



12th Annual SHEKO CHALLENGE
July 9th, 2016
BIG WAVE BAY, SHEK O

Paddling Course



2:00pm Start Time

Competitors can race the paddle leg solo, or they can join the world's only Trisolothon as a team with a swimmer and a runner. All competitors start at the same time (2:00pm), whether paddling, swimming or running. Team times are created by adding the times together with the other competitors on your team for their respective sport.

This year's Trisolothon paddle course is 9.75km long. There will be one support boat for the event, but please bring a mobile phone with you. We will provide you with some emergency numbers on the day. For emergency situations, please call Doug at 9020-3949.

- 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 2:00pm, 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.** If you do NOT get a strap, you will not have a time for the race.
- 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 Sheko Headland, where you will make a hard left turn into the Back Beach to 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 finish line arch. 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.
- Only those paddling Outriggers and Surf Skis are allowed to participate in this race (no SUPs or kayaks).
- Your bags can be kept at the Back Beach.
- Boats can be kept over night at the Back Beach.
- We look forward to seeing you there!

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