
2024 ACCRA AFRICA GAMES TRIATHLON

ATHLETES GUIDE

PROVISIONAL 27 FEBRUARY 2024

INTRODUCTION

Welcome to the 13th Africa Games to be held in Accra, Ghana from the 8 to 23 March 2024.



World Triathlon is the governing body for the sport of triathlon and all associated multi-sport, recognised by the IOC.



Africa Triathlon is the governing body for the sport of triathlon and all associated multi-sport, for the continent of Africa and is a recognised member of World Triathlon.

This triathlon event will be managed by a team of selected International Technical Officials from Africa Triathlon National Federations and will be run under the Competition Rules of World Triathlon.

TECHNICAL DELEGATE: Rick Fulton (ZIM) / ASSISTANT TECHNICAL DELEGATE: Ahmed Saadalla (EGY).

BACKGROUND

- Sprint event: 750m swim / 20km bike / 5km run
- Part of Paris 2024 Olympic Games process-ranking points
- Individual stand alone men & women events
- Minimum age = 16 years (in year of competition as of 31 December)

- Maximum of 2 athletes per gender per NOC/NF
- Maximum of 2 coaches (gender sensitive) per NOC/NF
- Host Nation entitled to 3 athletes per gender, and 2 coaches (gender sensitive).

Competition days:

- 14 March - Course familiarisations/briefings
- 15 March – Individual sprint triathlon races

EVENT SCHEDULE

START TIME	FINISH TIME	CATEGORY	ACTIVITY
0800	0900	ELITE WOMEN	Athletes Lounge Opens
0930	1015	ELITE WOMEN	Transition Zone Opens
0930	1015	ELITE WOMEN	Swim Warm-up
1020	1030	ELITE WOMEN	Athlete Line-up/Introduction
1030	1215	ELITE WOMEN	RACE STARTS
1100	1200	ELITE MEN	Athletes Lounge Opens
1130	1215	ELITE MEN	Transition Zone Opens
1130	1215	ELITE MEN	Swim Warm-up
1220	1230	ELITE MEN	Athlete Line-up/Introduction
1230	1415	ELITE MEN	RACE STARTS
1430		ELITE WOMEN/MEN	Medal Ceremonies

PRE-EVENT SCHEDULE

START TIME	FINISH TIME	CATEGORY	ACTIVITY
0900	1030	ELITE MEN/WOMEN	BIKE CHECKS
1045	1115	ELITE MEN/WOMEN	BIKE FAMILIARISATION
1130	1200	ELITE MEN/WOMEN	SWIM FAMILIARISATION
1215	1230	ELITE MEN/WOMEN	ATHLETE REGISTRATION
1230	1300	ELITE MEN/WOMEN	ATHLETE BRIEFING
1300	1330	ELITE MEN/WOMEN	PACK COLLECTION

ALL OF THE ABOVE WILL TAKE PLACE AT THE BORTEMAN GAMES COMPLEX.

VENUE & COURSES

The venue will centre on the Aquatics Centre at Borteman Games Complex with the transition from swim, to bike to run being situated next to the Aquatics Centre.

The swim will use the 50 meter swimming pool and the athletes will swim a distance of 750m using the 10 lanes to be shared by the athletes. 15 lengths equal 750m. The athletes will be seeded according to their ranking for the choice of starting position.

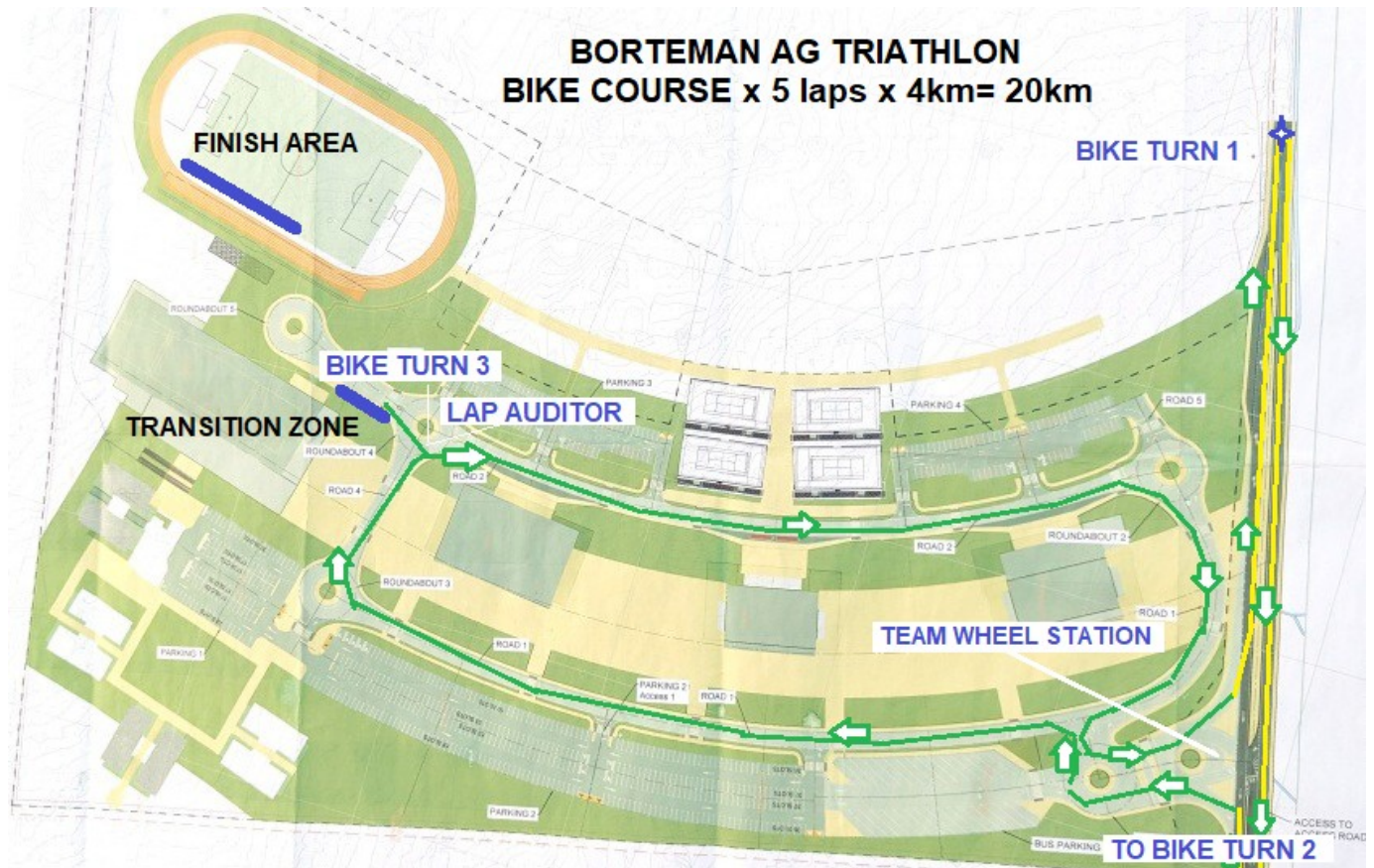
The Bike course will then exit the complex and turn left onto the new access road (leading down to the Contractors' entrance) and then will turn and return past the main entrance to the Games Complex to a second turn point just before the junction onto the new highway.

The bike course then returns to the complex and laps past the Aquatics Centre for 5 laps equaling 20km.

The run course will be situated entirely within the Games Complex as an out and back course equaling 3 laps (5km in total distance).

The Finish area will be situated on the Athletics track parallel to the run lap course.





BIKE COURSE DESCRIPTION

Bike course is in the main flat but has three gradual inclines and subsequent declines per lap.

The maximum elevation is 21m / 6.4%.

The bike course consists of a good hard surface but is tight and technical with a total of ten corners per lap.

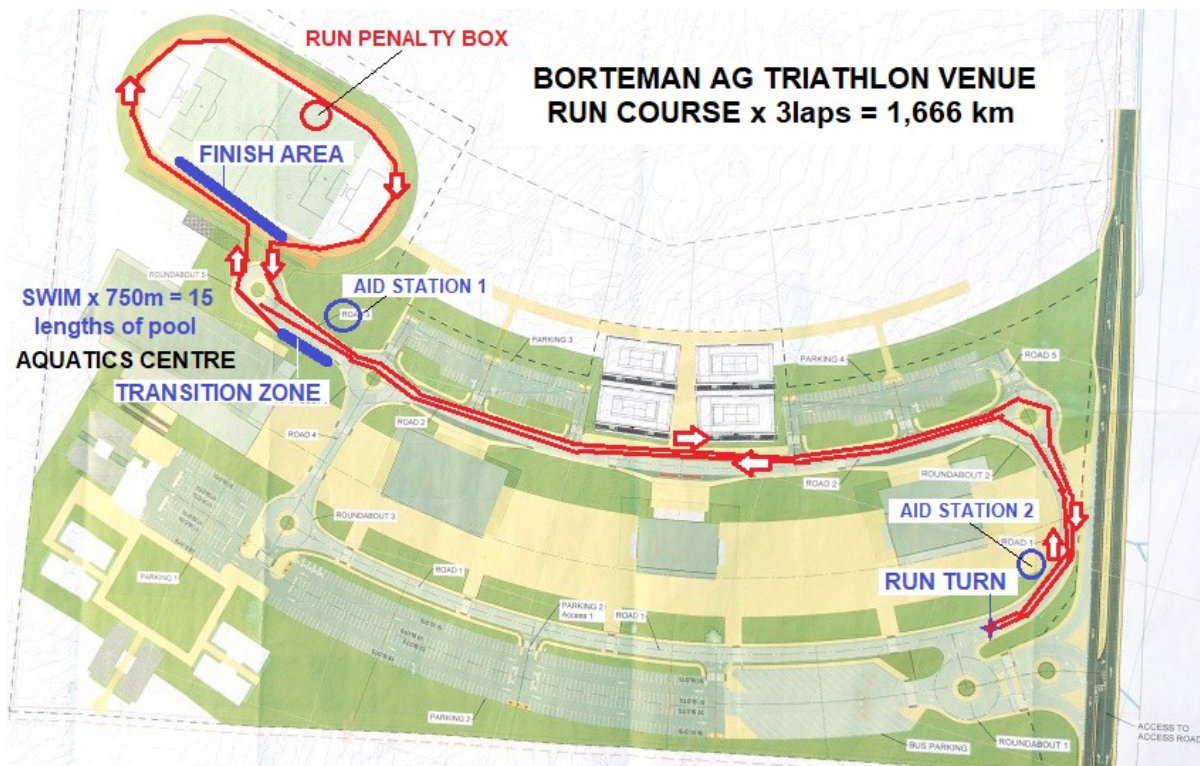
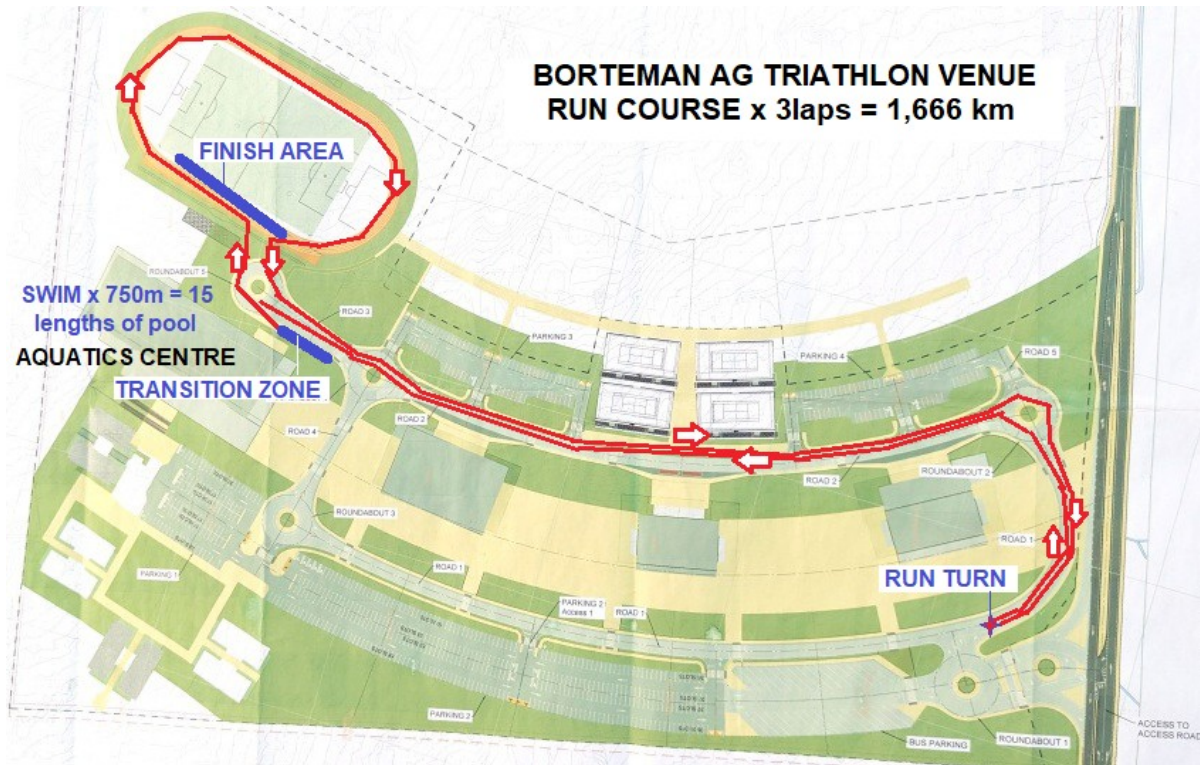
It is a narrow course when using the section of road outside of the complex.

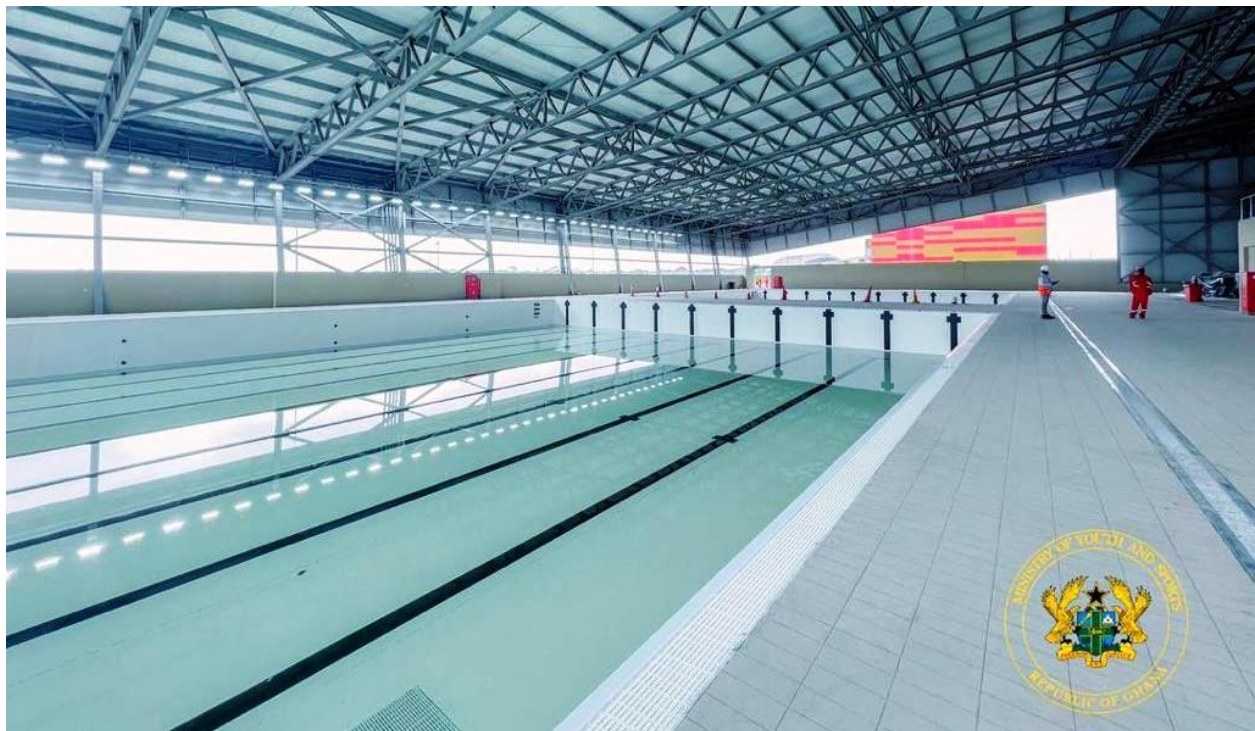
THE RUN COURSE DESCRIPTION

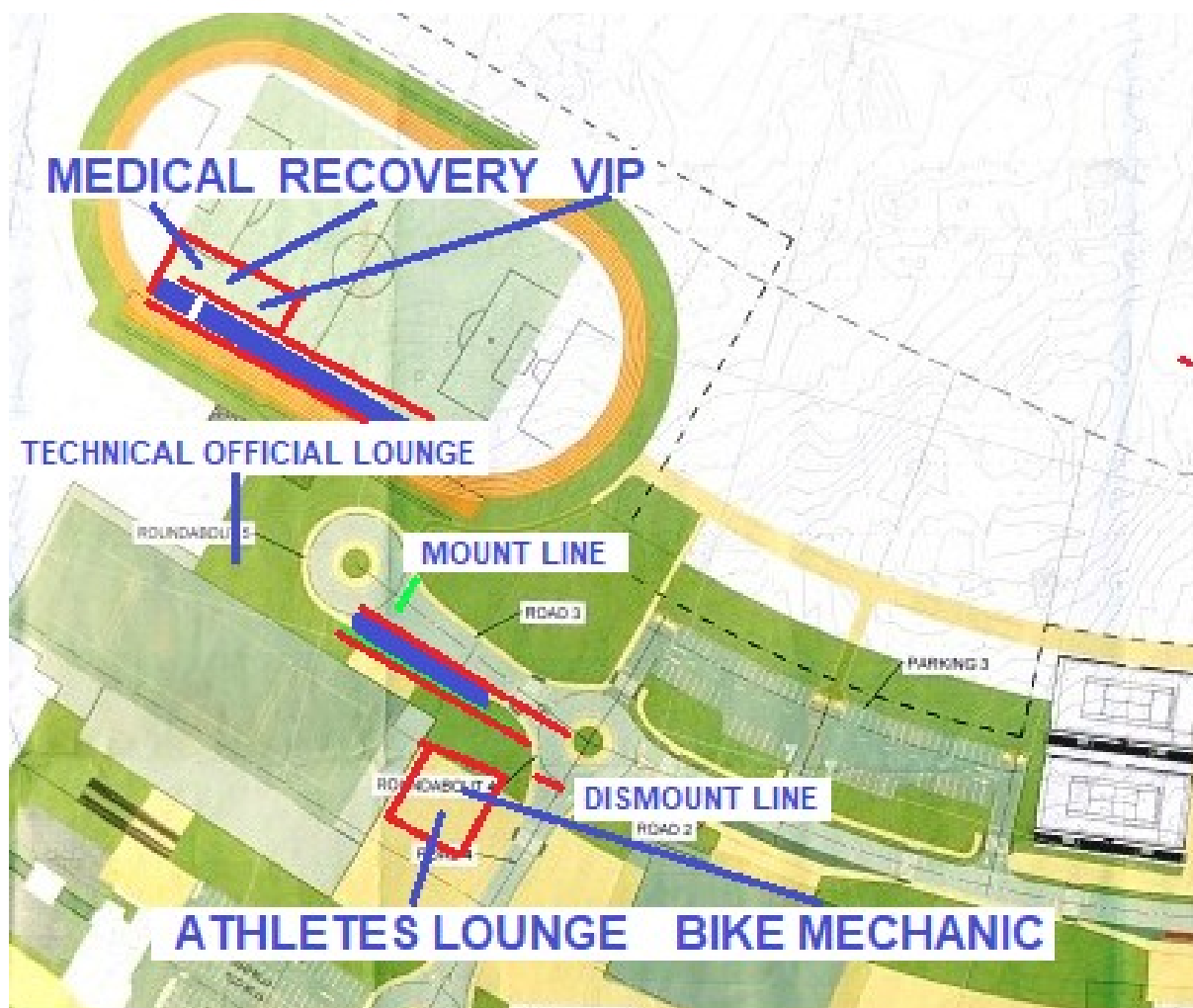
The run course has an incline per lap and is an out and back course.

Each lap uses the athletics track as part of the lap and the finish chute is situated on this track.

See the map below for aid station sites (2 per lap) and also for the penalty box.







KEY NOTES

- All entries for this event need to go through each respective Country National Olympic Committee. They do NOT go through World Triathlon ENTRIES.
- All accommodation and travel arrangements for athletes and coaches are the responsibility of each respective NOC.
- Each representative athlete must wear the tri-suit as approved by World Triathlon but with the relative Africa Games & NOC logo as stipulated by each NOC and the AG uniform criteria.
- Each athlete must supply their own Country or NOC swim cap as stipulated as above.
- The swimming pool swim is unlikely to reach temperatures that require the use of a wetsuit as it is covered and the climate is hot and humid in Accra. The aquatics competitions will have just been completed.
- Expect average temperatures of maximum 32C and minimum 25C. However real feel is expected to be more like 37C maximum with a maximum UV rating of 11. Being a coastal city the humidity will be naturally high.

TRAINING FACILITIES

It will be unlikely that the complex will be suitable for training based on the competition schedule (for aquatics in the main). The Athletes Village at the University of Ghana has a 50m swimming pool on site and the new AG athletics venue is there as well which also features a warm-up track. Cycling should be done with caution in Accra and probably best to utilise the University Campus for this means. The road network within the Campus is by and large good and does feature a significant incline. Road running using the Campus grounds/roads will be totally safe for this means as well.

All enquiries and central communication to please be directed to:



Rick Fulton
African Continental Coordinator

+263 772 573534

EMAIL: rick.fulton@afrika.triathlon.org



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