

The 12th Annual Sheko Challenge and Trisolothon

July 9th, 2016
Sheko Big Wave Bay

Race Briefing Note

Programme

Swim (2.2km), Run & Paddle

12:30 **Swim & Run:** Check-in at **Big Wave Bay**
1:00 **Paddle:** Check-in at **Back Beach**
1:30 Check-in counter closes
2:00 Race starts
5:00 Prize ceremony at Back Beach

Kids swim (600m)

3:00 Check-in, Warm Up at **Back Beach**
3:30 Check-in counter closes
4:00 Race starts
4:30 Race finishes
5:00 Prize ceremony at Back Beach

After party: Beach water polo, music, and food will all be at Back Beach.

Race Check-In

Event	Check in Time	Location
Swim & Run	12:30	Big Wave Bay
Paddle	1:00	Back Beach
Kids Swim	3:00	Back Beach

- **Swim and Run:** Race check-in on the **Big Wave 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 **12:30-2:00 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.
- **Kids swim:** Check-in counter is open from 3:00 at Back Beach in Sheko.

Race kit: Participant number, Timing chips & strap. Baggage tag, a swimming cap for swimmer, souvenir t-shirt.

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 in Big Wave Bay on the right side of the beach.

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 passed the chip timing mats at the Start/Finish Points. Otherwise, **there will be no result time for your race.** Also, please help to put the chips and ankle straps into the collection box near the finish line for recycling and reuse.

Baggage Handling

A 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 registration location. 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.

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!

Event

1) SWIM (2.2 km)



- A cap is provided for your safety during the swim and must be worn during the entire swim.
- The 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. There will be support boats, stand up paddle boards, and lifeguards on hand if needed.
- Identify a buddy, don't leave Back Beach until your buddy has finished. If you cannot find your buddy for some reason after the race, please report the case to us.

2) RUN (8.5km)



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). This is in the direction of Shek O Road and the Round About which goes to Tai Tam. There will be a person here checking your number.
- Do a U-Turn at the checkpoint and head back to the end of the road towards Big Wave Bay Village. Stay to the left, and go back along the catchwater, but for only about 50m after the pagoda, and then 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 Shek O, 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. You are able to run down either set of stairs, and also you can run through the finish line Arch from your direction (you do not need to run through it from the ocean-side).



Bus Stop – Turn Left up the small road, right at the end, left 20m at the courtyard, and then straight out to the beach through a cement door frame. **Do NOT run past the bus stop.**

3) PADDLE (9.75 km)



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 (2:30pm), 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 9.75 km 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 and overnight (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 2:30pm, at the same time we start the swim and run. Paddlers will need to check in at the Back Beach before 1:45pm, 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 centre, 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.

4) KIDS Swim (600m)



- Swimmer must wear the official swim cap during the entire race.
- A buoy will set up at 300 meters far from the shore.
- Swimmer is required to swim around (U turn) the buoy from the right hand side.
- Swimmer is required to run through the arch to compete their race.
- If you need help in the water, stay calm and raise your hand to attract attention. There will be support boats, stand up paddle boards, and lifeguards on hand if needed.

IMPORTANT

Waiver

- All participants are requested to sign a "Waiver of Liability and Declaration" before the race.
- For participants under the age of 18, parent or guardian consent letter is required.
- Participants taking part in the event act solely on his / her own discretion and at his / her own risk. The Organiser accepts no responsibility, nor liability, for any accidents of whatever kind, causing death or injury, or for any damage or loss of personal property during the race.

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 8 July 2016; or
- Typhoon Signal No.1 or above is hoisted before 6:00 am on 9 July 2016; or
- Amber or Red or Black Rainstorm Warning is hoisted any time after 10:00 on 9 July 2016; or
- Thunderstorm or Landslide Warning be hoisted at any time after 10:00 on 9 July 2016; or
- 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 latest weather condition from the Hong Kong Observatory (Tel: 1878-200).

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