

# 2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024



**Sprint Duathlon**  
Run 1 Laps 5 K  
Bike 3 Laps 20 K  
Run 1 Laps 2.5 K



# 2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024

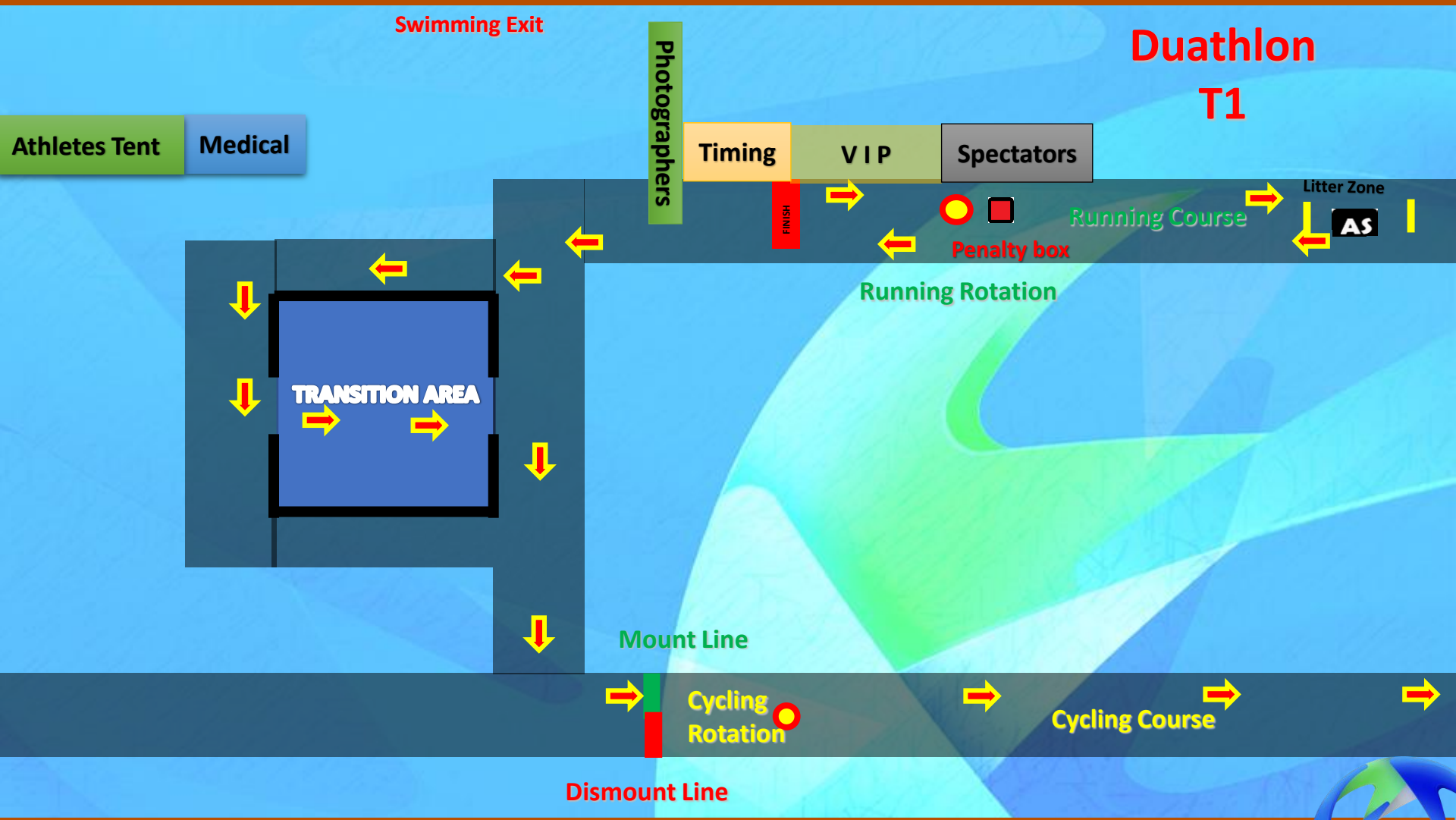


Sprint Duathlon  
Run 1 Laps 5 K



# 2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024



# 2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024

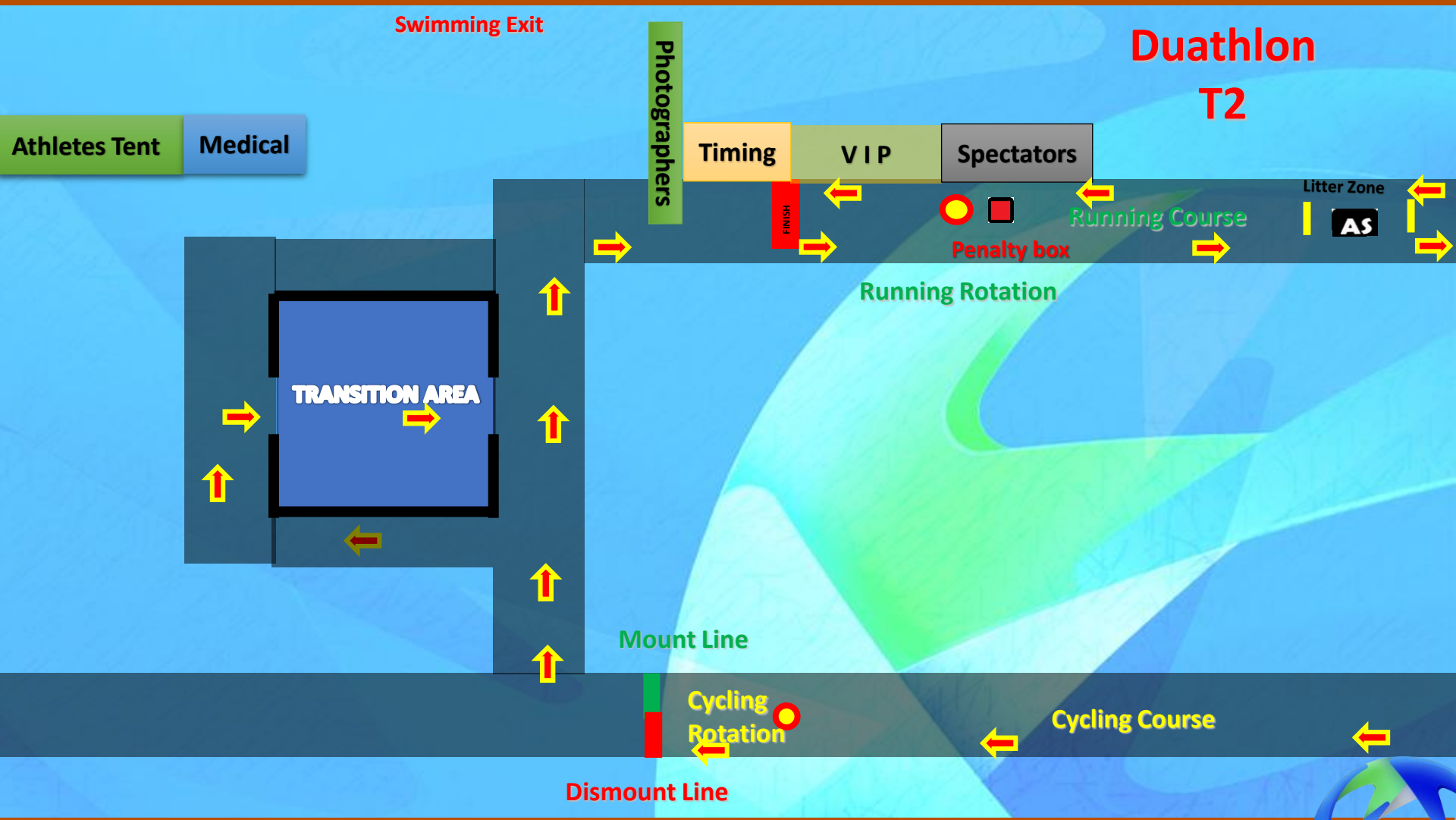


**Sprint Duathlon**  
**Bike 3 Laps 20 K**



# 2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024



# 2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024



**Sprint Duathlon**  
**Run 1 Laps 2.5 K**



# 2024 Africa Triathlon Championships Hurghada

## 19 : 21 April 2024



### Duathlon Sprint

**Saturday,  
April 20, 2024**

<b>Bike Familiarization</b>	<b>15:30 - 16:00</b>
<b>Run Familiarization</b>	<b>16:00 - 16:30</b>
<b>Registration</b>	<b>16:30 - 17:00</b>
<b>Athlete Briefing</b>	<b>17:00 - 17:15</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>18:00 - 20:00</b>

**Sunday,  
April 21, 2024**

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

