

2017—J14 Omnium Events Instructions to Competitors

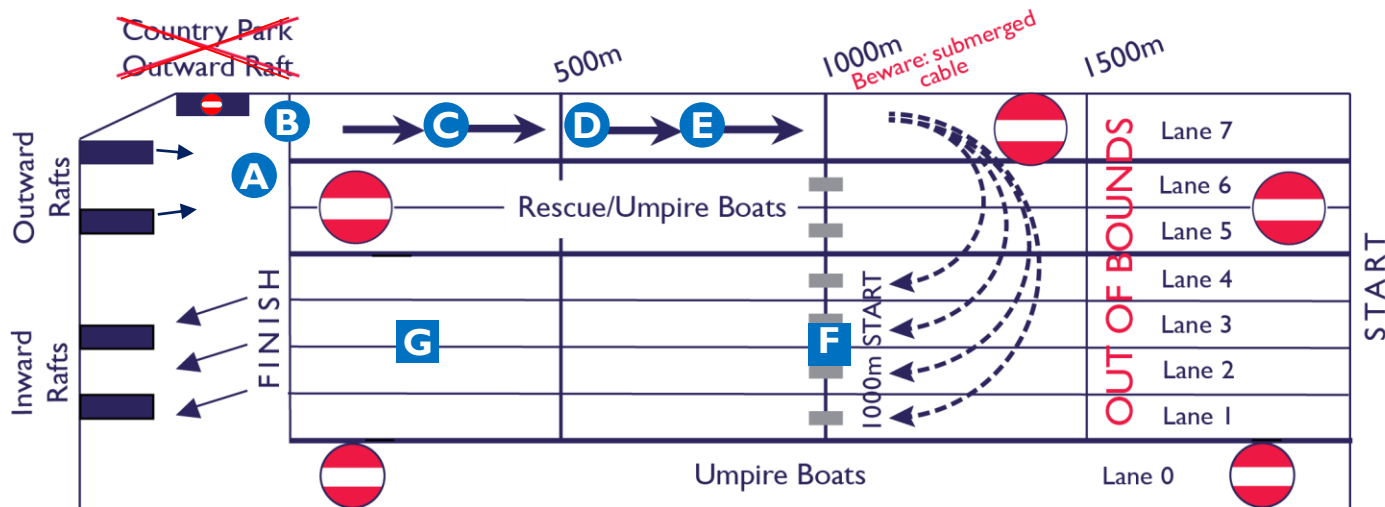


**JUNIOR
CHAMPIONSHIPS**

PRESENTED BY

Circulation Pattern

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).



Skills Tests

Zone Test

- A** Hands off at the catch
- B** Standing rigger dips
- C** 360 degree boat spinning
- D** Roll ups
- E** Sequencing

Manoeuvrability Exercises

Zone Exercise

- F** 500m race
- G** 200m slalom with emergency stop

Zone Markers

Each zone on the course is marked with a feather flag nearby on the bank, like this:

