

2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024



Super Sprint Triathlon
Swim 1 Laps 400 M
Bike 2 Laps 10 K
Run 1 Laps 2.5 K



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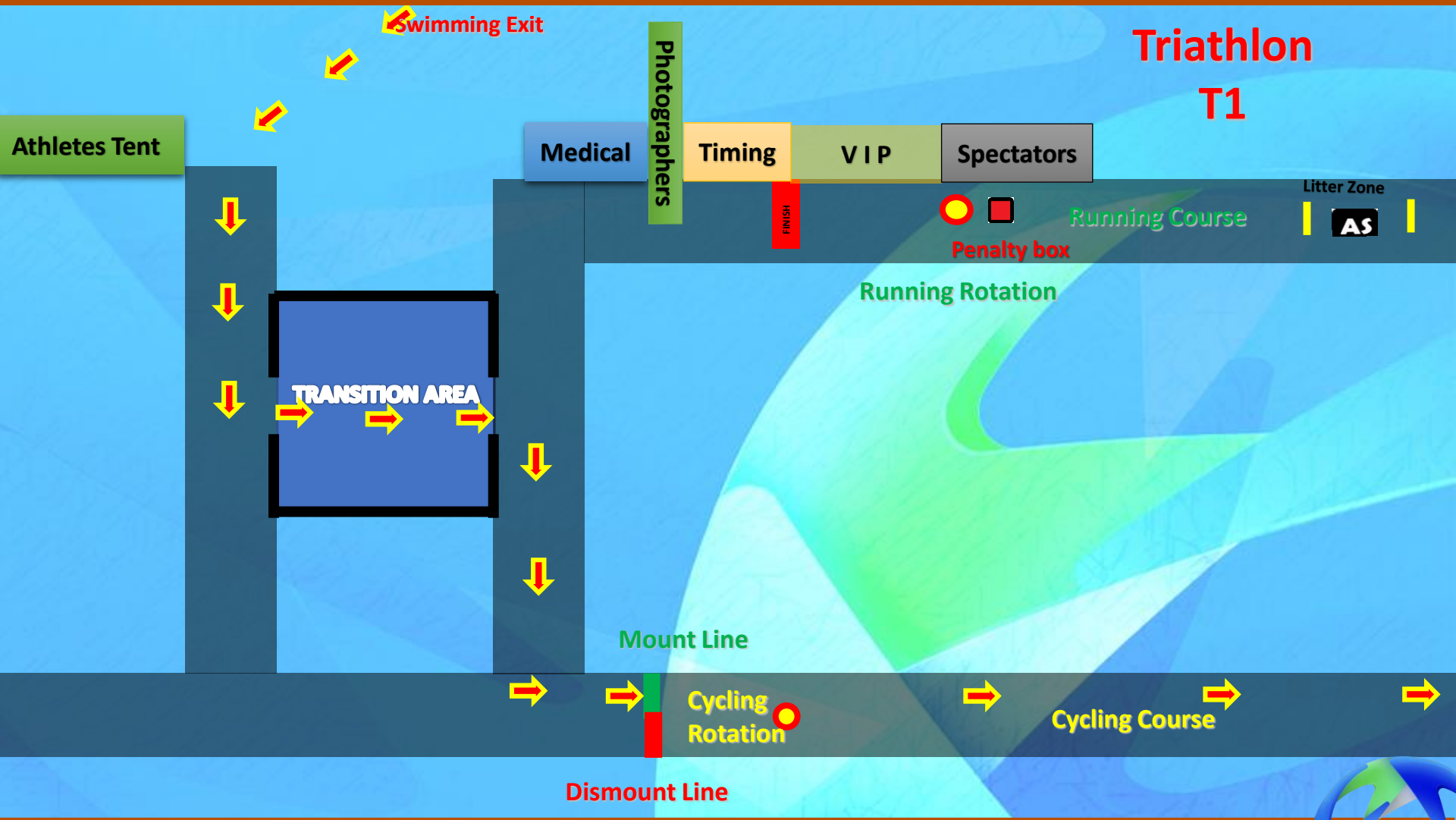


Super Sprint Triathlon
Swim 1 Laps 400 M



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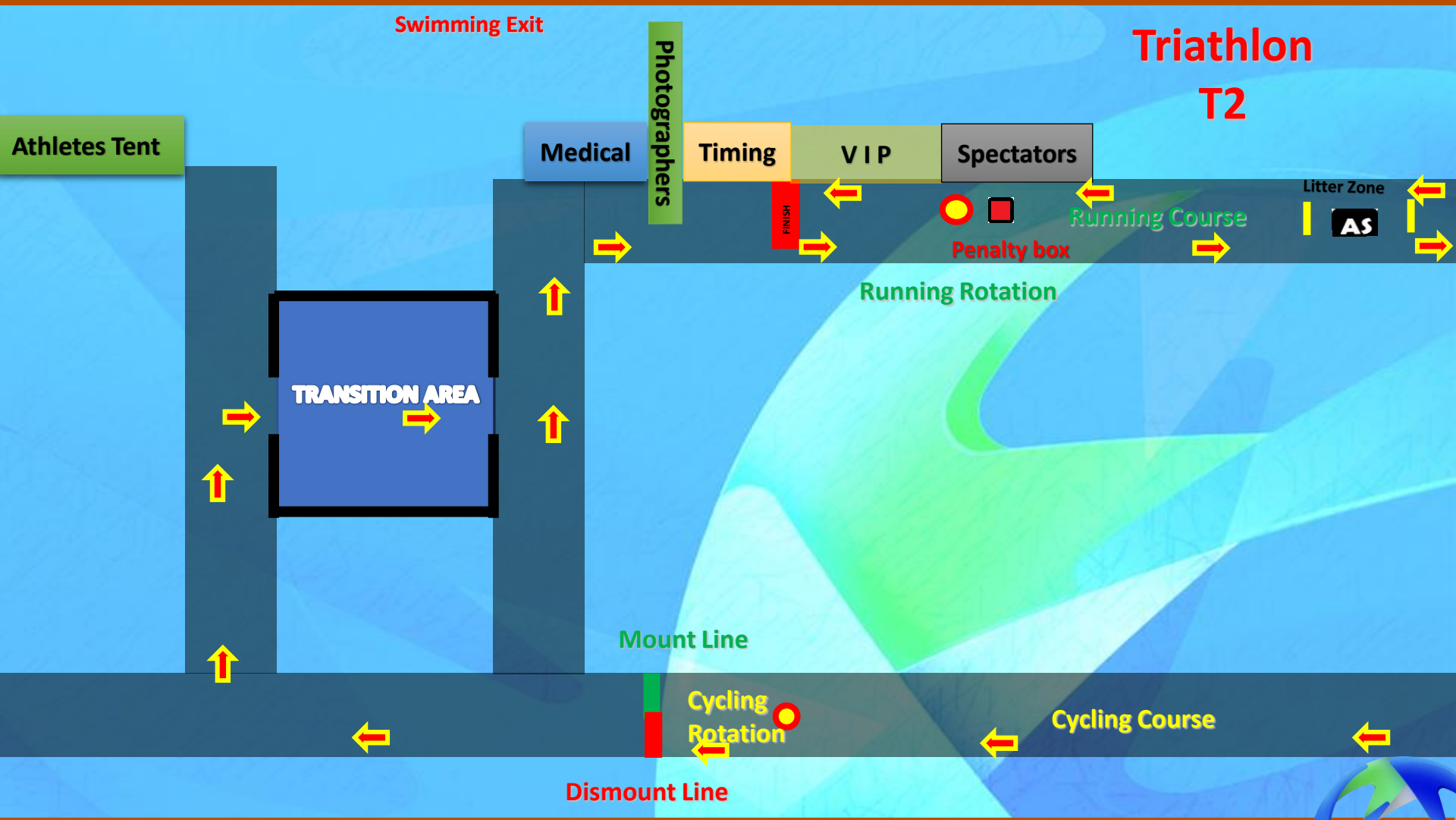


Super Sprint Triathlon
Bike 2 Laps 10 K



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Super Sprint Triathlon
Run 1 Laps 2.5 K




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Youth Triathlon



**Thursday,
April 18, 2024**

Bike Familiarization	15:30 - 16:00
Run Familiarization	16:00 - 16:30
Swim Familiarization	16:30 - 17:00
Registration	17:00 - 18:30
Athlete Briefing	18:30 - 18:45
Race Pack Collection & Uniform	18:30 - 20:00



**Friday,
April 19, 2024**

Bike Check in	05 :45- 06:25
Transition Area Open	05:45
Swim Warm up Open	06:05
Swim warm up Close	06:20
Transition Area Close	06:25
Youth Men START	06:30
Youth Women START	06:35
Medal Ceremony	12:30



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Age-Group Super Sprint Triathlon

**Thursday,
April 18, 2024**

Registration	17:00 - 18:30
Athlete Briefing	18:45 - 19:00
Race Pack Collection & Uniform	18:30 - 20:00

**Friday,
April 19, 2024**

Bike Check in	12:00 – 12:25
Transition Area Open	12:00
Swim Warm up Open	12:10
Swim warm up Close	12:20
Transition Area Close	12:25
Age-Group Super Sprint Triathlon Men START	12:30
Age-Group Super Sprint Triathlon Women START	12:35
Medal Ceremony	13:30

