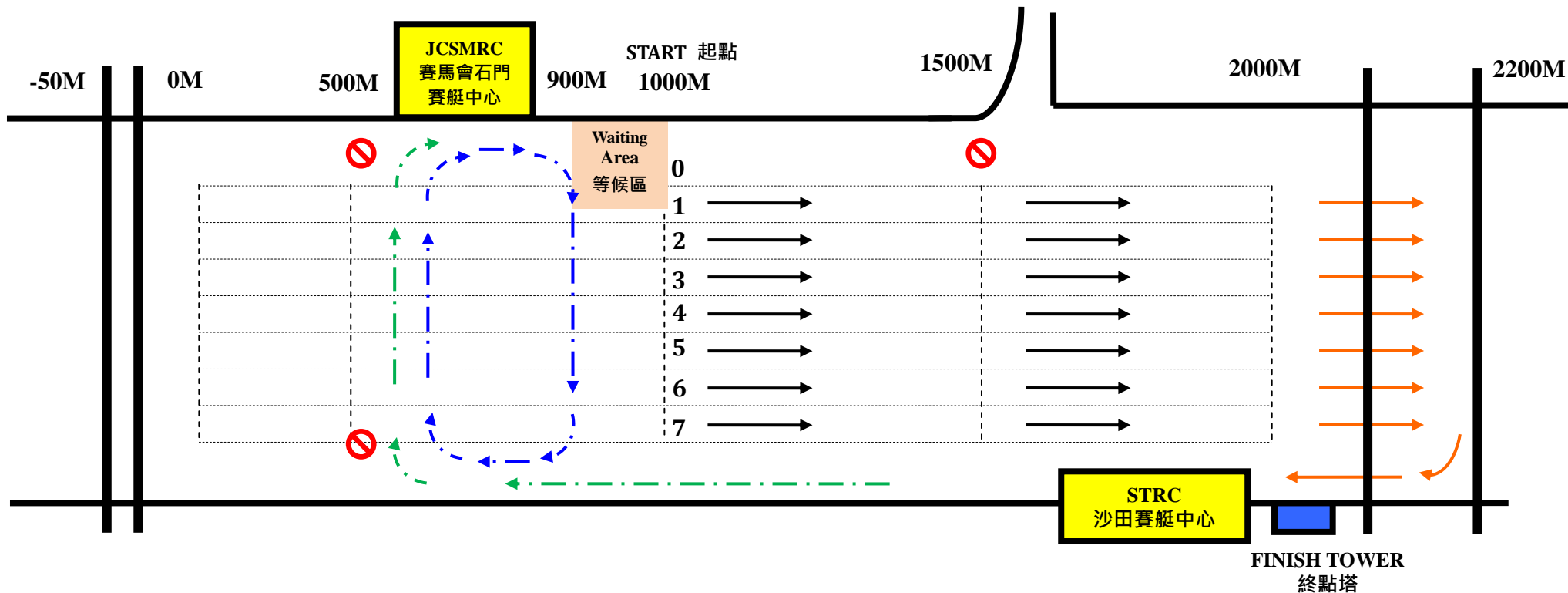


速度衝刺賽比賽航道規則
Traffic Rules for Speed and Sprint Regatta



- Legend 圖示：**
- Race Direction 比賽方向
 - Warm Up Direction 熱身方向
 - JCSMRC Boats Return Only 只限返回石門賽艇中心使用
 - ⊘ No Entry 禁止進入
 - Cool Down Direction and Return to Rowing Centre 放鬆方向及返回賽艇中心

Remarks 備註：

Crews must arrive the Waiting Area and their Start Lane at least 5 minutes and 2 minutes respectively before the race start. After starting the previous race, the Starter will allocate a lane to the crews of next race.

隊伍須於比賽前最少 5 分鐘到達等候區；及最少 2 分鐘到達其線道上準備起步。當上一場比賽開始後，發令員將會分配線道予下一場的參賽隊伍。

Boats should only turn and circulate in between 500M - 900M for warm up.

艇隻在熱身時祇許在“ 500M - 900M ” 內轉向。