



## T3. KAYAK Transition



**T3. KAYAK** Transition at HQ - 1km Individual/2km Teams

**ONE WAY SYSTEM IN/OUT OF RACKING AREA**

- Dismount Bike at Point A & proceed on foot with your Bike
- Rack your Bike on Racks
- Follow the One Way system to the entry point for KAYAK
- After KAYAK, proceed to GAA pitch for your final sprint, to complete WA

