



Africa Triathlon
Cup
YASMINE HAMMAMET
2024



Athlete Guide

2024 Africa Triathlon Cup



Yasmine Hammamet, Tunisia



04 May, 2024



World
Triathlon

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2024 Africa Triathlon Cup



Africa Triathlon
Zonne1 Championship
YASMINE HAMMAMET
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2024 Africa Triathlon Regional Championship Zone 5



04 May, 2024
Yasmine Hammamet,
Tunisia



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GENERAL INFORMATION

Introduction:

The purpose of the Athlete's Guide is to ensure all athletes, coaches and team leaders are well informed about all procedures concerning the event. The LOC ensures the information contained in this guide is correct and up-to-date as of the production date. However, athletes, coaches and team leaders are advised to check with the event office or official website regarding any changes in information included in this guide





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Registration and payment

Friday 03 May 2024

Location: Hotel Conference Room

Time

11:00 to 17:00 Payment

17:00 to 18:00 Registration



For registration and payment of the AGE GROUPS Race, please contact Mr General Secretary :

Email: yasminehammamettri2024@gmail.com

generalsecretary@fttri.com



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KEY CONTACTS



<u>Post</u>	<u>Name</u>	<u>email</u>	<u>Phone</u>	<u>WhatsApp</u>
President	Sabeur Gharbi	gharbi.sabeur@gmail.com	+21658580781	+21624448860
General Secretary	Hatem Ghazouani	ghazouani_tem@yahoo.fr	+21658580782	+21628681740
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KEY CONTACTS

EMERGENCY CONTACTS

International Emergency
Emergency Doctor
Police
Firefighters

Country

Cost worldwide
Tunisia
Tunisia
Tunisia

Number

112
190
197
198

Facebook
Instagram
Youtube
Twiter

Page

Triathlon.Tunisie
TunisiaTriathlon
TunisiaTriathlon
TunisiaTriathlon

Link

<https://www.facebook.com/triathlon.tunisie/>
<https://www.instagram.com/tunisiatriathlon/>
<https://www.youtube.com/@TunisiaTriathlon>
<https://twitter.com/TriathlonT20289>



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Familiarization/ Briefing

Friday 03 May 2024

10:00 to 11:00

Swim familiarization

Venue

11:30 to 12:30

Bike/Run familiarization

Venue

18:00 to 19:00

**Athletes briefing ELITE
Juniors Packet Collection**

**Hotel Conference
Room**



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Competition Schedule

Saturday 04 May 2024

Junior Men and Women

06:20	NATIONAL ANTHEM	OPEN CEROMENY	Venue
06:30	JUNIOR MEN	TRANSITION ZONE OPENS	Venue
06:50	JUNIOR MEN	ATHLETES INTRODUCTION	Venue
07:00	JUNIOR MEN	START RACE	Venue
07:30	JUNIOR WO MEN	TRANSITION ZONE OPENS	Venue
07:50	JUNIOR WO MEN	ATHLETES INTRODUCTION	Venue
08:00	JUNIOR MEN	START RACE	Venue
13:30	JUNIOR AFRICA TRIATHLON CUP	MEDAL CEREMONY MEN & WOMEN	Venue



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Competition Schedule

Saturday 04 May 2024

ELITE WOMEN

09:30	ELITE WOMEN	TRANSITION ZONE OPENS	Venue
09:50	ELITE WOMEN	ATHLETES INTRODUCTION	Venue
10:00	ELITE WOMEN	START RACE	Venue
11:00	ELITE/U23 MEN	TRANSITION ZONE OPENS	Venue
11:20	ELITE/U23 MEN	ATHLETES INTRODUCTION	Venue
11:30	ELITE MEN	START RACE	Venue
13:10	ELITE AFRICA TRIATHLON CUP	MEDAL CEREMONY MEN & WOMEN	Venue



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Competition Schedule

Saturday 04 May 2024

Elite Men /Women Regional Championship Zone 5

12:30	Elite WOMEN	ATHLETES INTRODUCTION	Venue
12:50	Elite WOMEN	TRANSITION ZONE OPENS	Venue
13:00	Elite WOMEN	START RACE	Venue
12:40	Elite MEN	ATHLETES INTRODUCTION	Venue
12:55	Elite MEN	TRANSITION ZONE OPENS	Venue
13:05	Elite MEN	START RACE	Venue
14.30	Elite- Men/ Women	MEDAL CEREMONY MEN & WOMEN	Venue



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Competition Schedule

Saturday 04 May 2024

AGE GROUPS MEN AND WOMEN

13.00	AGE GROUPS	TRANSITION ZONE OPENS	Venue
13.10	AGE GROUPS	ATHLETES INTRODUCTION	Venue
13.30	AGE GROUPS	START RACE	Venue
15:00	AGE GROUPS	MEDAL CEREMONY MEN & WOMEN	Venue



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Hammamet

Host City : Hammamet, Tunisia

Thanks to its beaches it is a popular destination for swimming and water sports. It is the first tourist destination in Tunisia. It is located in the south east of the northern peninsula of Cap Bon in the Governorate of Nabeul, on the northern edge of the Gulf of Hammamet.



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Yasmine
Hammamet

Host City : Hammamet, Tunisia

Approximately 60 Km to the Capital, the number of inhabitants is about 100,000.

It is particularly known for jasmine. All over Hammamet, souvenirs made of jasmine can be found



- Air Temperature :23°C - 27°C
- Water Temperature : 19°C
- Hours of Sunshine : 13 hrs
- Rain days : 4 days
- Rainfall : 16 mm



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Hammamet's main beach of soft, white sand stretches southwest from the medina to the Hammamet Marina, lined by family-friendly beach resorts along the way, most of which have claimed their own private patches of sand.



HAMMAMET CULTURAL CENTER (VILLA SEBASTIAN)

George Sebastian, a wealthy Romanian who was the first of many wealthy Europeans to settle in Hammamet during the early 20th century, built the structure in the 1920s. It's open daily for visitors to walk through and admire the architecture, as well as visit the small contemporary art exhibitions held on site



HAMMAMET KASBAHThe 13th-century Kasbah of Hammamet isn't as well preserved or impressive as the Kasbah of Sousse, but it is still worth visiting, particularly if you're looking for a side of history to complement your beachtime. There is an interesting museum inside that explains Hammamet's colorful pirate lair history.



EXPLORE THE TOWN OF NABEUL

Nabeul, 10 kilometers north of Hammamet, is the Cap Bon Peninsula's largest town, edged by a long sandy beach extending around the Gulf of Hammamet.

Surrounded by intensively cultivated agricultural land, the town's Friday market is a bustle of fresh produce and local action that photographers will love.





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**Soh Yasmine
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Venue



MAP LEGEND مفتاح الخريطة

• Beach way		• طريق الشاطئ
• Start line		• خط البداية
• Swim		• مضمار السباحة
• Turning point		• نقطة دوران
• Transition area		• منطقة انتقالية
• Mount line		• خط الصعود
• Bike		• مضمار الدراجات
• Dismount line		• خط النزول
• Run		• مضمار العدو
• Finish line		• خط الوصول
• Aid Station		• محطة مساعدة
• Penalty Box		• منطقة الجزاء
• VIP area		• منطقة ضيوف الشرف



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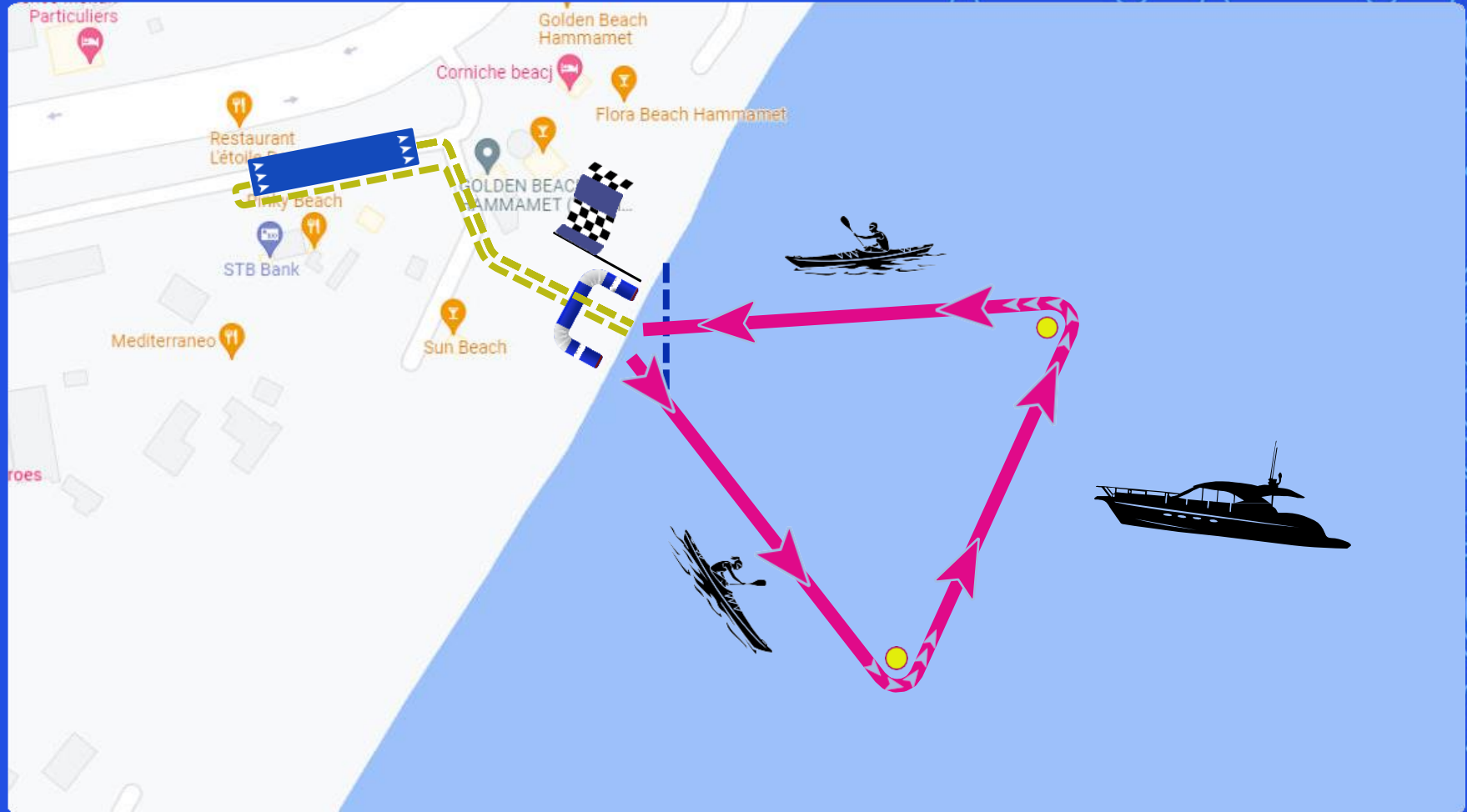
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SWIM



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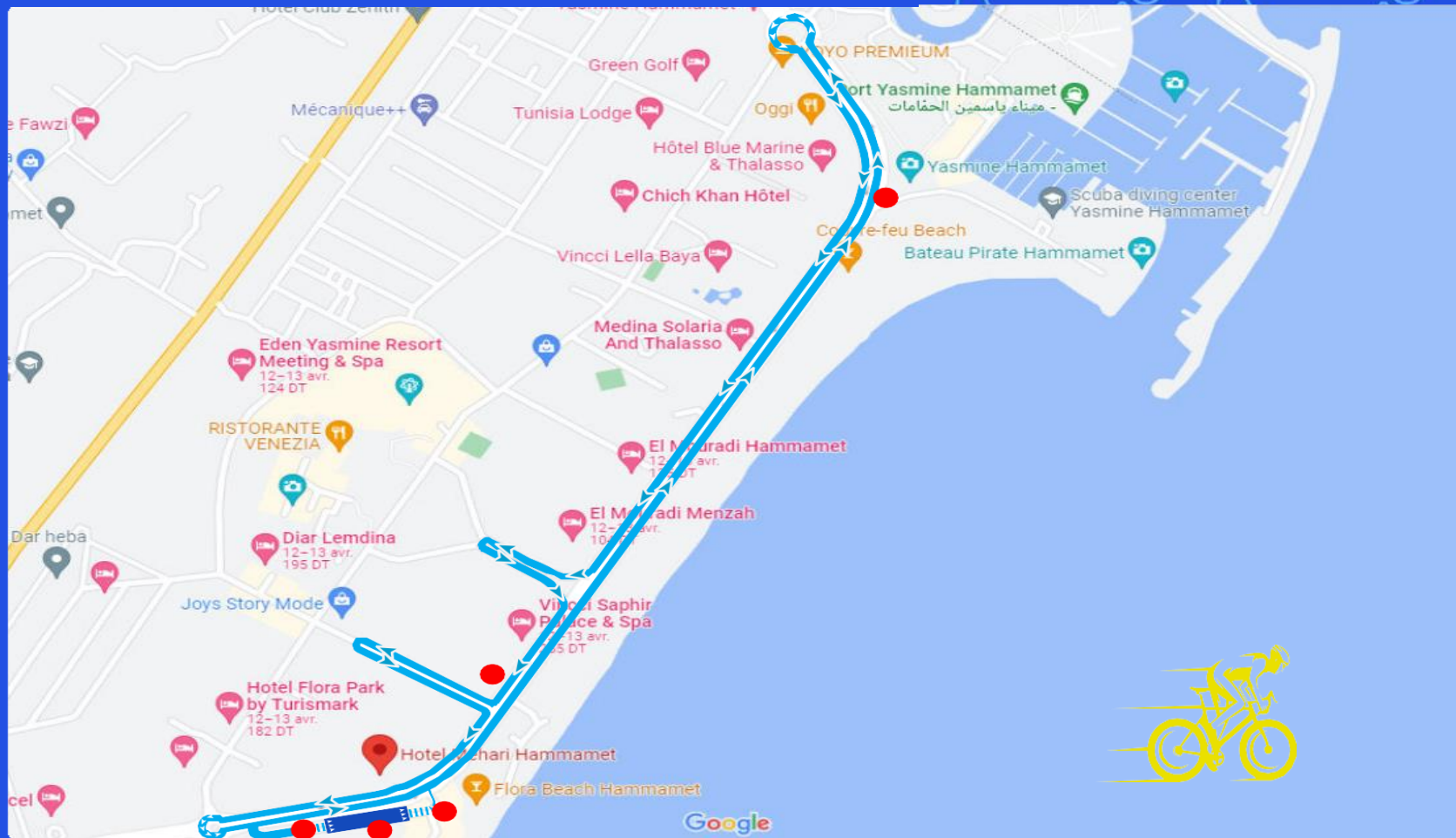
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BIKE



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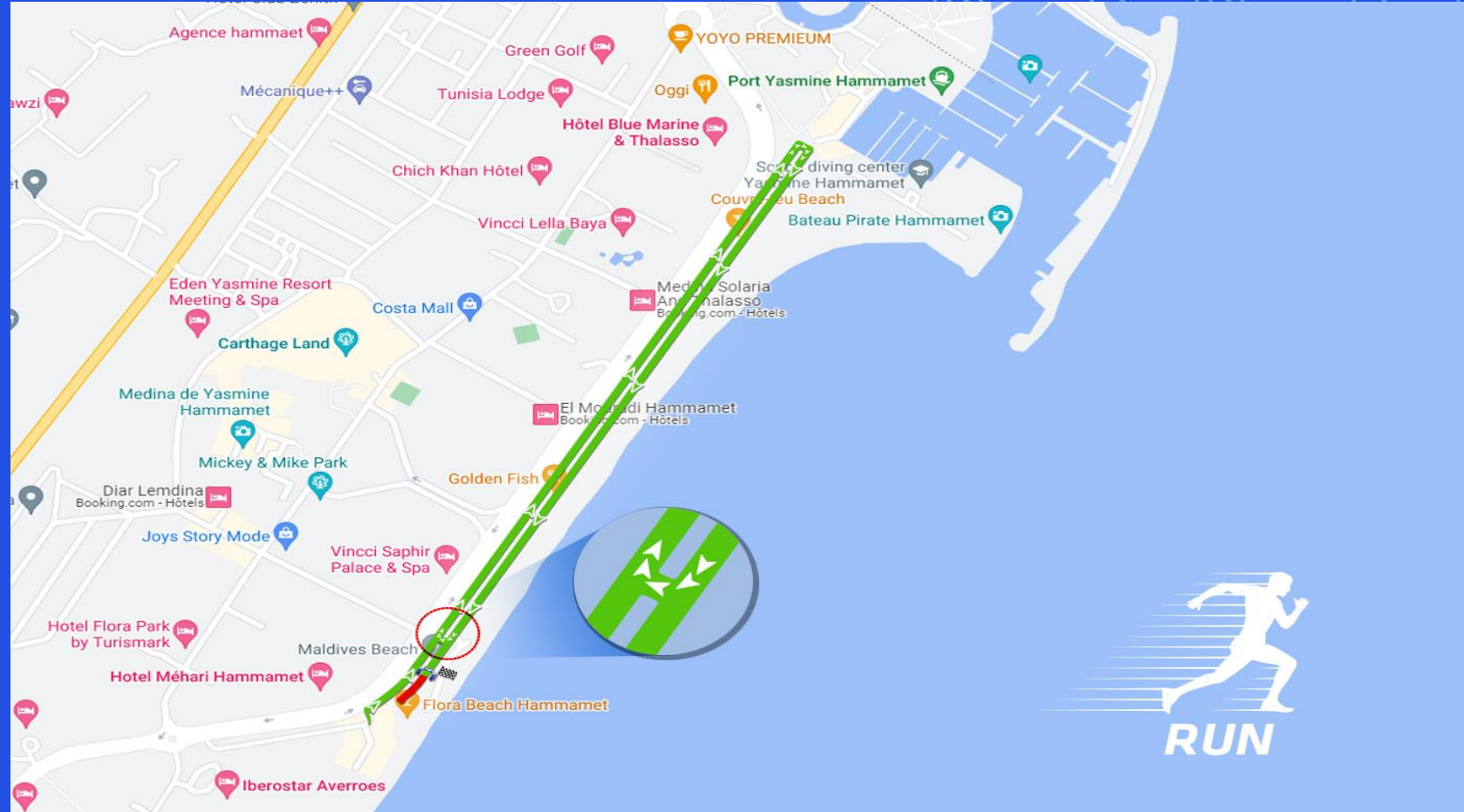
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RUN



RUN



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Elite - U23 – Junior Age group Courses



Swim 750m (1 lap of 750m)



Bike 20 km (5 laps of 4000m)



Run 5km (2 laps of 2.5km)



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Age groups Category Men and Women

16-19 AG

20-24 AG

25-29 AG

30-34 AG

35-39 AG

40-44 AG

45-49 AG



50-54 AG

55-59 AG

60-64 AG

65-69 AG

70-74 AG

75-79 AG

80-84 AG

85-89 AG





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Entry Fee:

Junior: 100 €

Elite: 100 €

Age Groupe: 100 €

CASH payable at Registration.

-Junior, Elite, entries must be made through NF and WT Entries System
For the Registration for the age group race entries must be made
through event Website,

[2024 Yasmine Hammamet Africa Triathlon Cup \(myevents.tn\)](https://myevents.tn)



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Prize money distribution

Elite Men & Women (Africa Triathlon Cup)

Rank	Men	Women
1 st Place	750 USD	750 USD
2 nd Place	450 USD	450 USD
3 rd Place	300 USD	300 USD



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Athlete's Services

TRAINING FACILITIES

SWIM- Saturday 04th of November – from 10H00-11H00 with water safety in place

BIKE - Saturday 04th of November –from 11H30-12H30 - Escorted with road closure. Any other time at your own risk

RUN *Running around venue at any time.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be on-site during the race. The Medical Delegate will be on call at the Host Hotel. Medical personnel will be available throughout the race and ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatments in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance

BIKE MECHANICAL SERVICE

Bikes will be transported in convoy with the Athlete Bus in secure, closed trucks from the International Airport to the Host hotel.

Please ensure that your bike has been serviced and in good working order prior to departure from your home country. Bring with you, all specific items required for your bikes should these be unavailable in the city as there is NO BIKE SHOP available in the area.

A LIMITED selection of spares and equipment will be available from our Bike Mechanical partners who will be on site at the Host hotel to assist with any minor adjustments or repairs that might be necessary after air travel.

Bikes and bike bags/cases can be stored in the Special Room at the Host hotel free of charge. Please ensure that all bike bags/cases are clearly labelled with your name.



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Athlete's Services

COMPETITION RULES

The event will follow the latest published Competitions Rules of the World Triathlon.

ATHLETE'S BRIEFING

The athletes briefing will be live and delivered by the Technical Delegate.

The briefing will then be available via a link on the World Triathlon and Triathlon website event pages

SWIMCAPS AND TIMING CHIPS

Just after the briefing the athletes will be given numbered swim cap and a timing chip, to be worn on the athletes' ankle

RESULTS

Results will be uploaded on to the World Triathlon official website www.triathlon.org. All the Results information will be displayed on the Notice Board at the venue.



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ACCREDITATION

The LOC will provide official Accreditation Cards to all the Organizing Committee Members, World Triathlon Technical Officials, VIPs, Media, technical staff, volunteers, etc.

Accreditations will be distributed on Friday 31st March 2023 at the LOC Office

All those accredited are requested to carry their Accreditation Cards with them at all times, and to show them upon request.

VIPS: All VIPS, Sponsors and specific sponsor guests will be issued with Accreditation Passes which allows entry into the specified VIP Zone. No entry will be permitted without accreditation.

COACHES - All coaches must be entered through the World Triathlon System by their National Federation. Accreditation Cards will be issued by the LOC Administration.

MEDIA - All media personnel will be required to register with the LOC who will issue Accreditation Cards. Press Conferences will be held at specific times, Media Personnel are requested to adhere to the schedule.



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Host Hotel

The Mahari Hotel Yasmine Hammamet will be the hotel for the registration



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Travel and Accommodation

LOC provided all participants with optional offers of transportation and accommodation to benefit from an interesting and complete package, all reservations can be made through the Tunisian Federation, (All Inclusive accommodation, Airport Transport, Bike transport, Assistance and support from arrival to departure, attending the opening and closing ceremony ...)



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Transfer and Transportation

International Airports The closest to Yasmine Hammamet:

*Tunis Carthage Airport: 74 km - 56 min drive.

*Enfidha Airport: 48 km - 40 min drive.

Reception and assistance in both the airport and the hotel.

Transportation for participants and their bikes and luggage will be available from

Tunis Carthage Airport To Yasmine Hammamet.

Local Transport Reservations can be made through the Tunisian Federation.



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Transportation fees

The Travel from the Airport to the Host Hotel prices will be as follows:

- The Host Hotel One way transfer from Tunis Carthage International Airport fee is 20 Euro per person excluding bike / and 50 Euro with bike.(one way Transfer fee person+bike = 50 Euro).
- The Host Hotel One way transfer from Enfidha Airport fee is 20 Euro per person excluding bike / and 50 Euro with bike.(one way Transfer fee person+bike = 50 Euro),

Tunisian Federation, in order to benefit from interesting an complete package, all-inclusive accommodation, attendance of the opening and closing ceremony ...).

Local Transport Reservations can be made through the Tunisian Federation.



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Accommodation

The Mehari Hotel which is a 5 stars property located in Yasmine Hammamet, will be the Official hotel for participating athletes as well as coaches and official delegations.

We have pleasure in quoting the Hotel room tariff as under:

- **Fees is (80 €) for double room per night per person with 03 meals**
- **Fees is (100 €) for single room per night per person with 03 meals,**

all reservations must be processed through the Tunisian Federation



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VISA REQUIREMENTS

It is the athlete's responsibility to check if a VISA is required for entry into Tunisia.

Visas should be obtained WELL IN ADVANCE of your departure from your home country.

Check to establish if you can apply ONLINE or if you have to submit documents to the Embassy on your home country. THIS IS IMPERATIVE IN ORDER TO AVOID DELAYS ON ARRIVAL AT Tunisia INTERNATIONAL AIRPORT AND SUBSEQUENT TRANSFER TO YOUR HOST HOTEL

IF YOU ARE IN ANY DOUBT, PLEASE CONTACT THE LOC FOR CLARIFICATION.

Contact LOC / Athlete Liaison for a Letter of Invitation AND Letter of Support for Visa Applications if required



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Videos links memories

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https://youtu.be/3qRFA_Y8SvE?si=2AL5NiOAspDva8Fq

https://www.youtube.com/watch?v=VcAK698EYrY&ab_channel=TunisiaTriathlon

2022

<https://youtu.be/3bzTNCZavU0>

<https://fb.watch/jgfzC6E-19/>

<https://fb.watch/jgfDmkKuLU/>

<https://fb.watch/jgfFdXmGdU/>

<https://www.youtube.com/watch?v=PSmUwuJGPDM&fbclid=IwAR2Bk>

[fnlA4_knn03MFi83_iwEJ5vsiHzixsz7E_rn3i5fdKDO8RGq6f2Xoc](https://www.youtube.com/watch?v=fnlA4_knn03MFi83_iwEJ5vsiHzixsz7E_rn3i5fdKDO8RGq6f2Xoc)

<https://fb.watch/jdlt8Qcg2p/>

<https://fb.watch/jdISJWRvGM/>

2021

<https://www.facebook.com/triathlon.tunisie/videos/225417979145185>

<https://www.facebook.com/triathlon.tunisie/videos/252544469961348>

<https://www.facebook.com/triathlon.tunisie/videos/142288327950796>

<https://www.facebook.com/triathlon.tunisie/videos/3974032672682483>





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Memories



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Memories



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