



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023

Duathlon Sprint - Event Schedule

FRIDAY 13 OCTOBER

Bike Familiarization	15:30– 16:00
Run Familiarization	16:00 – 16:30
Registration	16:30– 17:00
Race Pack Collection	16:30– 17:00
Athlete Briefing	17:00 – 17:30

SATURDAY 14 OCTOBER

Athletes Lounge Open & Bike Check for Men	12:00 – 12:50
Transition Zone Open	12:00
Warm up Open	12:30
warm up Close	12:40
Transition Zone Close	12:45
Athlete Line Up	12:50
Athlete Introduction	12:55
Elite Men / U23 Men / Junior Men / Yuouth Men START	13:00
Age Group Men START	13:02
Elite Women / U23 Women / Yuouth Women START	13:05
Age Group Women START	13:07
Medal Ceremony	14:30