

TEAM NAME:

VIRTUAL HAJJ ROW

PHASE	FROM	TO	DISTANCE	TIME
1	MAKKAH	MINA	800m	
2	MINA	ARAFAT	1600m	
3	ARAFAT	MUZDALIFAH	400m	
4	MUZDALIFAH	MINA	400m	
5	MINA	MAKKAH	800m	

TOTAL TIME: _____

SA'EE CHALLENGE

The distance between the hills "Safa" and "Marwa" is 450m. The pilgrims run between Safa and Marwa 7 times as did the wife of the Prophet Abraham when she was in search of help (**a total distance of approximately 3200m**).

In your teams cover the distance as quick as you can! Decide yourselves how many metres each team member will row, the only stipulation is that everyone must row at least once!

PRESS “CTRL” AND CLICK ON THE WORD HAJJ BELOW TO ACCESS

MATERIAL

Hajj