

Course "3"

Start
 1
 2
 3 (or gate 3A-3B)
 1
 2
 3 (or gate 3A-3B)
 Finish (upwind)

The diagram shows a vertical oval track. At the top, there is a 'Finish' line with a black triangle pointing right. At the bottom, there is a 'Start' line with a black triangle pointing left. The track is divided into three lanes labeled 1, 2, and 3. Lane 1 is the rightmost, lane 2 is the middle, and lane 3 is the leftmost. Arrows on the track indicate a clockwise direction of travel: up the right side, around the top curve, down the left side, and around the bottom curve.

Course "4"

Start
 1
 2
 3 (or gate 3A - 3B)
 1
 2
 Finish (downwind)

The diagram shows a vertical oval track. At the bottom, there is a 'Start' line with a black triangle pointing left. At the top, there is a 'Finish' line with a black triangle pointing right. The track is divided into three lanes labeled 1, 2, and 3. Lane 1 is the rightmost, lane 2 is the middle, and lane 3 is the leftmost. Arrows on the track indicate a clockwise direction of travel: up the right side, around the top curve, down the left side, and around the bottom curve.