



Hurghada
Sahl Hasheesh 2024



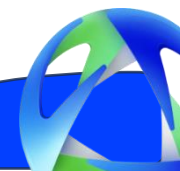
Agenda



Athlete's Guide 2024 Africa Triathlon Championships Hurghada

Agenda

EVENT	DATE	TIME
Africa Triathlon Elite Championships Africa Triathlon Junior Championships Africa Triathlon Youth Championships Africa Triathlon Age Group Championships Africa Para Triathlon Championships Africa Triathlon Duathlon Championships Africa Triathlon Aquathlon Championships Arab Triathlon Elite Championships Arab Triathlon Junior Championships Arab Triathlon Youth Championships Arab Triathlon Age Group Championships Arab Para Triathlon Championships Arab Triathlon Duathlon Championships Arab Triathlon Aquathlon Championships	19th & 21th April 2024	ALL DAY
AT EB meeting	18 April 2024 Hotel Baron sahl hasheesh	08:00 PM
AT Electoral Congress,	19 April 2024 Hotel Baron sahl hasheesh	07:00 PM
ATC Electoral Congress,	20 April 2024 Hotel Baron sahl hasheesh	
AFRICA TRIATHLON YOUTH & JUNIOR AFTER RACE DEVELOPMENT CAMP HURGHADA	21-27 April 2024	





ELITE / U23 Men Standard Triathlon Africa



**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 - 18:00
Athlete Briefing	18:00 - 18:30
Race Pack Collection & Uniform	18:30 - 20:00



**Friday,
April 19, 2024**

Athletes Lounge Open & Bike Check in for Men	05:50- 06:25
Transition Area Open	06:00
Swim Warm up Open	06:05
Swim warm up Close	06:20
Transition Area Close	06:25
Athlete Line Up	06:20
Athlete Introduction	06:25
ELITE/U23 Men Start	06:30
Medal Ceremony	12:00





ELITE / U23 Women Standard Triathlon Africa



**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 - 18:00
Athlete Briefing	18:00 - 18:30
Race Pack Collection & Uniform	18:30 - 20:00



**Friday,
April 19, 2024**

Athletes Lounge Open & Bike Check in for Women	06:00– 07:55
Transition Area Open	06:00
Swim Warmup Open	07:35
Swim Warmup Close	07:50
Transition Area Close	07:55
Athlete Line Up	07:50
Athlete Introduction	07:55
ELITE/U23 Women	08:00
Start Medal Ceremony	12:00





Youth Triathlon



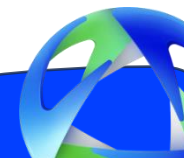
**Thursday,
April 18, 2024**

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	10:00 – 10:25
Transition Area Open	10:00
Swim Warm up Open	10:05
Swim warm up Close	10:20
Transition Area Close	10:25
Youth Men START	10:30
Youth Women START	10:35
Medal Ceremony	12:30





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	11:00 - 11:25
Transition Area Open	11:00
Swim Warm up Open	11:05
Swim warm up Close	11:20
Transition Area Close	11:25
Age-Group Super Sprint Triathlon Men START	11:30
Age-Group Super Sprint Triathlon Women START	11:35
Medal Ceremony	13:00





Kids Triathlon



**Thursday,
April 18, 2024**

Registration	17:00 - 18:30
Athlete Briefing	19:00 - 19:15
Race Pack Collection & Uniform	19:00 - 21:00



**Friday,
April 19, 2024**

Bike Check in	11:45 -12:10
Transition Area Open	11:45
Swim Warm up Open	11:50
Swim warm up Close	12:10
Transition Area Close	12:10
Kids Triathlon Boys START	12:15
Kids Triathlon Girls START	12:20
Medal Ceremony	13:30





Super Sprint Duathlon



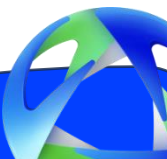
**Thursday,
April 18, 2024**

Registration	17:00 - 18:30
Athlete Briefing	18:45 - 19:00
Race Pack Collection & Uniform	19:00 - 21:00



**Friday,
April 19, 2024**

Bike Check in	12:15– 12:55
Transition Area Open	12:15
Warm up Open	12:40
Warm up Close	12:50
Transition Area Close	12:55
Super Sprint Duathlon U17-U15-U13 Men START	13:00
Super Sprint Duathlon Age-Group Men START	13:02
Super Sprint Duathlon U17-U15-U13 Women START	13:05
Super Sprint Duathlon Age-Group Women START	13:07
Medal Ceremony	14:15





Kids Duathlon



**Thursday,
April 18, 2024**

Registration	17:00 - 18:30
Athlete Briefing	18:45 - 19:00
Race Pack Collection & Uniform	19:00 - 21:00



**Friday,
April 19, 2024**

Bike Check in	13:00 – 13:40
Transition Area Open	13:00
Warm up Open	13:10
Warm up Close	13:35
Transition Area Close	13:40
Kids Duathlon Boys START	13:45
Kids Duathlon Girls START	13:50
Medal Ceremony	14:30





Paratriathlon



**Friday,
April 19, 2024**

Swim exit handler training	13:30 - 14:00
Swim Familiarization	14:00 - 14:30
Bike Familiarization	14:30 - 15:00
Bike check for W/C Athletes	15:30 - 16:00
Registration & Uniform Check	16:00 – 16:30
Athlete Briefing	16:30 -17:30
Race Pack Collection	17:30 – 18:30



**Friday,
April 20, 2024**

Athletes Lounge Opens	06:00 – 06:45
Transition Area Open	06:15 – 06:40
Swim Warm up Open	06:20 – 06:40
Athlete Line Up / Introduction	06:50
START	
PTVI B2 MALE	07:00
PTS 5 MALE	07:02
PTWC H1 MALE	07:10
PTWC H2 MALE	07:13
Medal Ceremony	12:00





Junior Triathlon Men



**Friday,
April 19, 2024**

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



**Saturday,
April 20, 2024**

Athletes Lounge Open & Bike Check in for Men	08:30 - 09:10
Transition Area Open	08:30
Swim Warm up Open	08:50
Swim warm up Close	09:05
Transition Area Close	09:05
Athlete Line Up	09:10
Athlete Introduction	09:10
Junior Men START	09:15
Medal Ceremony	12:45





Junior Triathlon Women



**Friday,
April 19, 2024**

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



**Saturday,
April 20, 2024**

Athletes Lounge Open & Bike Check in for Women	08:30 - 09:55
Transition Area Open	09:00
Swim Warm up Open	09:35
Swim warm up Close	09:50
Transition Area Close	09:50
Athlete Line Up	09:55
Athlete Introduction	09:55
Junior Women START	10:00
Medal Ceremony	12:45





Standard Triathlon



**Friday,
April 19, 2024**

Run Familiarization	16:00 - 16:30
Swim Familiarization	16:30 - 17:00
Registration	17:00 - 18:30
Athlete Briefing	19:15 - 19:30
Race Pack Collection & Uniform	18:30 - 21:00



**Saturday,
April 20, 2024**

Athletes Lounge Open & Check in	10:30 – 10:55
Transition Area Open	10:30
Swim Warm up Open	10:40
Swim warm up Close	10:50
Transition Area Close	10:55
Age Group Standard Men START	11:00
Age Group Standard Women START	11:05
Medal Ceremony	15:30





Standard Aquathlon



**Friday,
April 19, 2024**

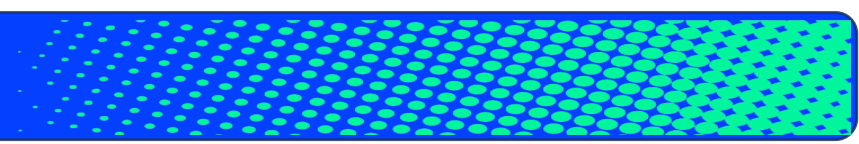
Run Familiarization	16:00 - 16:30
Swim Familiarization	16:30 - 17:00
Registration	17:00 - 18:30
Athlete Briefing	18:30 - 18:45
Race Pack Collection & Uniform	18:00 - 20:00



**Saturday,
April 20, 2024**

Athletes Lounge Open & Check in	11:00 – 11:25
Transition Area Open	11:00
Swim Warm up Open	11:05
Swim warm up Close	11:15
Transition Area Close	11:20
Athlete Line Up Athlete Introduction	11:20
Elite / U23 / Junior / Youth Men START	11:25
Age Group Men START	11:30
Elite / U23 / Junior / Youth Women START	11:32
Age Group Women START	11:35
Medal Ceremony	11:37
	13:00





Kids Aquathlon



**Friday,
April 19, 2024**

Registration	17:00 - 18:30
Athlete Briefing	18:45 - 19:00
Race Pack Collection & Uniform	19:00 - 21:00



**Saturday,
April 20, 2024**

Check in	13:00 - 13:25
Transition Area Open	13:00
Swim Warm up Open	13:10
Swim warm up Close Transition Area	13:20
Close	13:25
Kids Aquathlon Boys START	13:30
Kids Aquathlon Girls START	13:35
Medal Ceremony	15:00





Super Sprint Aquathlon



**Friday,
April 19, 2024**

Registration	17:00 - 18:30
Athlete Briefing	18:45 - 19:00
Race Pack Collection & Uniform	19:00 - 21:00



**Saturday,
April 20, 2024**

Check in	13:45 - 14:10
Transition Area Open	13:45
Swim Warm up Open	14:00
Swim warm up Close	14:10
Transition Area Close	14:10
Super Sprint Aquathlon U15-U13 Men START	14:15
Super Sprint Aquathlon Age-Group Men START	14:17
Super Sprint Aquathlon U15-U13 Women START	14:20
Super Sprint Aquathlon Age-Group Women START	14:22
Medal Ceremony	15:15





Age Group Sprint Triathlon



**Saturday,
April 20, 2024**

Registration	17:30 - 18:3
Athlete Briefing	18:30 - 18:45
Race Pack Collection	18:00 - 20:00



**Sunday,
April 21, 2024**

Check in	06:15 - 06:55
Transition Area Open	06:15
Swim Warm up Open	06:30
Swim warm up Close	06:45
Transition Area Close	06:50
Athlete Line Up	06:55
Age-Group Men START	07:00
Age-Group Women START	07:05
Medal Ceremony	12:00





Mixed Relay



**Saturday,
April 20, 2024**

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



**Sunday,
April 21, 2024**

Bike Check in	09:10 - 09:25
Transition Area Open	09:10
Swim Warm up Open	09:15
Swim warm up Close	09:25
Transition Area Close	09:25
Mixed Relay START	09:30
Medal Ceremony	12:00





Duathlon Sprint



**Saturday,
April 20, 2024**

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



**Sunday,
April 21, 2024**

Athletes Lounge Open & Bike Check in	10:00 – 10:50
Transition Area Open	10:00
Warm up Open	10:30
warm up Close	10:40
Transition Area Close	10:45
Athlete Line Up	10:50
Athlete Introduction	10:55
Elite Men / U23 Men / Junior Men START	11:00
Age Group Men START	11:02
Elite Women / U23 Women / Junior Women START	11:05
Age Group Women START	11:07
Medal Ceremony	12:30

