



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

Swim Course



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.

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