



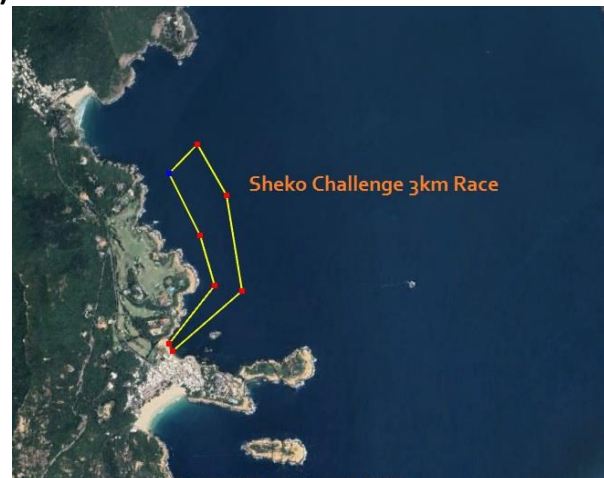
## **SHEKO CHALLENGE AND TRISOLOTHON 2026**

### **1km Race Course**

(400m Course will be roughly have of the 1km course)



### **3km Race Course**



<https://www.oceanrecov.org/open-water-swims>

Hosted over 15 years, the famous Sheko Challenge and Trisolothon are back! The course is a bit different, but just as good, and equally as engaging, as it is important to take note that the race starts at 2:30pm, so that there is some great socializing afterwards.

This event is about, and for, the ocean. We all use it, we all love it, so this is a chance to be engaged with it, and give back. \$50 of every race entry goes to our work at Ocean Recovery Alliance, which is global and local in nature, and which links athletes like you, to the environment, which you use, to train, enjoy, and compete in. You are the best people to be the “first line of defense” for the ocean’s protection, when you talk to your friends and peers, who might not know how important the ocean or environment are to our livelihoods.

Information for the unique, and World’s only Trisolothon, are listed below. Overall, this is an Open Water Swim Race, of 3km, 1km and 400m.

Scroll down for info on the Trisolothon race, which is extra, but it’s an amazing way to bring together the best athletes in Hong Kong (or elsewhere), in three sports – Swimming, Running and Paddling. Don’t be confused if you’re just wanting to swim, as that is all you have to sign up for. But if you have friends who run and paddle, recruit them for the Trisolothon, as there is nothing like it, and we all can celebrate the ocean and the environment afterwards.

### **Sheko Challenge Rules and Wavelengths: (See Below for Info on the Trisolothon)**

1) **Categories: Men’s and Women’s.** Categories for both distances include:

Under 18

18-29

30-39

40-49

50-59

60+

2) 400m Swim Categories: Men’s and Women’s

10-14

15-18

19-29

30-39

40-49

50-59

60+

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- 3) There will be support boats and paddler on the race course.
- 4) Swimmers in the 3km race will swim around 4-5 buoys in a Counter-Clockwise direction (with the buoys on the left all the time).
- 5) Swimmers in the 1km race will swim around 2 buoys, with counterclockwise, with the buoys on the left side all the time.
- 6) Swimmers in the 400m race will swim around one buoy, and it will be the same course as part of the 1km race. The 1km race will start first, and the 400m race will start 2-3 minutes later, but only going around the first buoy, and then returning to the beach.
- 7) There is NO BREASTROKE allowed in the 3km race, unless for safety and rescue measures.
- 8) Breast Stroke is allowed **ONLY** in the 1km race or the 400m race.
- 9) Swimmers are allowed to swim in both the 3km and 1km races (but not in the 400m and 3km, or not in the 1km and 400m).
- 10) Swimmers will be the Team Captains of any Trisolothon team, so if you want to bring in a runner and paddler to compete with you, the Swimmer is the team captain, and they pay the full registration fees for all athletes on that team. It is allowed to change the team members or sex after registration. If so, you can contact us at [kai@oceanrecov.org](mailto:kai@oceanrecov.org)
- 11) Start time for the 3km race and the Trisolothon is 2:30pm
- 12) Race start for the 1km race is 3:45pm, and 400m race 2-3 minutes later
- 13) Swim Caps will **NOT** be provided. Please recycle and use the ones that you have....we are sure you don't need more of them☺!
- 14) Swim buoys **ARE** required for every swimmer in all three races. They are not required for paddlers or runners in the Trisolothon for obvious reasons
- 15) We will have a bag drop area, which will be protected as you race.
- 16) Timing chips will be given for all race participants.
- 17) Waivers must be signed online, and if you are under 18, they must be signed by your parents or guardians.
- 18) The minimum age for the 1km swim is 10 years old, and the minimum for the 3km swim is 14 years of age. The minimum age for the 400m swim is 10 years old.
- 19) The minimum age for the Trisolothon entries is 16 years of age.
- 20) There are no refunds.
- 21) We will schedule a weather-delay event day, but if you can't make that, we cannot refund your fee. Also, if the delay-event day is also bad, we cannot re-start for a 3<sup>rd</sup> date, so no refunds. Talk to the gods who you speak to before the race.
- 22) There will be a full BBQ and DJ for your enlightenment and rejuvenation after the race, so stay around, and thrive on Sheko. Thanks to Ben's Back Beach Bar for hosting this unreal, historical event for so many years, and we're back!

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Contact: [kai@oceanrecov.org](mailto:kai@oceanrecov.org) for questions, or Shu at [shu@avra.cc](mailto:shu@avra.cc) if in Chinese

## Trisolothon Information

- 1) Each team includes one swimmer, one runner, and one paddler.
- 2) Each starts at the same time, and ends at the same location – the Back Beach
- 3) Times will be added together, via your timing chips, to create the final time of the team (swimmer, runner and paddler). Only Surf Skis or Outrigger canoes are allowed. No plastic kayaks or inflatables.
- 4) The Running Course will start from the Back Beach, and return at the Back Beach, with 6-8km to run, with info to be provided later. You will all have timing chips which link to the start/finish of the races.
- 5) The paddling race will be from the Back Beach around Tung Lung Chau, which route will be determined based on the wind of the day (counter clockwise or not).
- 6) You are able to change your teams up to a day before the race, based on your teammate and sex..... Men's, Mixed or Women's. Only the Swimmer, who is the captain of the team, can make these changes, and only to this email: [Kai@oceanrecov.org](mailto:Kai@oceanrecov.org), and only before 6pm on September 4<sup>th</sup>. After that, you are locked in.
- 7) The paddling Course for the Trisolothon is around Tung Lung Chau Island. We will decide on the day whether it will be clockwise or counterclockwise depending on the wind and currents. This is a 12.5km Course.

### Trisolothon Paddling Course



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- 8) The Trisolothon Running Course will be announced later, with a map of course for those who sign up for it. The distance will be between 7-9km.

For Questions, contact us at: [Kai@oceanrecov.org](mailto:Kai@oceanrecov.org)

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