



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023



Standard Aquathlon
Run 1 Laps 2.5 K
Swim 1 Laps 1.5 K
Run 1 Laps 2.5 K



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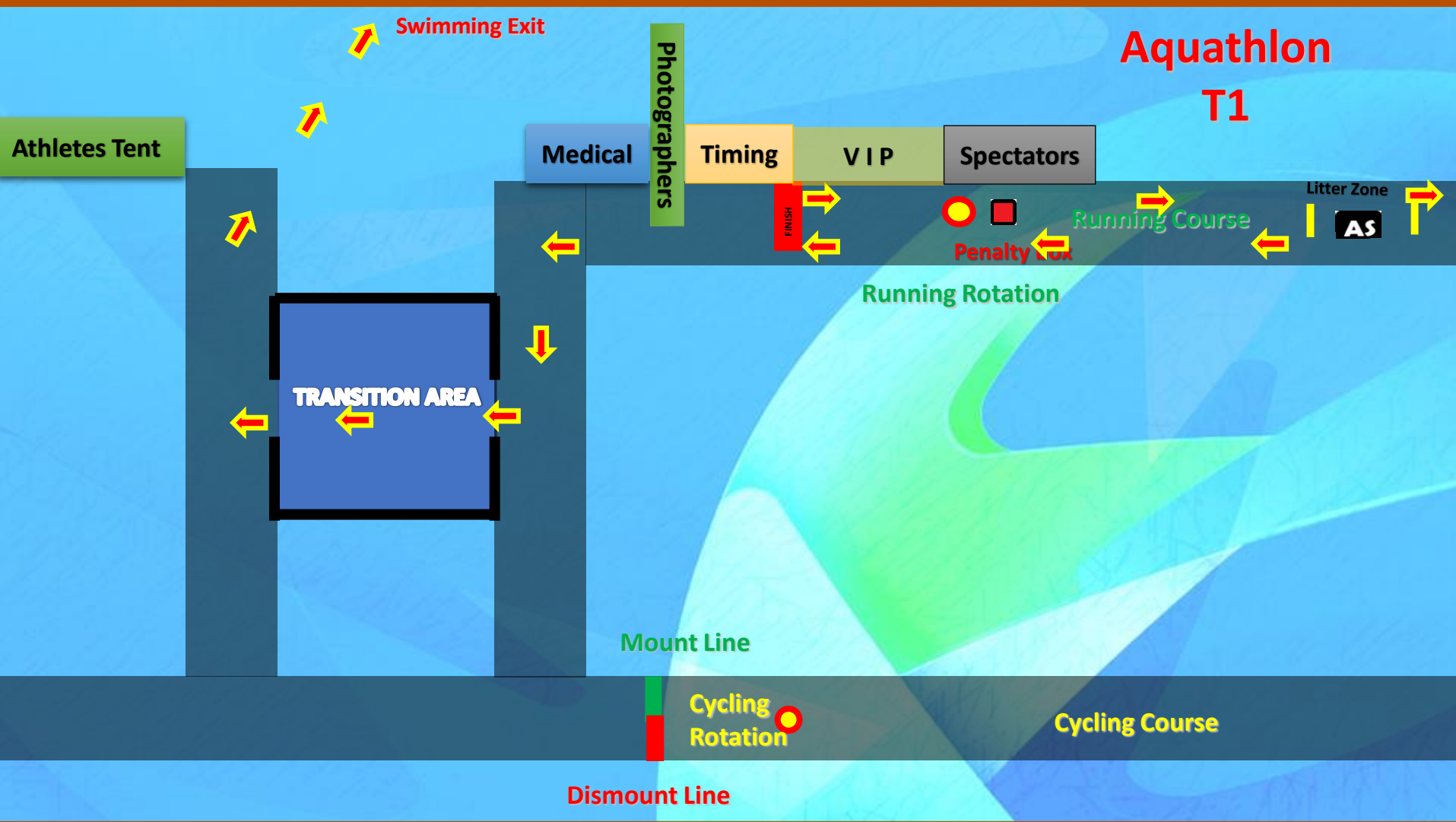
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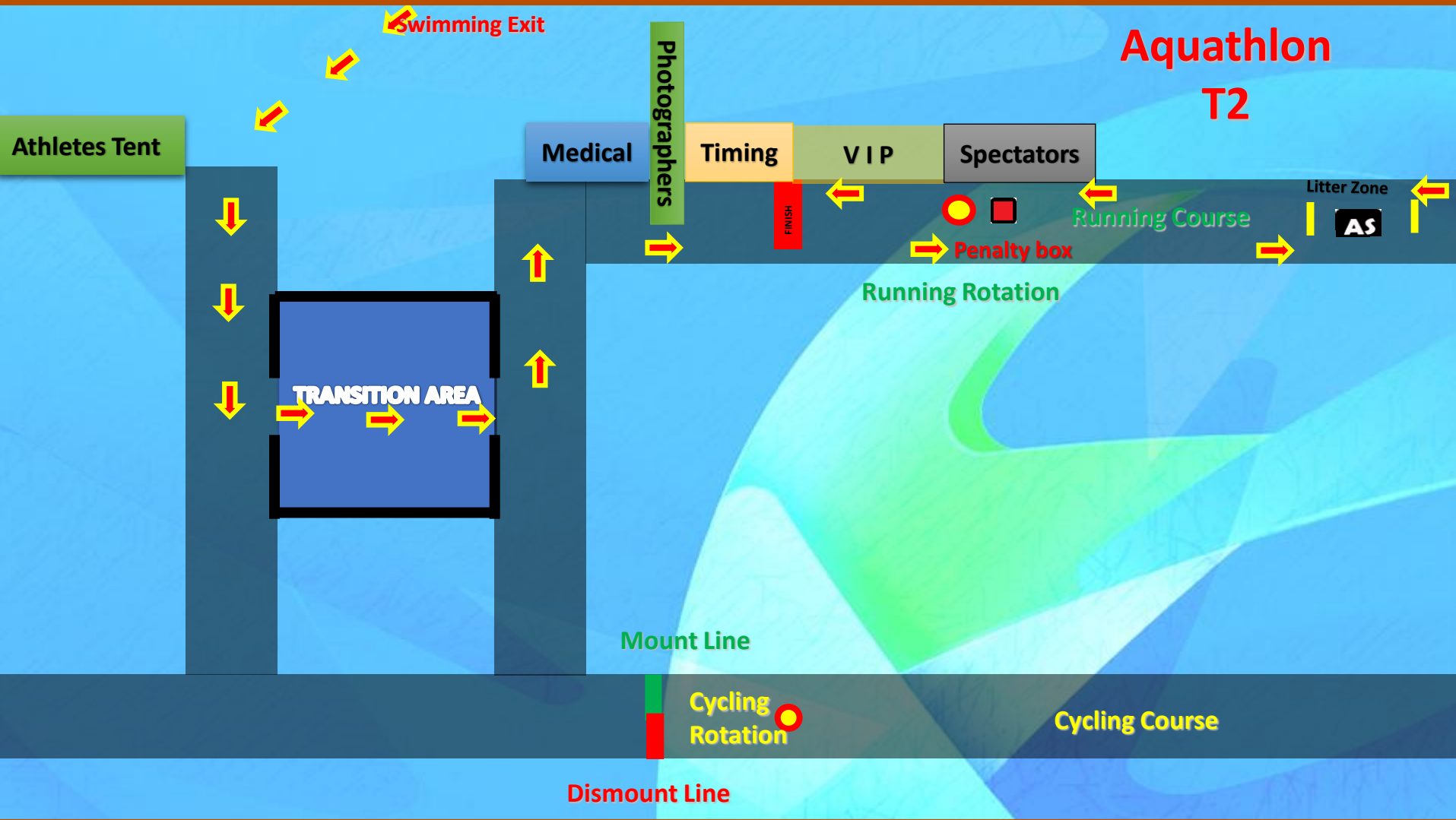
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Aquathlon Standard - Event Schedule

SATURDAY 14 OCTOBER

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	17:00 – 17:30

SUNDAY 15 OCTOBER

Athletes Lounge Open & Bike Check for Men	06:00 – 06:25
Transition Zone Open	06:00
Swim Warm up Open	06:05
Swim warm up Close	06:20
Transition Zone Close	06:15
Athlete Line Up	06:20
Athlete Introduction	06:25
Elite Men / U23 Men / Junior Men / Youth Men START	07:40
Age Group Men START	07:42
Elite Women / U23 Women / Youth Women START	07:45
Age Group Women START	07:47
Medal Ceremony	12:30