



Africa  
Triathlon  
Cup

Africa Triathlon  
Cup  
LES BERGES DU LAC  
2023



TUNISIA  
TRIATHLON

# Athlete Guide

2023 Africa Triathlon Cup  
Les Berges du Lac - Tunis

- 2023 Africa Triathlon Cup Les Berges du Lac - Tunis
- 2023 Africa Triathlon Junior Cup Les Berges du Lac - Tunis



World  
Triathlon

Be your extraordinary



Africa Triathlon  
Cup  
LES BERGES DU LAC  
2023



## Sunday, 05th of November 2023

2023 Africa Triathlon Cup les berges du lac Tunis

2023 Africa Triathlon Junior Cup les berges du lac Tunis



Be your extraordinary





# Table of Contents

<b>GENERAL INFORMATION</b>	<b>4</b>
• Introduction	4
• Registration and payment	4
<b>KEY CONTACTS</b>	<b>5</b>
• World Triathlon Organization Contacts	5
• Emergency Contacts	5
• Social Medias	5
<b>COMPETITION SCHEDULE</b>	<b>6</b>
<i>Please always check the current schedule on the website as details are subject to change.</i>	
• Juniors, Elite/U23 and Age Groups competition shedule	6
<b>HOST CITY INFORMATIONS</b>	<b>6</b>
• Lac, Tunisia	7
• Tunis, Tunisia	7
<b>HOST CITY ATTRACTIONS</b>	<b>8</b>
<b>VENUE</b>	<b>9</b>
• Swim Course	10
• Bike Course	11
• Run Course	12
<b>JUNIOR, ELITE/U13 and AGE GROUPS COURSES</b>	<b>13</b>
<b>AGE GROUPS CATEGORYS</b>	<b>13</b>
<b>PRIZE MONEY DISTRIBUTION</b>	<b>14</b>
• Elite Men & Women	14
<b>ENTRY FEE</b>	<b>14</b>
<b>ATHLETE'S SERVICES</b>	<b>15</b>
• Training Facilities	15
• Medical Services	15
• Bike Mechanical Service	15
• Competition Rules	15
• Athlete's Briefing	15
• Swim Caps and Timing Chips	15
• Results	15
• Protest & Appeals	15
• Accreditation	16
<b>TRAVEL AND ACCOMMODATION</b>	<b>17</b>
• Transfer and Transportation	17
• Transportation fees	17
<b>HOST HOTELS</b>	<b>18</b>
• Accommodation options	18
<b>VISA REQUIREMENTS</b>	<b>19</b>
<b>MEMORIES PREVIOUS AFRICAINS TRIARHLON CUP'S</b>	<b>20</b>
• Videos	20
• Photos	21



# 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.

## Registration and payment

Location: **Hotel Conference Room**

Category	Date	Time
JUNIOR, ELITE/U23	Saturday 4th of November	10:00 to 17:00 Payment
JUNIOR, ELITE/U23	Saturday 4th of November	17:00 to 18:00 Registration

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

**Email:** [triatunisialac2023@gmail.com](mailto:triatunisialac2023@gmail.com)

**General Secretary**

**WhatsApp:** +21628681740

**Mobile :** +216 58580782

**Tel/Fax :** +216 70 840349



# Key Contacts

World Triathlon	Name	Email	Mobile
<b>TECHNICAL DELEGATE</b>	Mr. Jan Sterk(RSA)	JanS@couzyn.co.za	

## LOC / NATIONAL FEDERATION

<b>PRESIDENT</b>	MR. SABER GHARBI	gharbi.sabeur@gmail.com	+216 58 58 07 81
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	MRS OURJOUANE SASSI	Sorjouane@gmail.com	+216 98 47 13 61

EMERGENCY CONTACTS	Country	Number
<b>International emergency</b>	Cost worldwide	112
<b>Emergency doctor</b>	Tunisia	190
<b>Police</b>	Tunisia	197
<b>Firefighters</b>	Tunisia	198

SOCIAL MEDIA	Page	Link
<b>Facebook</b>	Triathlon.Tunisie	<a href="https://www.facebook.com/triathlon.tunisie/">https://www.facebook.com/triathlon.tunisie/</a>
<b>Instagram</b>	TunisiaTriathlon	<a href="https://www.instagram.com/tunisiatriathlon/">https://www.instagram.com/tunisiatriathlon/</a>
<b>Youtube</b>	TunisiaTriathlon	<a href="https://www.youtube.com/@TunisiaTriathlon">https://www.youtube.com/@TunisiaTriathlon</a>
<b>Twitter</b>	TunisiaTriathlon	<a href="https://twitter.com/TriathlonT20289">https://twitter.com/TriathlonT20289</a>



# Competition Schedule

## JUNIORS, ELITE/U23 and AGE GROUPS COMPETITION SCHEDULE

Please always check the current schedule on the website or the facebook page as details are subject to change

### Saturday 04th of November, 2023

Time	Category	Location
08:00	Latest arrival day for visiting International Athletes at the Airport and transfer for Host Hotel.	
10:00 to 11:00	Swim familiarization	Venue
11:30 to 12:30	Bike/Run familiarization	Venue
18:00 to 18:45	Athletes briefing ELITE/U23 Packet Collection	Hotel Conference Room

### Sunday 05th of November, 2023

Time	Category	Location	
06:20	NATIONAL ANTHEM	OPEN CEROMENY	
06:30	JUNIOR WOMEN	TRANSITION ZONE OPENS	Location
06:50	JUNIOR WOMEN	ATHLETES INTRODUCTION	Venue
07:00	JUNIOR WOMEN	START RACE	Venue
08:00	JUNIOR MEN	TRANSITION ZONE OPENS	Venue
08:20	JUNIOR MEN	ATHLETES INTRODUCTION	Venue
08:30	JUNIOR MEN	START RACE	Venue
09:30	ELITE/U23 WOMEN	TRANSITION ZONE OPENS	Venue
09:50	ELITE/U23 WOMEN	ATHLETES INTRODUCTION	Venue
10:00	ELITE/U23 WOMEN	START RACE	Venue
11:00	ELITE/U23 MEN	TRANSITION ZONE OPENS	Venue
11:20	ELITE/U23 MEN	ATHLETES INTRODUCTION	Venue
11:30	ELITE/U23 MEN	START RACE	Venue
12:20	AGE GROUPS MEN AND WOEN	TRANSITION ZONE OPENS	Venue
12:50	AGE GROUPS MEN AND WOEN	ATHLETES INTRODUCTION	Venue
13:00	AGE GROUPS MEN AND WOEN	START RACE	Venue
13:00	JUNIOR AFRICA TRIATHLON CUP	MEDAL CEREMONY   MEN & WOMEN	Venue
13:15	JUNIOR OPEN INTERNATIONAL TRIATHLON CUP	MEDAL CEREMONY   MEN & WOMEN	Venue
13:30	U23 AFRICA TRIATHLON CUP	MEDAL CEREMONY   MEN & WOMEN	Venue
13:45	ELITE AFRICA TRIATHLON CUP	MEDAL CEREMONY   MEN & WOMEN	Venue
14:00	ELITE OPEN INTERNATIONAL TRIATHLON CUP	MEDAL CEREMONY   MEN & WOMEN	Venue
14:30	AGE GROUPS	MEDAL CEREMONY   MEN & WOMEN	Venue

# Host City Informations

## Tunis, Tunisia

Tunis is the huge capital of Tunisia, a country in North Africa. It is located along Lake Tunis, just back from the Gulf of Tunis, on the Mediterranean Sea. It hosts a century-old medina and the Bardo, an archaeological museum where famous Roman mosaics are exhibited in a 15th century palace complex. The ruins of ancient Carthage, reminiscent of a park, are located in the northern districts of the city.

## Lac Tunis, Tunisia

The Lake of Tunis is a natural lagoon situated between the city of Tunis and the Mediterranean Sea. Although the lake is 37 square kilometers, it is very shallow. It was once used as the natural harbor of Tunis. The Romans considered the Tunis-Carthage connection to be vital because it gave them control over the fertile hinterland, so they constructed a dam through the lake.

Today, this dam is used as an expressway for cars and railways, connecting Tunis to the harbor, La Goulette, and the coastal cities of Carthage, Sidi Bou Said, and La Marsa. The island of Chikly, located in the northern part of the lake, used to be a Spanish stronghold and is now a nature reserve. In the 19th century, French colonial forces built a canal to cross the lake.

Over time, the lake bed has continued to rise due to sediment deposition, and efforts have been made to develop its shores for commercial, residential, and touristic purposes. The Lake of Tunis is not only an essential part of Tunisia's history but also an important economic and cultural hub for the country.

## Map Location

<https://maps.app.goo.gl/isbv5XefMmyuTXpW6>

### Other informations

#### Location

	Distance from the Capital	Approximately 05 Km
Les Berges du LAC, Tunis	Number of Inhabitants	About 2 643 695
Tunisia	Air Temperature	23.3°C - 16.5°C
	Water Temperature	20.3°C - 22°C
	Hours of Sunshine	10.9 hrs
	Humidity	60 %







# Host City Attractions

## Tunis, Attractions

Tunis is an easygoing capital city, which makes for a perfect introduction to Tunisia before setting off to explore the country further. The heart of the central city is the medina (old town), where simply strolling the squiggly alleyways is the major tourist attraction.



### WANDER AROUND MEDINA

Every respectful Arabic city has a fine medina, and Tunis is no exception. The local medina, part of the UNESCO World Heritage List since 1979, was founded in 698 around the Zitouna Mosque. Over centuries it expanded to a large area in the center of Tunis. Today it is home to around seven hundred monuments, including impressive palaces, mosques, and madrasas.

### OLD SOUK

Sure, some places are more touristy than others, but in general, this is a wonderful area to explore, not only to see all the amazing historical sites but also to get a feel of the vibrant atmosphere medinas are known for.

Medina is also the best place for souvenir shopping in Tunis – you will find most shops along Rue Jamaa Ezzitouna, connecting Place de la Victoire with the Zitouna Mosque.



### ZITOUNA MOSQUE

This is the largest and oldest mosque in Tunisia, dating back to the late 7th century, and a place of great historical, cultural, and religious importance. Many of the columns and pillars you can see are ancient and originally from nearby Carthage. The only fairly new addition to the structure is the minaret that was built in 1894.



### SIDI BOUSAID

A bit further from Carthage, on the same suburban train line, you will find another town worth visiting – Sidi Bou Said. This is one of the most charming places to visit in Tunisia, known for its traditional white-blue houses and winding lanes.

The town is made for wandering around, and with so many picturesque corners is so easy to fall in love with the place. There are also numerous cafes and restaurants where you can sit down and relax.

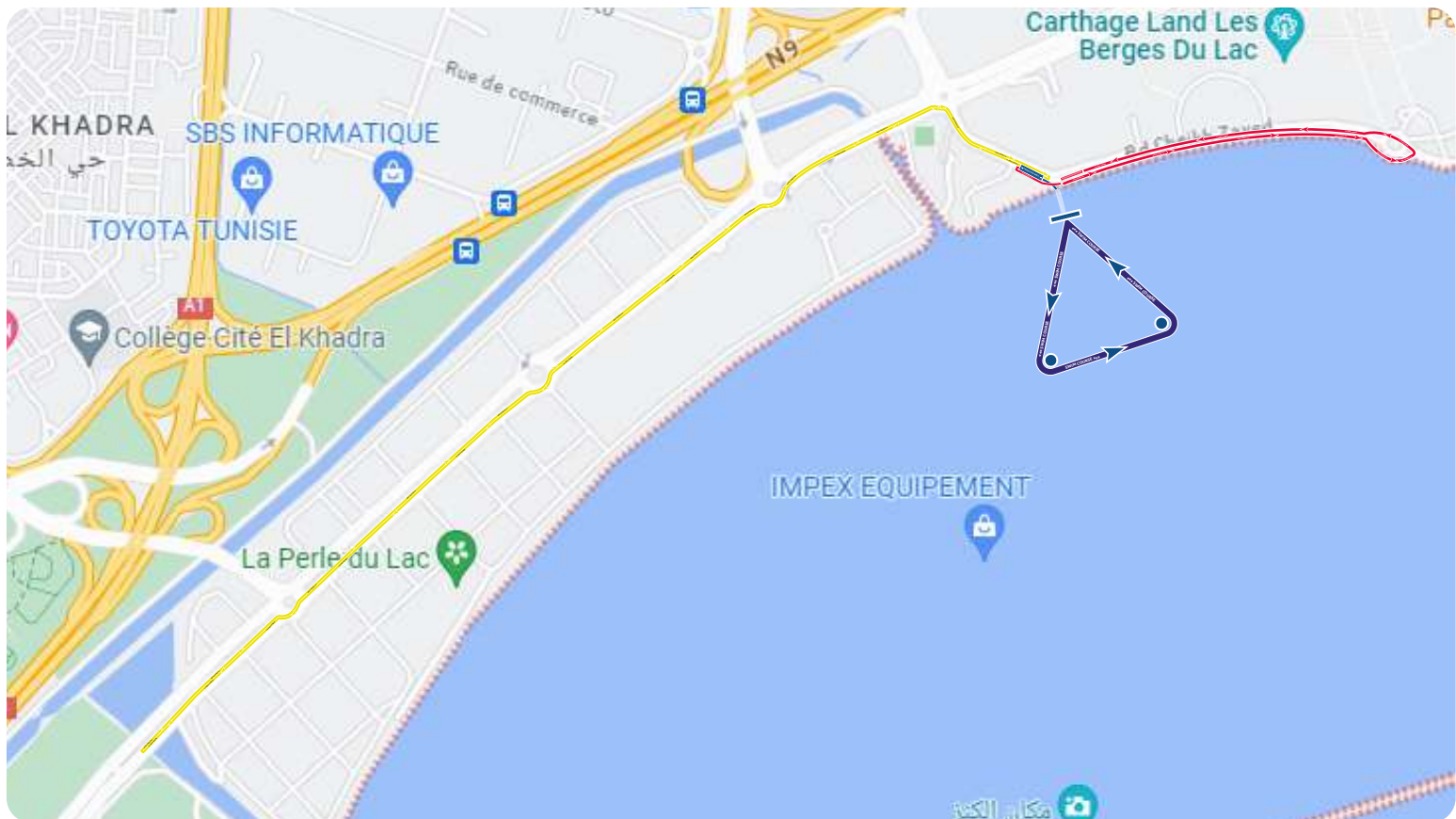


### CARTHAGE

In ancient times, Carthage – founded in the 9th century BC – was one of the most important trading centers in the Mediterranean, flourishing for years until it was destroyed in 146 BC after the Punic wars. Today this is a sleepy town just outside of Tunis, where you still can find numerous remnants of the ancient glory. There are so many ruins around, as well as other attractions, that you can easily spend the whole day exploring Carthage.



# Venue





# Venue

## Swim Course



## Swim Distance

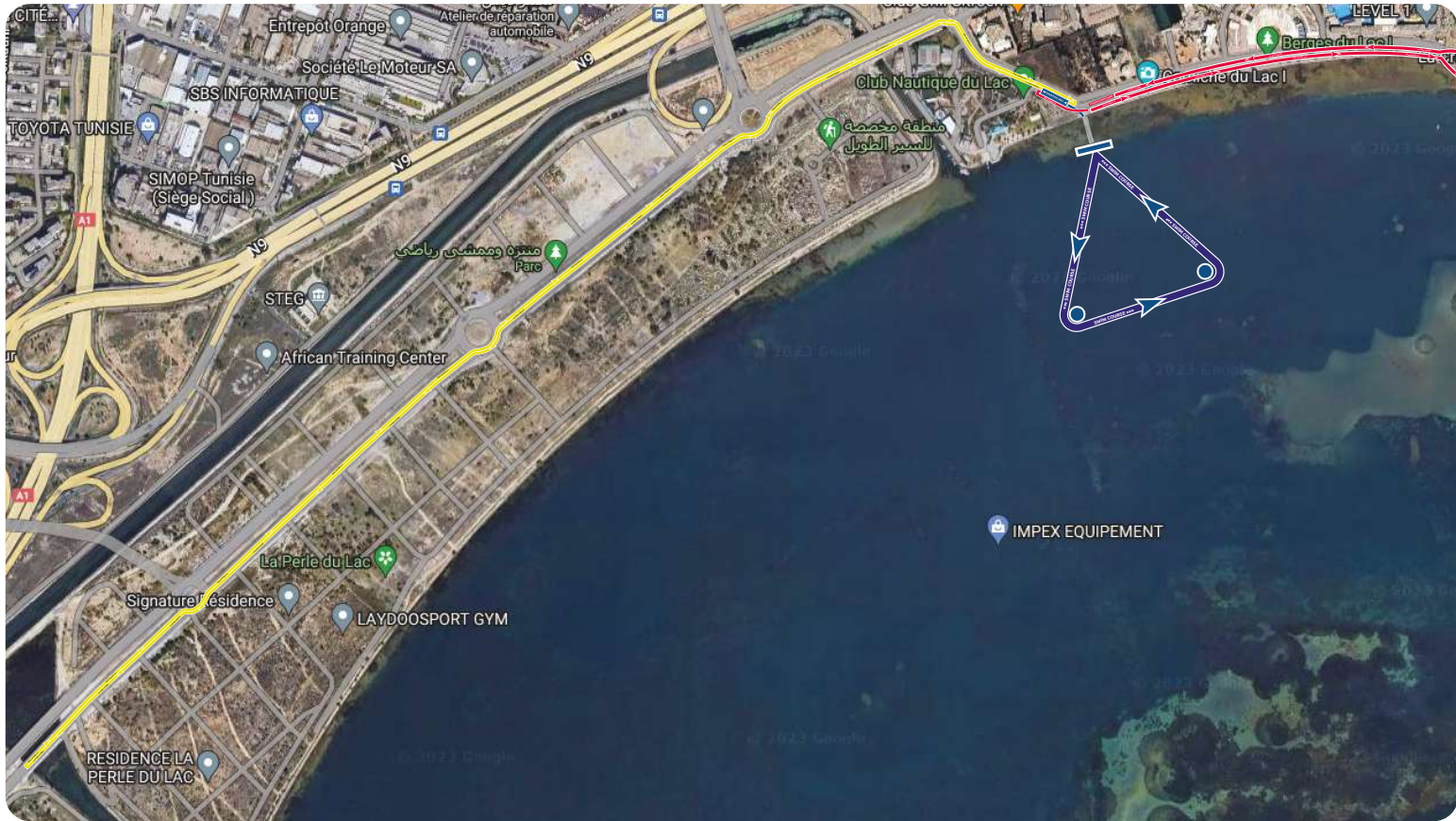
The distance is the same for all categories

Category	Distance	Laps
JUNIOR	750 m	1 Lap of 750 m
ELITE	750 m	1 Lap of 750 m
U23	750 m	1 Lap of 750 m
AGE GROUPS	750 m	1 Lap of 750 m



# Venue

## Bike Course



## Bike Distance

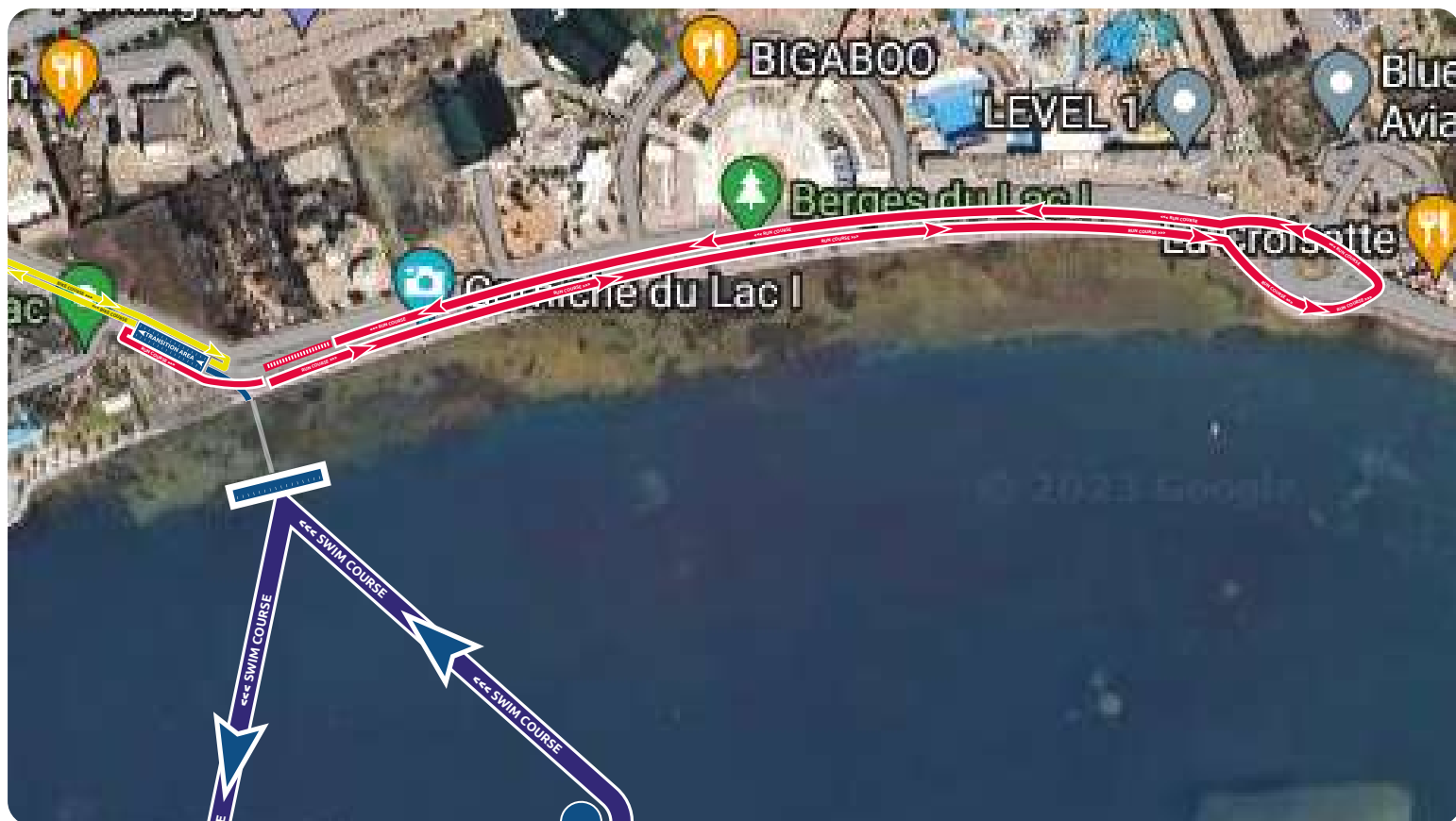
The distance is the same for all categories

Category	Distance	Laps
JUNIOR	20 km	5 Laps of 4 Km
ELITE	20 km	5 Laps of 4 Km
U23	20 km	5 Laps of 4 Km
AGE GROUPS	20 km	5 Laps of 4 Km



# Venue

## Run Course



## Run Distance

The distance is the same for all categories

Category	Distance	Laps
JUNIOR	5 km	3 Laps of 1.63 km
ELITE	5 km	3 Laps of 1.63 km
U23	5 km	3 Laps of 1.63 km
AGE GROUPS	5 km	3 Laps of 1.63 km



# Junior, Elite/U23 and Age Groups Courses

	Swim	Bike	Run
<b>Junior</b>	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (3 Laps of 1.63 km)
<b>Elite</b>	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (3 Laps of 1.63 km)
<b>U23</b>	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (3 Laps of 1.63 km)
<b>AGE GROUPS</b>	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (3 Laps of 1.63 km)



## Age groups Category

Category	16-49 AG	50-54 AG
Age group	16-19 AG	50-54 AG
	20-24 AG	60-64 AG
	25-29 AG	65-69 AG
	30-34 AG	70-74 AG
	35-39 AG	75-79 AG
	40-44 AG	80-84 AG
	45-49 AG	85-89 AG



# Prize money distribution

## Elite Men & Women

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



## Entry Fee

Category	Fee
Junior	65 USD/60 Euro
Elite	105 USD/ 100 Euro
U23	105 USD/ 100 Euro
AGE GROUPS	105 USD/ 100 Euro

### CASH payable before Registration.

- Juniors, U23 and Elite entries must be made through NF before the briefing
- For the Registration for the age groupes race entries must be made through event Website (for any information Please Contact Whatsapp 00216 28681740 Or 00971555379951) (<http://www.myevents.tn/event.php?page=info&&ref=260Vc2fb6aa8bb8db016>)



# 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.

## 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

## SWIM CAPS 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.competitions.com](http://www.competitions.com). All the Results information will be displayed on the Notice Board at the venue.

## PROTEST & APPEALS

- Standard procedures will be followed according to the World Triathlon Competition Rules.





# Athlete's Services

## 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 Saturday 04th of November 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.



# Travel and Accommodation

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

## Transfer and Transportation

- International Airports The closest to Lac Tunis, Tunisia:

**Tunis Carthage International Airport:** 05 Km.

**Enfidha - Hammamet International Airport:** 105 Km.

- Reception and assistance in both of the Airport and the Hotel.
- Transportation for participants and their bikes and luggage will be available from The Airport To the Host Hotel.

## 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 10 Euro per person excluding bike transfer and 30 Euro including one.
- The Host Hotel **One way** transfer from Enfidha Airport fee is 25 Euro per person excluding bike transfer and 50 Euro including one .
- 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.

For all your accommodation and local Transportation enquiries,

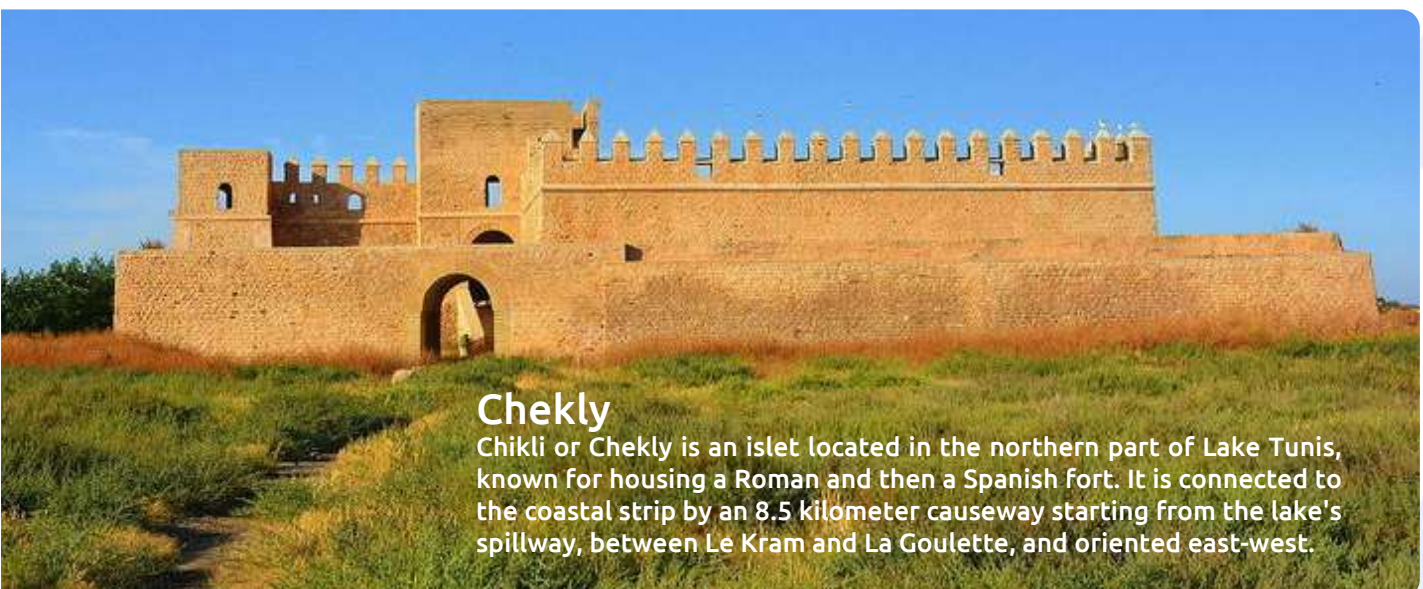
Please contact :

**Email:** [triatunisialac2023@gmail.com](mailto:triatunisialac2023@gmail.com)

**General Secretary**

**WhatsApp:** +21628681740

**Mobile :** +216 58580782 / **Tel&Fax :** +216 70 840349



### Chekly

Chikli or Chekly is an islet located in the northern part of Lake Tunis, known for housing a Roman and then a Spanish fort. It is connected to the coastal strip by an 8.5 kilometer causeway starting from the lake's spillway, between Le Kram and La Goulette, and oriented east-west.



# Host Hotels

## Accommodation options

### Hotels Informations

The **Laico Spa and Conference Centre Tunis** will be the hotel for the registration and athletes Breifing.

### Accommodation fees

The LOC provided all participants with optional offers of full board accommodations

#### Option 1 : Bacha Hotel Tunis (3 Stars)

- 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**

#### Option 2 : The Host Hotel ( Laico Hotel Tunis 5 Stars)

- Fees is (90 €) for double room **per night per person With break fast only**
- Fees is (120 €) for single room **per night per person With break fast only**

**All reservations must be processed through the Tunisian Federation**

**Note : Lunch and dinner are available in the host hotel with reservations from the federation  
Fees for 02 meals ( sport special meal for the athletes ) is 60 euros per day**





# 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



# Memories

Please visit the below videos link as well as Federation Tunisienne de Triathlon & ParaTriathlon facebook page and YouTube links where you will find memories from last years Hammamet race event

## Videos links memories from Last Africa Triathlon and Para-Triathlon Cups

### 2023

- [https://youtu.be/3qRFA\\_Y8SvE?si=2AL5NiOAspDva8Fq](https://youtu.be/3qRFA_Y8SvE?si=2AL5NiOAspDva8Fq)
- [https://www.youtube.com/watch?v=VcAK698EYrY&ab\\_channel=TunisiaTriathlon](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=IwAR2BkfnIA4knn03MFi83\\_ivwEJ5vsiHzixsz7E\\_rn3i5fdKDO8RGq6f2Xoc](https://www.youtube.com/watch?v=PSmUwuJGPDM&fbclid=IwAR2BkfnIA4knn03MFi83_ivwEJ5vsiHzixsz7E_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>
- <https://www.facebook.com/triathlon.tunisie/videos/1721235734725707>



# Memories



Let's  
experience  
Lac,  
Tunisia





 TUNISIA  
TRIATHLON