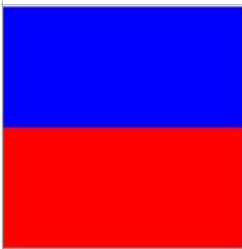

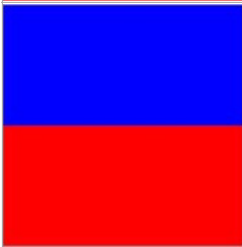
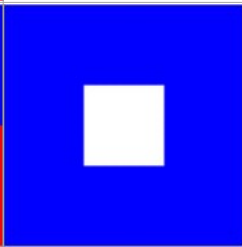

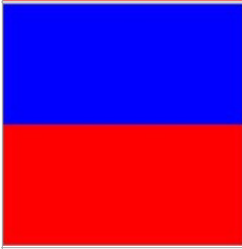





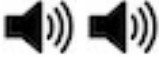


Flags	Sound Signal	What does it mean?	What should I do?	
		3 Minute's to the start	Set your watch and head for the start area.	
			2 Minute's to the start	Synchronise your watch if you missed the first signal. Plan your start.
			1 minute to go	Stay close to the line but make sure you don't cross it.
			GO!	Cross the start line and enjoy the race
Keep racing around the course!				
			The race is finishing and this is your last lap.	Cross the line as fast as possible and keep going till you hear a sound signal. Once finished stay clear of any boats still racing