



The 10th Jax Annual Sheko Challenge and Trisolothon

July 12th, 2014

Big Wave Bay (start) to the Back Beach

This year's Jax Sheko Challenge is also the first in a new global series of open water swims, called the World Open Water Swimming Series, with 13 international races in total. Points are allocated as per the number of swims you do per year, so all of you will be in the lead after the Jax Sheko Challenge on the 12th!



Programme

Event	Time	Location
Race Check-in:		
• Swim	12:30 – 1:30 pm	Big Wave Bay
• Run		
• Paddle	12:30 – 1:00 pm	Check in at Back Beach to get a Time Chip (1:00pm)
Mandatory pre-race briefing for swim & run	1:55 pm	Big Wave Bay
Race Start	2:00 pm SHARP!	Big Wave Bay
After party BBQ, beach sprint, beach water polo, DJ music	Start 2:30 pm	Sheko Back Beach
Award presentation	Approx. 3:30 pm	Finish Line

Race Check-In

- **Swim and Run:** Race check-in on the Big Way Bay is from **12:30 – 1:30 pm**. **If you didn't register, please come earlier if you want to join. Registration will be cut off at 1:30 pm.**
- **Paddle:** Participants need to be at the Back Beach in Sheko, with their boats, for check in from 12:30-1:00 pm. The start will be at the outside of the shark nets in Big Wave Bay, so you will have to paddle there after checking in at the Back Beach. You must obtain a timing chip band before you paddle to Big Wave Bay.

Race kit: Participant number, Timing chips & strap. Baggage tag, a swimming cap for swimmer, Souvenir

Body Marking

Participants are advised not to apply sun screen before body marking. Body marking will begin at **12:30 pm** nearby the check-in counters on Big Wave Bay.

Timing Chip

The chip should be fastened to the athlete's left ankle with the strap provided. Participants must wear the chip properly and run pass the chip timing mats at the Start/Finish Points. Otherwise, there will be no time result. Also, please help putting the chips and ankle straps into the collection box nearby the finish line for recycling propose.

Baggage Handling

Bag drop will be available at Big Wave Beach. You will be given baggage tag with your participant number. Please tie the tag to your belongings and put on the van nearby the stores. We will have helpers transferring bags to the Back Beach. However, please do not leave valuable items in the bag and any loss will be at your own risk.

Route Map for the SWIMMING



Swim (2.2 km)

- This cap is provided for your safety during the swim and must be worn during the entire swim.
- Swim circuit will be defined by markers/buoys at regular intervals.
- If you need help in the water, stay calm and raise your hand to attract attention.
- Identify a buddy, don't leave Back Beach until your buddy has finished. If nervous, please report the case to us.

Map for RUNNING

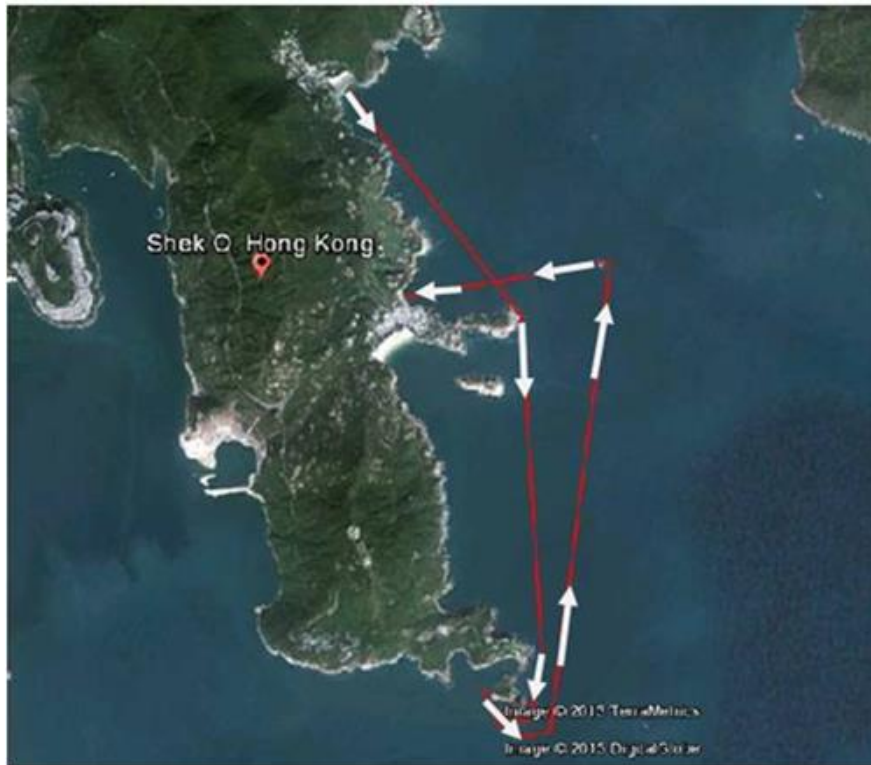


Run (8.5 km)

The Course is 8.5km long. There is **NO** water along the course, so bring your own. It is straight up 1,000 stairs from the beach, then all level, and downhill.

- At the top of the stairs, turn left at the small pagoda, the first left you come to.
- Continue along the catchwater to the paved road, head straight, and follow until the start of the trail for the Dragon's back (1.27km from the start of the road to this trail head and check point). There will be a person here checking your number.
- Do a U-Turn at the checkpoint where there will be a volunteer waiting to check that you have reached this location, and head back to the end of the road towards Sheko. Stay to the left along the catch water, and 50m after the pagoda, turn RIGHT down the dirt trail, marked with a sign to Tai Long Wan village.
- Go to the bottom, through the village, and up to the car park, along the road all the way to Sheko, and at the Main Bus Stop, turn left in the FIRST little road you come to after the golf course. Run to the end of the short road, turn right, and at the first gap in the wall, turn left, through a small school yard, to the beach. You are done.

Map for PADDLING



This year's Trisolothon paddle course is 11.3 km long. There will be no boat support along the coast, so please bring a mobile phone with you. For emergency situations, please call Doug at 9020-3949 or Bonnie at 9671-1563.

- Boats can be kept at the Back Beach prior to the event (at the owner's risk, but usually all is okay there).
- The start of the race will be on the outside of the shark nets in Big Wave Bay at 2pm, at the same time we start the swim and run. Paddlers will need to check in at the Back Beach before 1:15pm, where they will get a timing strap for the race. No strap = no time.
- Hydrate as it will be warm.
- The course is from Big Wave Bay to Cape D'Aguiar, around the point to the yellow buoy, just off of the research center, and then back again to the rock/light which is directly out from the Back Beach. You will go around this rock with it on your left, and then turn hard left to go straight into the finish line.
- You will need to get off your boat, and run (or walk) through the finish line gates in order to get your time.
- PLEASE land your boats to the LEFT of the big RedBull finish line. Also, watch for swimmers as you come in. They will be taking a line to the right of you when you come into the beach, but heading directly for the Finish Line arch.
- Either OC1s, OC2s or Surf Skis can be used (or OC6 if someone wants to make that part of one team).
- Your bags can be kept at the Back Beach.
- Boats can be kept overnight at the Back Beach, so you can paddle them back on Sunday.

Results Announcement

Race results will be posted near the bar area. If you have any questions, concerning the results, please see the timing officials in the tent adjacent to the finish line. Complete results will be posted at event website within one week.

Refreshment

NO bottled water will be distributed but adequate water is available at the Start / Finish Points. You are encouraged to bring your own water drinks and re-usable bottles. The BBQ will be at the Back Beach. Enjoy your day out on the water!

Online registration

Cut off time for online registration will be on 10th July, 23:59. Don't miss the chance for this great event!

IMPORTANT

Health Condition

All participants must ensure that they are in good health and not suffering from any condition which may render them not recommendable for participating in this race. Participants are advised to undertake adequate training and to consult medical advice from doctors if they are in doubt of their health condition prior to taking part in the race.

Inclement Weather/ Conditions Warnings

The race will be cancelled if

- Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before race
 - Typhoon Signal No.3 / Amber Rainstorm/ Red Rainstorm/ Black Rainstorm/ Thunderstorm/ Landslide warning be hoisted at any time after 10:00 on race morning
- Should the above Inclement Weather / Condition Warnings be raised after the commencement of the race, the organizer has the right to change the course distance or arrangement or to stop the race. If the race is being stopped, the race will either be cancelled. Please check the race day weather from the Hong Kong Observatory (Tel: 1878200).

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