



From Start, back onto buoy then row off square blades

Square Blades

Blade Slaps x10

Row

Row

Emergency Stop  
360 Spin

Roll ups x10  
Row off on 11th

Row

Talkin Tarn

Outside Arm Only x10  
then  
Rigger dips x10

Row

Around Buoy

Farlam Boardhouse

P

51  
resg 1002

Talkin Tarn

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Talkin Tarn