



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



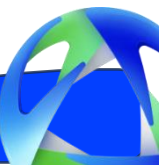
Friday,  
April 19, 2024



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



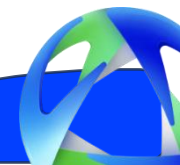
Saturday,  
April 20, 2024



Hurghada  
Sahl Hasheesh 2024

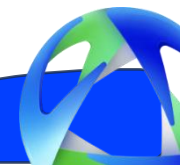


Race	Check in	Start
Paratriathlon Men	06:00	07:00
Paratriathlon Women	06:00	07:05
Sprint Triathlon Junior Men	08:45	09:15
Sprint Triathlon Junior Women	09:00	10:00
Standard Triathlon Age-Group Men	10:30	11:00
Standard Triathlon Age-Group Women	10:30	11:05
Standard Aquathlon Elite-U23- Junior-Youth-Men	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

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



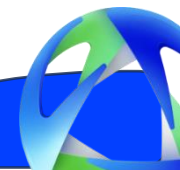
# Agenda



Athlete's Guide 2024 Africa Triathlon Championships Hurghada

# Agenda

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







## 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
<b>Athlete Briefing</b>	<b>18:00 - 18:30</b>
Race Pack Collection & Uniform	18:30 - 20:00



**Friday,  
April 19, 2024**

Athletes Lounge Open & Bike Check in for <b>Men</b>	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
<b>ELITE/U23 Men Start</b>	<b>06:30</b>
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
<b>Athlete Briefing</b>	<b>18:00 - 18:30</b>
Race Pack Collection & Uniform	18:30 - 20:00



**Friday,  
April 19, 2024**

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





## Youth Triathlon



**Thursday,  
April 18, 2024**

<b>Bike Familiarization</b>	<b>15:30 - 16:00</b>
<b>Run Familiarization</b>	<b>16:00 - 16:30</b>
<b>Swim Familiarization</b>	<b>16:30 - 17:00</b>
<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:30 - 18:45</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>18:30 - 20:00</b>



**Friday,  
April 19, 2024**

<b>Bike Check in</b>	<b>10:00 – 10:25</b>
<b>Transition Area Open</b>	<b>10:00</b>
<b>Swim Warm up Open</b>	<b>10:05</b>
<b>Swim warm up Close</b>	<b>10:20</b>
<b>Transition Area Close</b>	<b>10:25</b>
<b>Youth Men START</b>	<b>10:30</b>
<b>Youth Women START</b>	<b>10:35</b>
<b>Medal Ceremony</b>	<b>12:30</b>





## Age-Group Super Sprint Triathlon



**Thursday,  
April 18, 2024**

<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:45 - 19:00</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>18:30 - 20:00</b>



**Friday,  
April 19, 2024**

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





## Kids Triathlon



**Thursday,  
April 18, 2024**

<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>19:00 - 19:15</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>19:00 - 21:00</b>



**Friday,  
April 19, 2024**

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





# Super Sprint Duathlon



**Thursday,  
April 18, 2024**

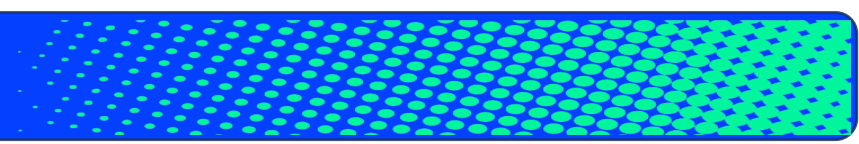
<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:45 - 19:00</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>19:00 - 21:00</b>




**Friday,  
April 19, 2024**

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






 **Kids Duathlon**

 **Thursday,  
April 18, 2024**

<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:45 - 19:00</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>19:00 - 21:00</b>

 **Friday,  
April 19, 2024**

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





## 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
<b>Athlete Briefing</b>	<b>16:30 -17:30</b>
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**

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



**Saturday,  
April 20, 2024**

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





## Junior Triathlon Women



**Friday,  
April 19, 2024**

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



**Saturday,  
April 20, 2024**

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





## Standard Triathlon



**Friday,  
April 19, 2024**

Run Familiarization	16:00 - 16:30
Swim Familiarization	16:30 - 17:00
Registration	17:00 - 18:30
<b>Athlete Briefing</b>	<b>19:15 - 19:30</b>
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
<b>Age Group Standard Men START</b>	<b>11:00</b>
<b>Age Group Standard Women START</b>	<b>11:05</b>
Medal Ceremony	15:30





# Standard Aquathlon



**Friday,  
April 19, 2024**

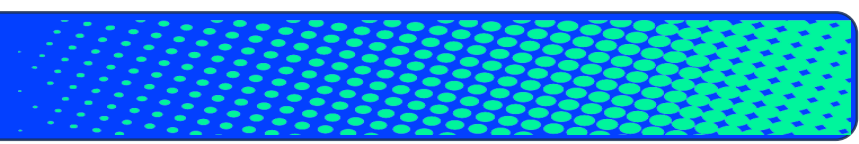
<b>Run Familiarization</b>	<b>16:00 - 16:30</b>
<b>Swim Familiarization</b>	<b>16:30 - 17:00</b>
<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:30 - 18:45</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>18:00 - 20:00</b>



**Saturday,  
April 20, 2024**

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





## Kids Aquathlon



**Friday,  
April 19, 2024**

<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:45 - 19:00</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>19:00 - 21:00</b>



**Saturday,  
April 20, 2024**

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





# Super Sprint Aquathlon



**Friday,  
April 19, 2024**

<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:45 - 19:00</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>19:00 - 21:00</b>



**Saturday,  
April 20, 2024**

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





## Age Group Sprint Triathlon



**Saturday,  
April 20, 2024**

<b>Registration</b>	<b>17:30 - 18:3</b>
<b>Athlete Briefing</b>	<b>18:30 - 18:45</b>
<b>Race Pack Collection</b>	<b>18:00 - 20:00</b>



**Sunday,  
April 21, 2024**

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





## Mixed Relay



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



**Sunday,  
April 21, 2024**

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







# 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>





Hurghada  
Sahl Hasheesh 2024



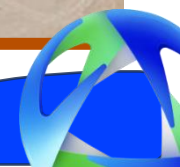
# EVENT VENUE



# EVENT VENUE



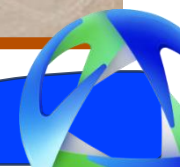
**Standard Triathlon**  
**Swim 2 Laps 1500 M**  
**Bike 5 Laps 40 K**  
**Run 2 Laps 10 K**



# EVENT VENUE



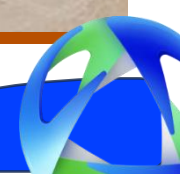
**Sprint Triathlon**  
**Swim 1 Laps 750M**  
**Bike 3 Laps 20 K**  
**Run 1 Laps 5 K**



# EVENT VENUE



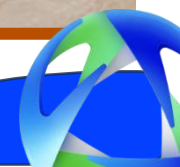
**Super Sprint Triathlon**  
**Swim 1 Laps 400 M**  
**Bike 2 Laps 10 K**  
**Run 1 Laps 2.5 K**



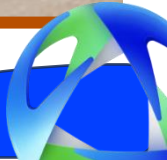
# EVENT VENUE



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



# EVENT VENUE



# EVENT VENUE



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



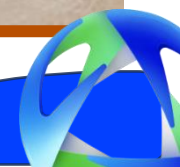


# EVENT VENUE



## 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 )



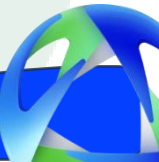
## Mixed Relay Triathlon Distances

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 )

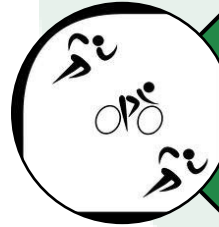


## Kids Triathlon Distances

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

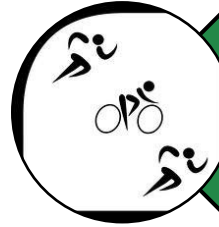


## Sprint Duathlon Distances

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 )

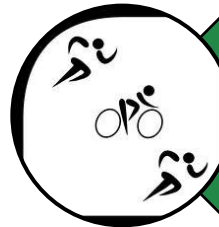


## Super Sprint Duathlon Distances

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 )

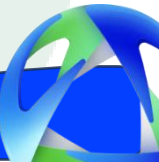


## Kids Duathlon Distances

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 )

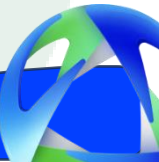
Run 2.5 KM ( 1 Lap x 2.5 Km )



## Kids Aquathlon Distances

Swim 150 M ( 1 Lap )

Run 1 KM 1 Lap x 1 Km )





Hurghada  
Sahl Hasheesh 2024



# Visa & Hotel & Transportation. Entry fees.



# Visa



Hurghada  
Sahl Hasheesh 2024



## Visa requirements:

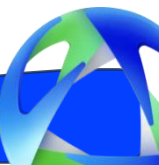
if you need a visa invitation letter, please fill in the information form for a visa invitation letter,

[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.**

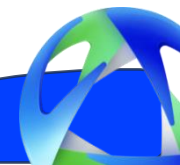
**Wifi and free internet access.**

**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](#)**





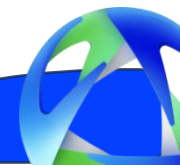
# ENTRY FEES

## Events

## Fee

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

[2024 Africa Triathlon Championships Hurghada](#)





Hurghada  
Sahl Hasheesh 2024



# Website Events

[2024 Africa Triathlon Championships Hurghada](#)  
19 Apr, 2024 • Hurghada, Egypt • [Start Lists](#)  
[Continental Championships](#) [Triathlon Standard](#)

[2024 Africa Triathlon Aquathlon Championships Hurghada](#)  
20 Apr, 2024 • Hurghada, Egypt • [Start Lists](#)  
[Continental Championships](#) [Aquathlon Standard](#)

[2024 Africa Para Triathlon Championships Hurghada](#)  
20 Apr, 2024 • Hurgada, Egypt • [Start Lists](#)  
[Continental Championships](#) [Triathlon Sprint](#)[Paratriathlon](#)

[2024 Africa Triathlon Sprint Duathlon Championships Hurghada](#)  
21 Apr, 2024 • Hurghada, Egypt • [Start Lists](#)  
[Continental Championships](#) [Duathlon Sprint](#)





Hurghada  
Sahl Hasheesh 2024



# Best of luck

Organized by



Email: [triathlonhurghada@gmail.com](mailto:triathlonhurghada@gmail.com)



Egyptian Triathlon Federation



etf\_2009

