



Hurghada
Sahl Hasheesh 2024



The Athlete's Guide

- WELCOME NOTE
- SCHEDULE
- AGENDA
- COURSE
- DETAILS
- ENTRY FEES

Organized by



Madam Marisol Casado (SPN),
WT President.

Professor Dr. Ashraf Sobhi (EGY),
Egyptian Minister of MOYS.

Major General Ahmed Nasser (EGY),
Founding President of the Egyptian Triathlon
Federation, President of the African and Arab
Triathlon Federations, World Triathlon
Executive Board Member.

MR. David Ellis (ZIM),
Africa Triathlon Technical Delegate



Hurghada
Sahl Hasheesh 2024



Schedule



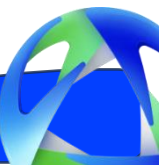
Friday,
April 19, 2024



Hurghada
Sahl Hasheesh 2024



Race	Check in	Start
Elite Men Standard Triathlon	06:00	06:30
Elite Women Standard Triathlon	06:00	08:00
Super Sprint Triathlon Youth Men 13 – 15 – 17	10:00	10:30
Super Sprint Triathlon Youth Women 13 – 15 – 17	10:00	10:35
Super Sprint Triathlon Age-Group Men	11:00	11:30
Super Sprint Triathlon Age-Group Women	11:00	11:35
Kids Triathlon Boy	11:45	12:15
Kids Triathlon Girl	11:45	12:20
Super Sprint Duathlon U17-U15-U13 Men	12:15	13:00
Super Sprint Duathlon Age-Group Men	12:15	13:02
Super Sprint Duathlon U17-U15-U13 Women	12:15	13:05
Super Sprint Duathlon Age-Group Women	12:15	13:07
Kids Duathlon Boy	13:00	13:45
Kids Duathlon Girl	13:00	13:50



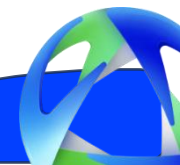
Saturday,
April 20, 2024



Hurghada
Sahl Hasheesh 2024



Race	Check in	Start
Paratriathlon Men	06:00	07:00
Paratriathlon Women	06:00	07:05
Sprint Triathlon Junior Men	08:45	09:15
Sprint Triathlon Junior Women	09:00	10:00
Standard Triathlon Age-Group Men	10:30	11:00
Standard Triathlon Age-Group Women	10:30	11:05
Standard Aquathlon Elite-U23- Junior-Youth-Men	11:00	11:30
Standard Aquathlon Age-Group Men	11:00	11:32
Standard Aquathlon Elite-U23- Junior-Youth- Women	11:00	11:35
Standard Aquathlon Age-Group Women	11:00	11:37
Kids Aquathlon Boy	13:00	13:30
Kids Aquathlon Girl	13:00	13:35
Super Sprint Aquathlon U17-U15-U13 Men	13:30	14:15
Super Sprint Aquathlon Age-Group Men	13:30	14:17
Super Sprint Aquathlon U17-U15-U13 - Women	13:30	14:20
Super Sprint Aquathlon Age-Group Women	13:30	14:22



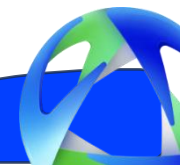
Sunday,
April 21, 2024



Hurghada
Sahl Hasheesh 2024



Race	Check in	Start
Sprint Triathlon Age-Group Men	06:00	07:00
Sprint Triathlon Age-Group Women	06:00	07:05
Mixed Relay	08:45	09:00
Sprint Duathlon Elite-U23-Junior- Men	10:30	11:00
Sprint Duathlon Age-Group Men	10:30	11:02
Sprint Duathlon Elite-U23-Junior-Women	10:30	11:05
Sprint Duathlon Age-Group Women	10:30	11:07





Hurghada
Sahl Hasheesh 2024



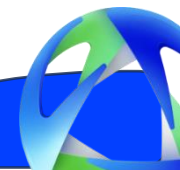
Agenda



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**

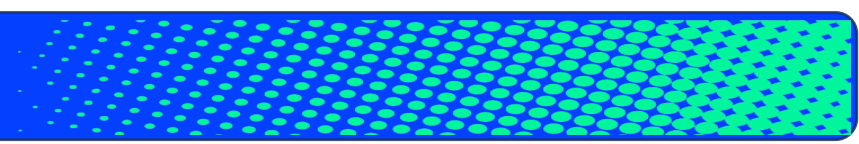
Registration	17:00 - 18:30
Athlete Briefing	18:45 - 19:00
Race Pack Collection & Uniform	19:00 - 21:00




**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	14:45 - 15:30
Bike Check in for W/C	15:30 - 16:00
Athletes Registration	16:30 - 17:30
Athlete Briefing	17:30 - 18:00
Race Pack Collection & Uniform	18:00 - 20:00



**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 1 MALE	07:00
PTVI 2/3 MALE	07:02:41 +2:41
PTVI 1 FEMALE	07:05
PTVI 2/3 FEMALE	07:08:11 +3:11
PTS 2,3,4,5 MALE	07:15
PTS 2,3,4,5 FEMALE	07:17
PTWC1 MALE	07:45
PTWC 2/3 MALE	07:48 +3.00
PTWC1 FEMALE	07:50
PTWC 2/3 FEMALE	07:53 +3:38
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**

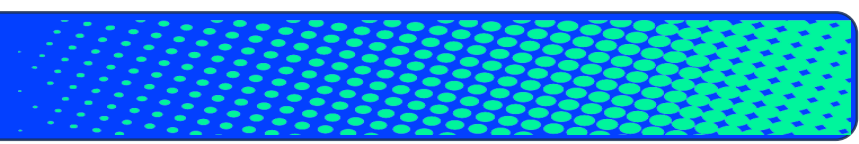
Run Familiarization	16:00 - 16:30
Swim Familiarization	16:30 - 17:00
Registration	17:00 - 18:30
Athlete Briefing	18:30 - 18:45
Race Pack Collection & Uniform	18:00 - 20:00



**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	11:20
Introduction	11:25
Elite / U23 / Junior / Youth Men START	11:30
Age Group Men START	11:32
Elite / U23 / Junior / Youth Women START	11:35
Age Group Women START	11:37
Medal Ceremony	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





Hurghada
Sahl Hasheesh 2024



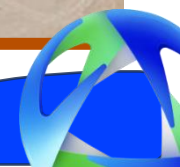
EVENT VENUE



EVENT VENUE



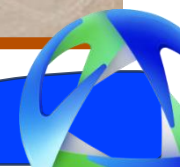
Standard Triathlon
Swim 2 Laps 1500 M
Bike 5 Laps 40 K
Run 2 Laps 10 K



EVENT VENUE



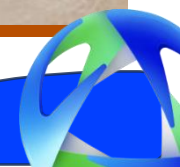
Sprint Triathlon
Swim 1 Laps 750M
Bike 3 Laps 20 K
Run 1 Laps 5 K



EVENT VENUE



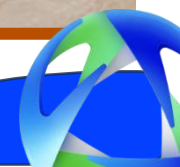
Super Sprint Triathlon
Swim 1 Laps 400 M
Bike 2 Laps 10 K
Run 1 Laps 2.5 K



EVENT VENUE



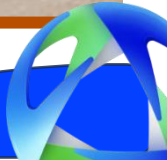
Sprint Duathlon
Run 1 Laps 5 K
Bike 3 Laps 20 K
Run 1 Laps 2.5 K



EVENT VENUE



Super Sprint Duathlon
Run 1 Laps 2.5 K
Bike 2 Laps 10 K
Run 1 Laps 1.2 K



EVENT VENUE



Standard Aquathlon
Run 1 Laps 2.5 K
Swim 1 Laps 1 K
Run 1 Laps 2.5 K

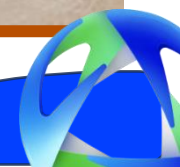


EVENT VENUE



Super Sprint Aquathlon

Swim 1 Laps 350 M
Run 1 Laps 2.5 K





Hurghada
Sahl Hasheesh 2024



Details



Triathlon Details



Standard Triathlon Distances

Swim 1500 M (2 Lap)
Bike 40 KM (5 Laps x 8 KM)
Run 10 KM (2 Laps x 5 KM)



Sprint Triathlon Distances

Swim 750 M (1 Lap)
Bike 20 KM (3 Laps x 6.6 KM)
Run 5 KM (1 Laps x 5 KM)



Super Sprint Triathlon Distances

Swim 400 M (1 Lap)
Bike 10 KM (2 Laps x 5 KM)
Run 2.5 KM (1 Laps x 2.5 KM)



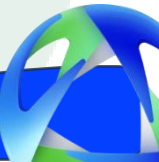
Mixed Relay Triathlon Distances

Swim 250 M (1 Lap)
Bike 5.8 KM (1 Laps x 5.8 KM)
Run 1.5 KM (1 Laps x 1.5 KM)

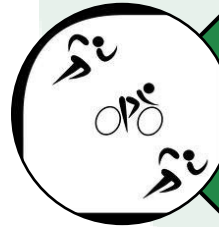


Kids Triathlon Distances

Swim 150 M (1 Lap)
Bike 3.5 KM (1 Lap x 3.5 KM)
Run 1. KM (1 Laps x 1 KM)



Duathlon Details

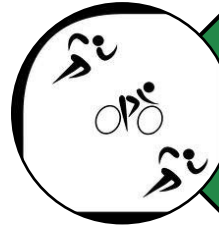


Sprint Duathlon Distances

Run 5 KM (1 Laps x 5 KM)

Bike 20 KM (3 Laps x 6.6 KM)

Run 2.5 KM (1 Laps x 2.5 KM)

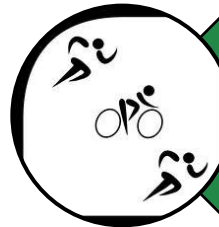


Super Sprint Duathlon Distances

Run 2.5 KM (1 Lap x 2.5 Km)

Bike 10 KM (2 Laps x 5 KM)

Run 1.2 KM (1 Lap x 1.2 Km)

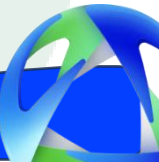


Kids Duathlon Distances

Run 1 KM (1 Lap x 1 K)

Bike 3.5 KM (1 Lap x 3.5 KM)

Run 1 KM (1 Laps x 1 KM)



Aquathlon Details



Standard Aquathlon Distances

Run 2.5 KM (1 Lap x 2.5 Km)

Swim 1000 M (1 Lap x 1 Km)

Run 2.5 KM (1 Lap x 2.5 Km)



Sprint Aquathlon Distances

Swim 350 M (1 Lap)

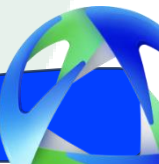
Run 2.5 KM (1 Lap x 2.5 Km)



Kids Aquathlon Distances

Swim 150 M (1 Lap)

Run 1 KM 1 Lap x 1 Km)





Hurghada
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Visa & Hotel & Transportation. Entry fees.



Visa



Hurghada
Sahl Hasheesh 2024



Visa requirements:

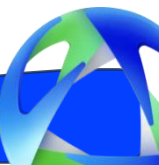
if you need a visa invitation letter, please fill in the information form for a visa invitation letter,

[Click here Invitation Letter Visa](#)

- In case of requesting a security approval, an amount of USD 20 will be charged per person
Full Name / Gender / Date of Birth (yyyy-mm-dd) / Nationality / Passport Number / Occupation / In which city apply

Notes:

1. All information must match the passport.
 2. The expiry date of the passport must be at least 6 months ago.
 3. Visa invitations will be provided based on the information provided, with which you will be able to apply for the visa easily and quickly.
 4. Applications must be via your official email NF, or your name must appear in the ITU Platform entries system.
 5. Please let us know if you need a separate letter for each athlete or team letter
- For any questions, please feel free to email us at LOC:



Hotel & Transportation. Entry fees.

Baron Palace Sahl Hasheesh 5*

Room	Price	Per person
Single	180\$	180\$
Double	240\$	120\$
Triple	330\$	110\$



Competition's main and official hotel.

There is a limited number of rooms.

The last date for receiving reservations is on **05/04/2024**

Prices Include:

Soft all Inclusive, buffet style.

Quoted per room per night.

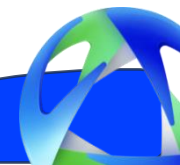
Wifi and free internet access.

Payments are received and processed through a special booth in the hotel's lobby.

Transportation from/to the airport is 40 USD (per person), only for those who booked with ETF.

In case of requesting a security approval, an amount of USD 20 will be charged per person

[Click here to book a hotel](#)



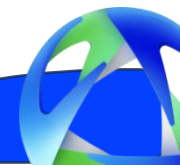
ENTRY FEES

Events

Fee

2024 Africa Triathlon Championship	<ul style="list-style-type: none">• 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard• 50 \$ kids
2024 Africa Aquathlon Championship	<ul style="list-style-type: none">• 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard• 50 \$ kids
2024 Africa Duathlon Championship	<ul style="list-style-type: none">• 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard• 50 \$ kids
2024 Africa Para Triathlon Championship	<ul style="list-style-type: none">• 100 \$

[2024 Africa Triathlon Championships Hurghada](#)





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Best of luck

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