## Exchange Zone

Staging Zone
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EXCHANGE PROCESS:
1, Outgoing athlete places his/her boat and paddle in the Staging Zone
2, Outgoing athlete walks to the Exchange Zone and waits for incoming athlete
3, Incoming athlete leaves his/her boat and paddle in the Drop Zone
4, Incoming athlete runs to the Exchange Zone and taps outgoing athlete, then stands aside to leave space for other teams coming through 5, Outgoing athlete runs to his/her boat and paddle, picks them up and departs 6, Upon clearance of the Staging Zone this cycle repeats by the former incoming athlete becoming the next outgoing athlete and placing his/her boat and paddle in the Staging Zone

4 laps
3 portages
Sprint boats ( $12-14 \mathrm{~kg}$ ) to be used only Handles are permitted, pumps are NOT!
A team consists of 1 man +1 woman
The compulsory sequence of athletes:

1. man; 2. woman; 3. man; 4. woman No portage in the final lap so women portage only once!
Exchanges during portages by tapping

5000m mixed relay course

