



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023

Youth Triathlon - Event Schedule

THURSDAY 12 OCTOBER

Bike Familiarization	15:30– 16:00
Run Familiarization	16:00 – 16:30
Swim Familiarization	16:30 – 17:00
Registration	16:30 – 17:00
Race Pack Collection	16:30 – 17:00
Athlete Briefing	17:30 – 18:00

FRIDAY 13 OCTOBER

Bike Check	06:00 – 06:30
Transition Zone Open	06:00
Swim Warm up Open	06:15
Swim warm up Close	06:25
Transition Zone Close	06:30
Youth Men START	06:40
Youth Women START	06:45
Medal Ceremony	12:00



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ELITE / U23 Men Standard Triathlon Africa Championships - EVENT SCHEDULE

THURSDAY 12 OCTOBER

Bike Familiarization	15:30– 16:00
Run Familiarization	16:00 – 16:30
Swim Familiarization	16:30 – 17:00
Registration	17:00 – 18:00
Race Pack Collection	17:00 – 18:00
Athlete Briefing	18:00 – 18:30

FRIDAY 13 OCTOBER

Athletes Lounge Open & Bike Check for Men	06:50 – 07:25
Transition Zone Open	06:50
Swim Warm up Open	07:00
Swim warm up Close	07:10
Transition Zone Close	07:15
Athlete Line Up	07:20
Athlete Introduction	07:25
ELITE/U23 Men START	07:30
Medal Ceremony	11:30
Athletes Lounge Open & Bike Check for Women	08:50 – 09:25
Transition Zone Open	08:50
Swim Warm up Open	09:00
Swim warm up Close	09:10
Transition Zone Close	09:15
Athlete Line Up	09:20
Athlete Introduction	09:25
ELITE/U23 Women START	09:30
Medal Ceremony	11:45



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Paratriathlon - Event Schedule

FRIDAY 13 OCTOBER

Swim exit handler training	13:30 – 14:00
Swim Familiarization	14:00 – 14:30
Bike Familiarization	14:45 – 15:30
Bike check for W/C Athletes	15:30– 16:00
Registration	16:30 – 17:30
Athlete Briefing	17:30 – 18:30
Athlete Briefing	18:30

SATURDAY 14 OCTOBER

Athletes Lounge Opens	06:00 – 06:45
Transition Zone 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	



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Junior Triathlon - EVENT SCHEDULE

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Bike Familiarization	15:30– 16:00
Run Familiarization	16:00 – 16:30
Swim Familiarization	16:30 – 17:00
Registration	17:00 – 18:00
Race Pack Collection	17:00 – 18:00
Athlete Briefing	18:30– 19:00

SATURDAY 14 OCTOBER

Athletes Lounge Open & Bike Check for Men	08:15 – 09:05
Transition Zone Open	08:15
Swim Warm up Open	08:45
Swim warm up Close	08:55
Transition Zone Close	09:00
Athlete Line Up	09:05
Athlete Introduction	09:10
Junior Men START	09:15
Medal Ceremony	12:15
Athletes Lounge Open & Bike Check for Women	09:00 – 09:50
Transition Zone Open	09:00
Swim Warm up Open	09:30
Swim warm up Close	09:40
Transition Zone Close	09:45
Athlete Line Up	09:50
Athlete Introduction	09:55
Junior Women START	10:00
Medal Ceremony	12:30



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Elite Sprint Triathlon Pan Arab Cup - EVENT SCHEDULE

FRIDAY 13 OCTOBER

Bike Familiarization	15:30– 16:00
Run Familiarization	16:00 – 16:30
Swim Familiarization	16:30 – 17:00
Registration	17:00 – 18:00
Race Pack Collection	17:00 – 18:00
Athlete Briefing	18:30– 19:00

SATURDAY 14 OCTOBER

Athletes Lounge Open & Bike Check for Men	10:00 – 10:50
Transition Zone Open	10:00
Swim Warm up Open	10:30
Swim warm up Close	10:40
Transition Zone Close	10:45
Athlete Line Up	10:50
Athlete Introduction	10:55
Elite Men START	11:00
Elite Women START	11:05
Medal Ceremony	12:45



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Age-Group Sprint Triathlon - EVENT SCHEDULE

SATURDAY 14 OCTOBER

Registration	16:30– 17:00
Race Pack Collection	16:30– 17:00
Athlete Briefing	17:00 – 17:30

SUNDAY 15 OCTOBER

Transition Zone Open	06:00
Swim Warm up Open	06:15
Swim warm up Close	06:25
Transition Zone Close	06:30
Athlete Line Up	06:35
Age-Group Men START	06:40
Age-Group Women START	06:45
Medal Ceremony	13:00



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Mixed Relay - Event Schedule

SATURDAY 14 OCTOBER

Bike Familiarization	15:30– 16:00
Run Familiarization	16:00 – 16:30
Swim Familiarization	16:30 – 17:00
Registration	17:00 – 18:00
Race Pack Collection	17:00 – 18:00
Athlete Briefing	18:00 – 18:30

SUNDAY 15 OCTOBER

Bike Check	09:10 – 09:25
Transition Zone Open	09:10
Swim Warm up Open	09:15
Swim warm up Close	09:25
Transition Zone Close	09:25
Mixed Relay START	09:30
Medal Ceremony	12:00