

2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024



Sprint Triathlon
Swim 1 Laps 750M
Bike 3 Laps 20 K
Run 1 Laps 5 K



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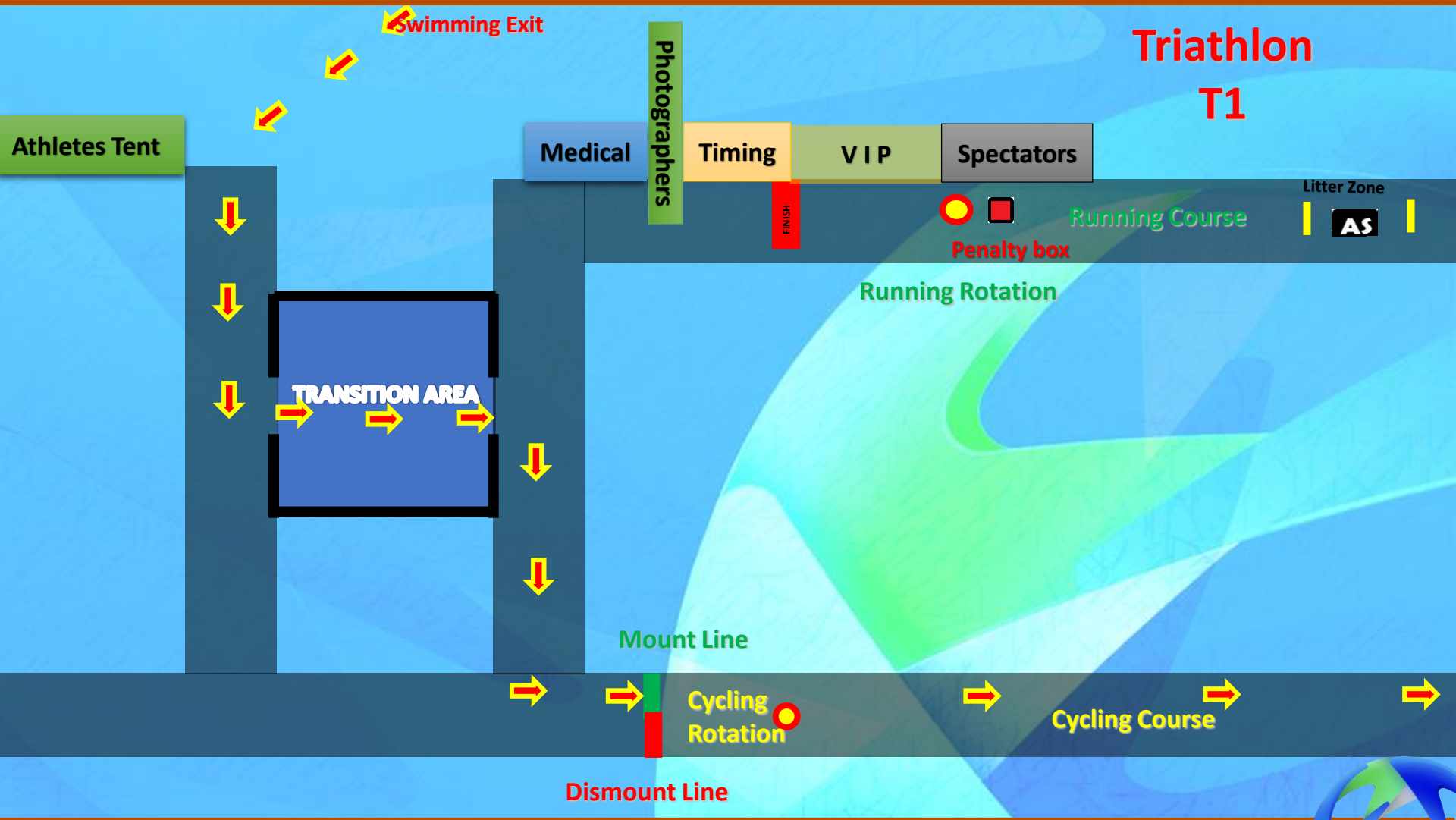


Sprint Triathlon
Swim 1 Laps 750M



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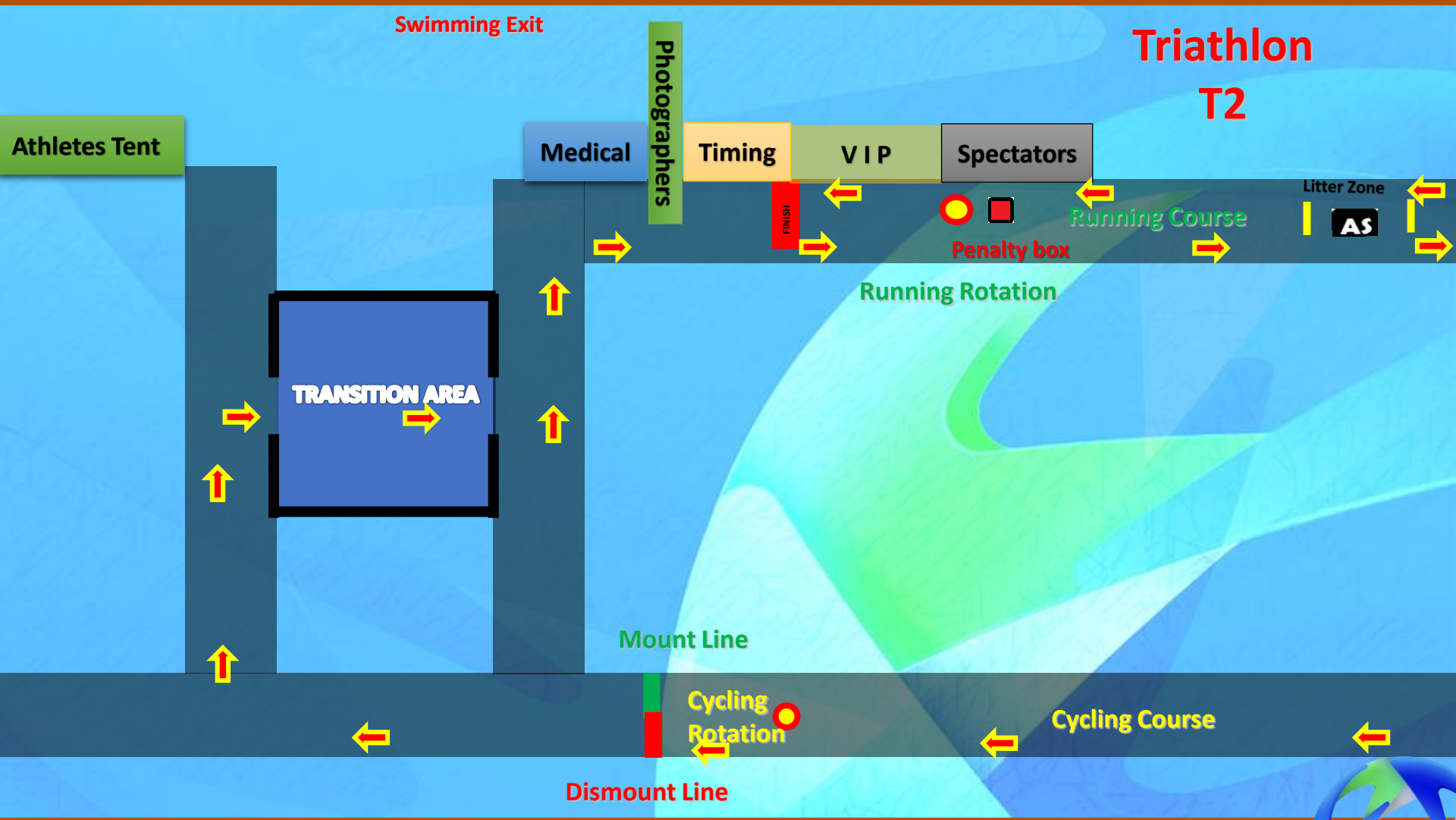


Sprint Triathlon
Bike 3 Laps 20 K



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Sprint Triathlon
Run 1 Laps 5 K





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

