



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023





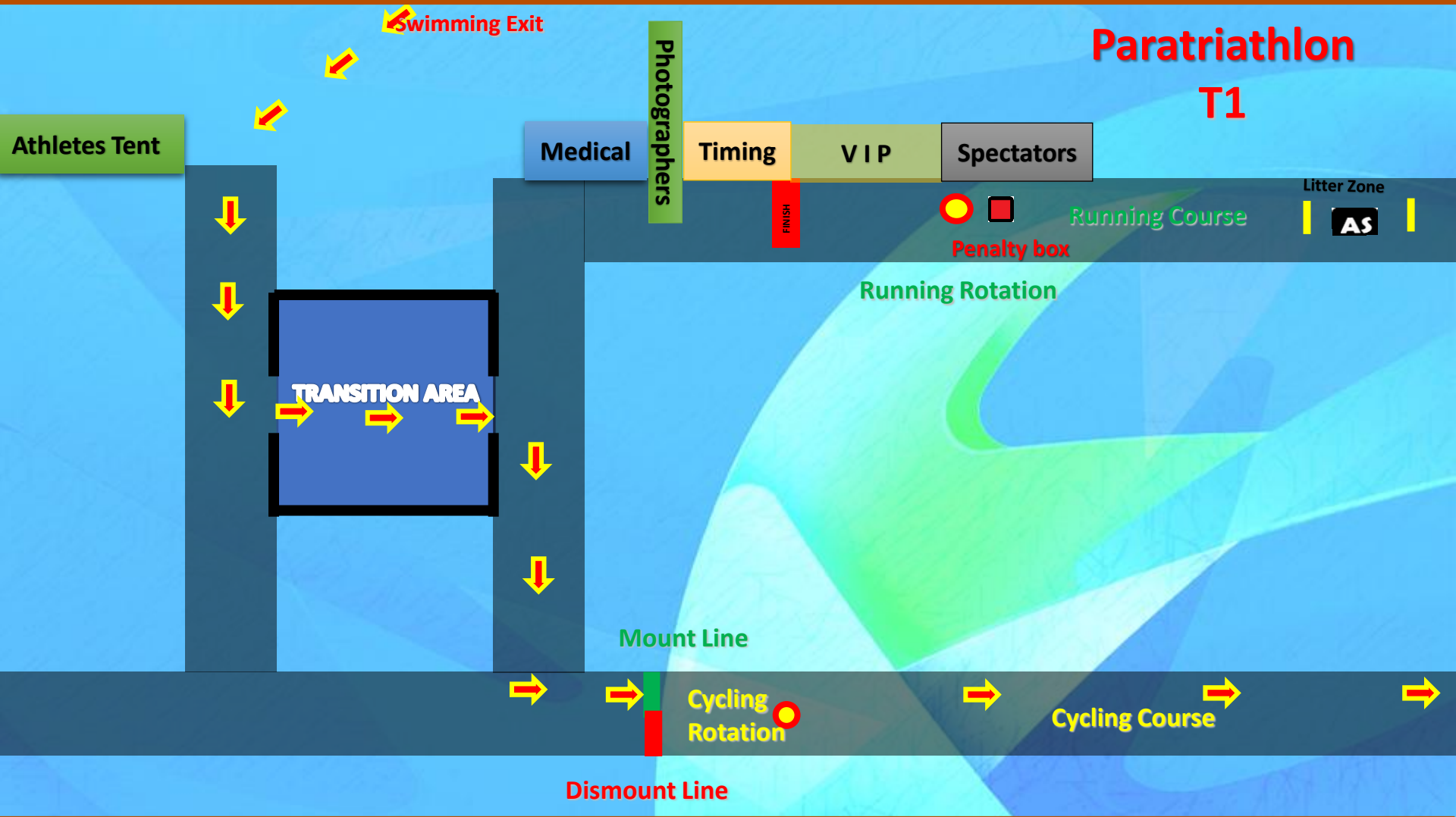
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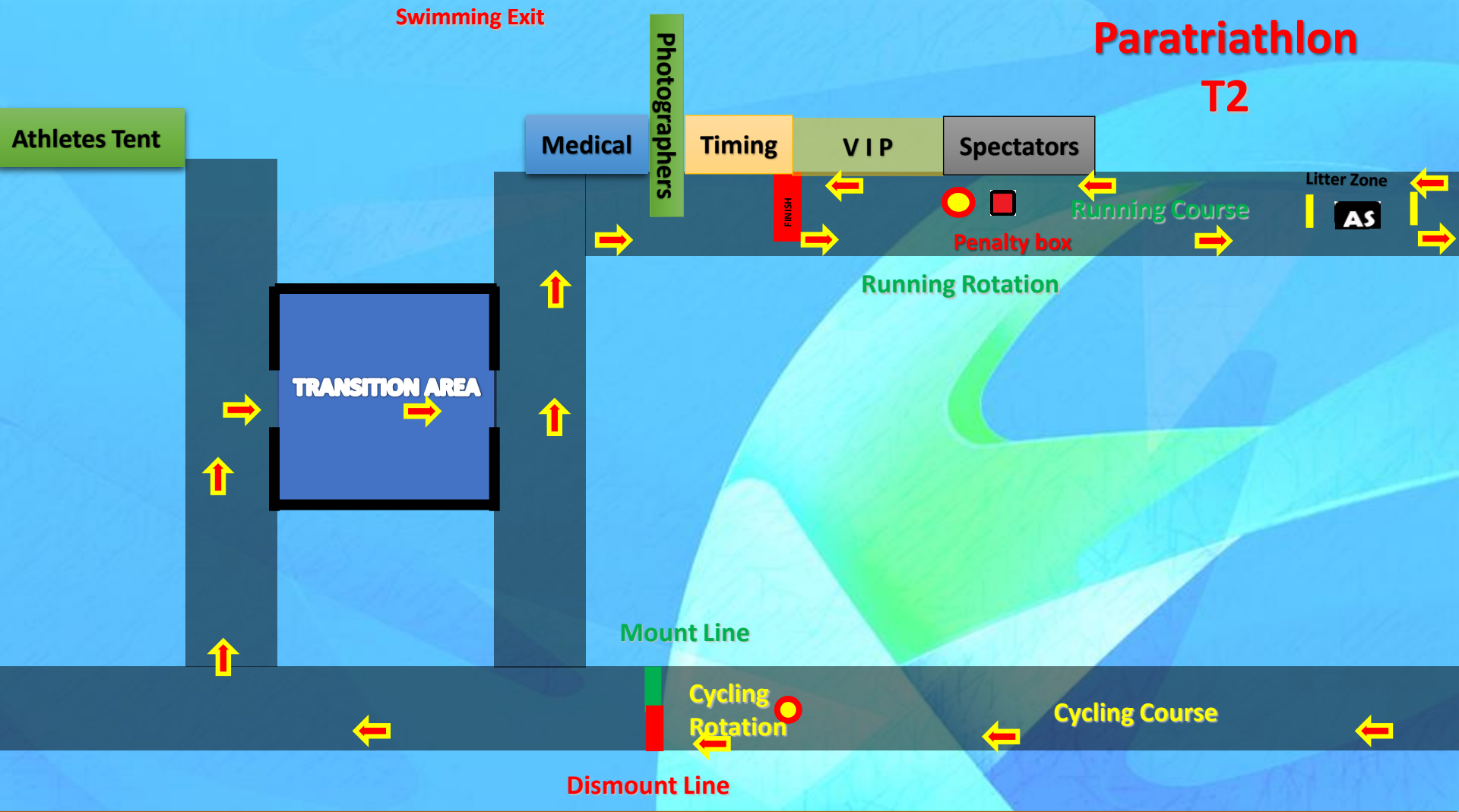
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Paratriathlon - Event Schedule

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	