**Charles River Basin 2k Course**

**General River Rules**
- Keep to the right side (1/3) of the river—especially on turns
- Overtake on the left (port)
- Turn quickly, only where visible
- Move to shore to stop or drill

For full details, see the Charles River Traffic Patterns and Safety Rules

**2k Course Notes**

**Warm Up**
- Warm up along the Boston shores as you proceed to the starting line.
- Once you pass the starting line, you may not return upstream of the starting area.
- Follow a counter-clockwise warm-up pattern downstream of the Longfellow Bridge.
- Do not use the center arch of the Longfellow Bridge.

**Harvard Bridge (Mass Ave) Arches**
- Lanes 3 and 4 share the racing arch that is marked with white abutments on the Harvard bridge.
- Lanes 2 and 5 have their own arches located to the right and left of the racing arch.

**Steering Targets**
- Line up the small targets on the bridge above each lane with the large striped land targets on the Boston shore past the finish line.
- There are also white lines painted on the Cambridge wall at the 500-meter marks.
- The finish line is marked by two poles along the Cambridge shore.

**Guide to Basin Arches**
- Normal Traffic
- Use only if necessary
- Caution; see notes
- Do not use

**BU Bridge**
- BU Sailing
- Lane Targets
- BU Boathouse
- Pedestrian Overpass

**Harvard Bridge**
- Union Lane
- Harvard Sailing
- Union Lane
- Union Boathouse
- Magazine Beach

**Longfellow Bridge**
- Union Lane
- Do not use center arch
- Caution: crews on upstream side of bridge

**Downstream:** Stay well to the outside of the turn, along the Boston shore.

**Upstream:** Stay behind one boat when entering a turn.

**Launching from MIT:** Stay clear of upstream crews on the 2K race course and downstream crews returning to MIT.

**Returning to MIT:** Stay behind one boat when entering a turn.

**Start:**
- 00m
- 00m
- 00m
- 100
- 500m
- 500m
- 500m
- 500m
- 0

**Finish:**
- 00m
- 0m
- 0m
- 0m
- 0m
- 0m
- 500m
- 500m
- 500m
- 500m
- 500m
- 500m