

2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023



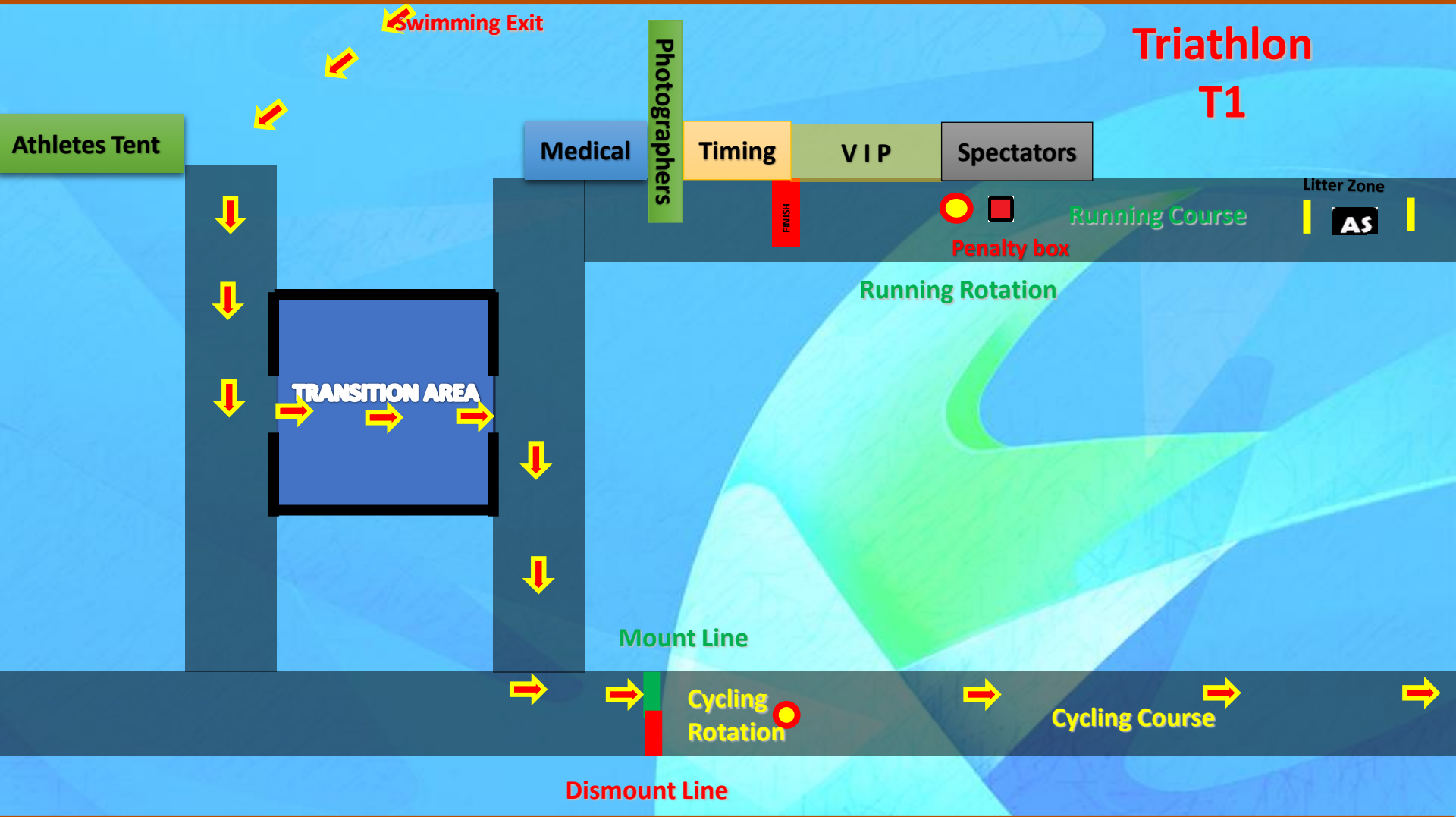
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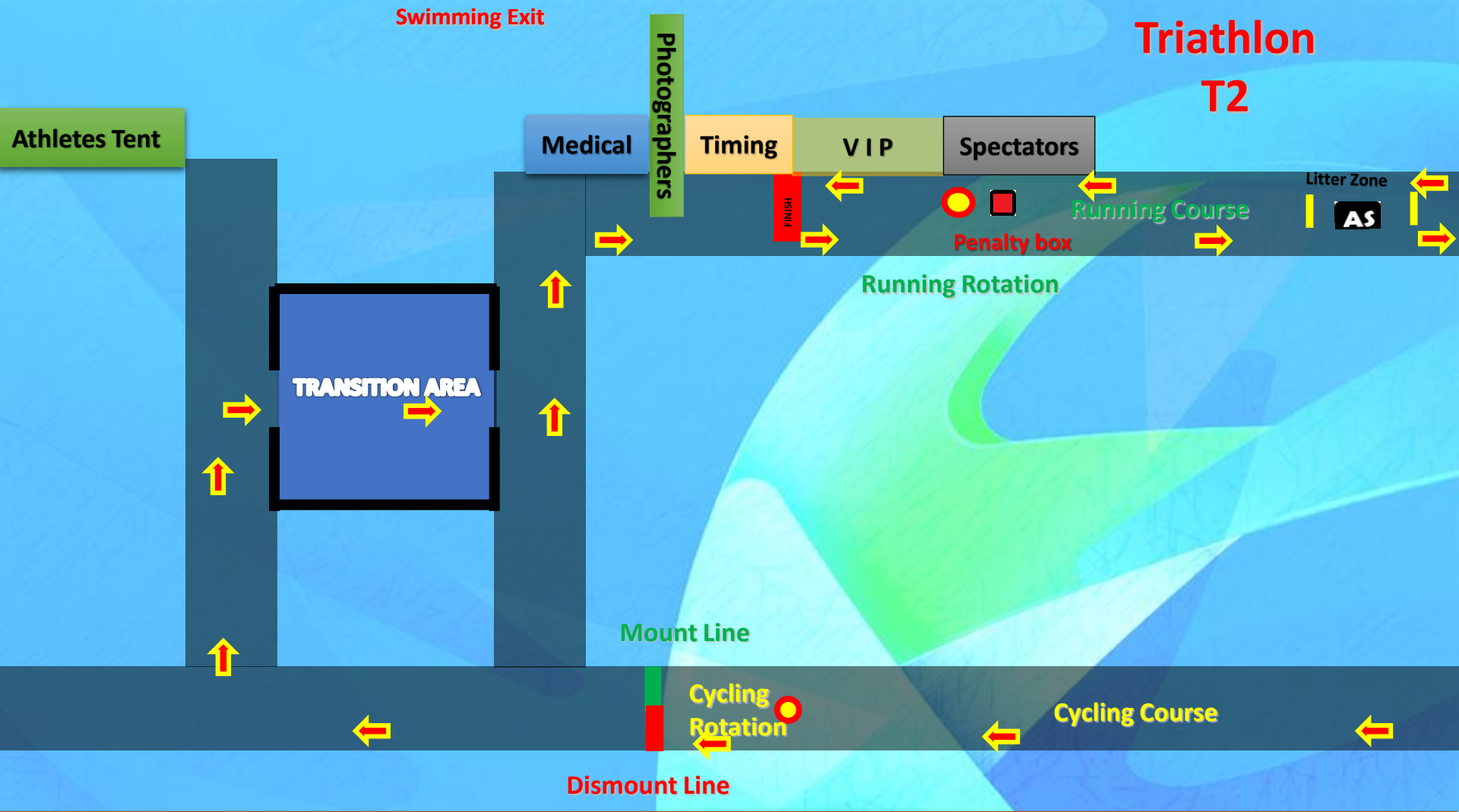
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Junior Triathlon - EVENT SCHEDULE

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	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