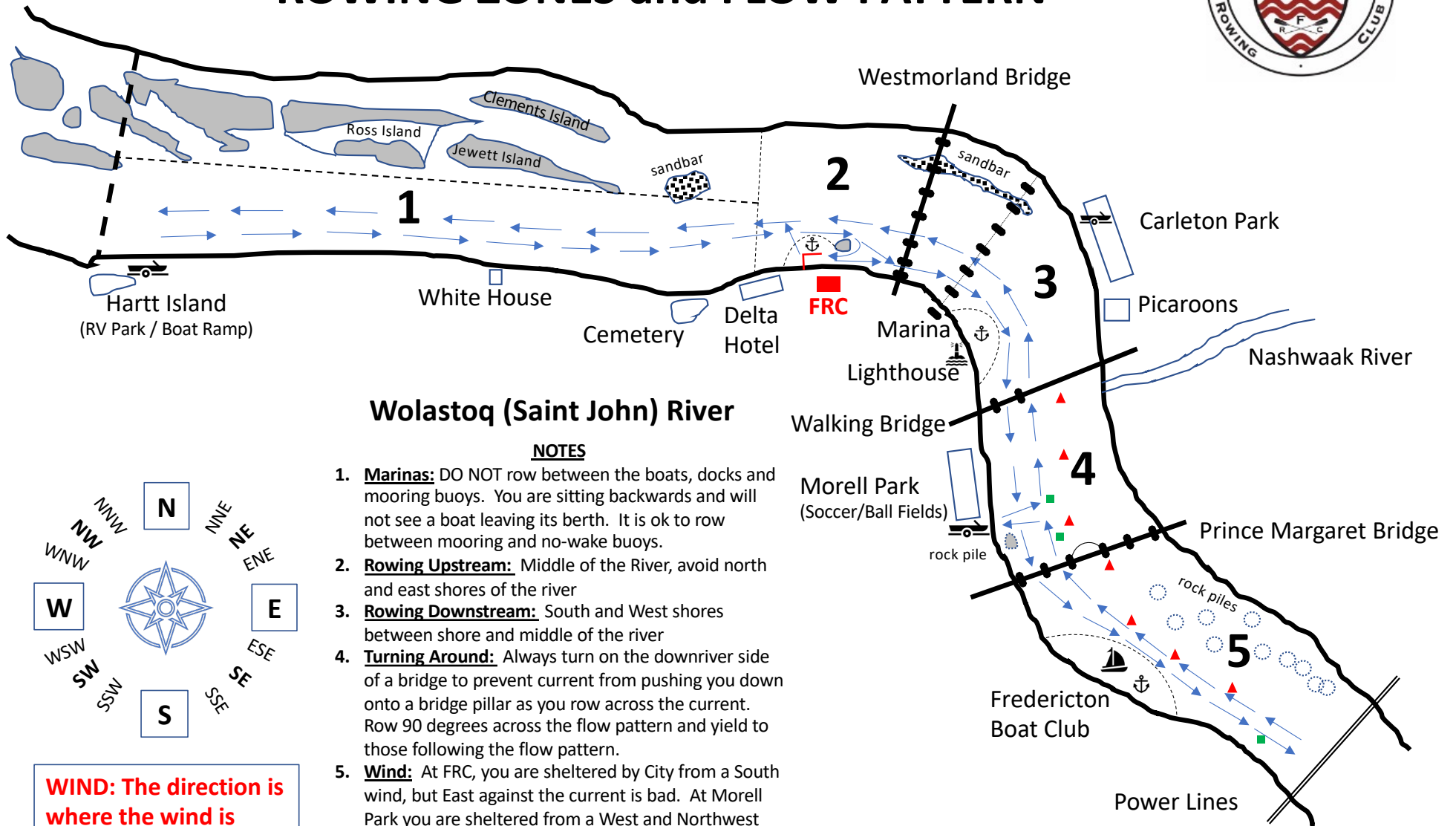


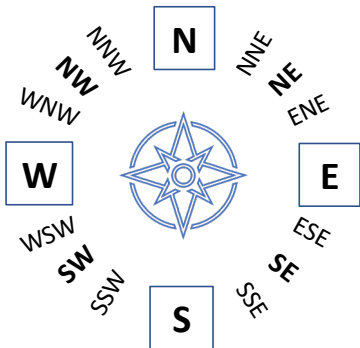
FREDERICTON ROWING CLUB ROWING ZONES and FLOW PATTERN



Wolastoq (Saint John) River

NOTES

- Marinas:** DO NOT row between the boats, docks and mooring buoys. You are sitting backwards and will not see a boat leaving its berth. It is ok to row between mooring and no-wake buoys.
- Rowing Upstream:** Middle of the River, avoid north and east shores of the river
- Rowing Downstream:** South and West shores between shore and middle of the river
- Turning Around:** Always turn on the downriver side of a bridge to prevent current from pushing you down onto a bridge pillar as you row across the current. Row 90 degrees across the flow pattern and yield to those following the flow pattern.
- Wind:** At FRC, you are sheltered by City from a South wind, but East against the current is bad. At Morell Park you are sheltered from a West and Northwest wind, but South and Southeast winds are bad.
- FRC Dock:** Always approach the FRC Dock from downstream (rowing into the current) from the east between the island and the shore.



WIND: The direction is where the wind is coming FROM.