

2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023





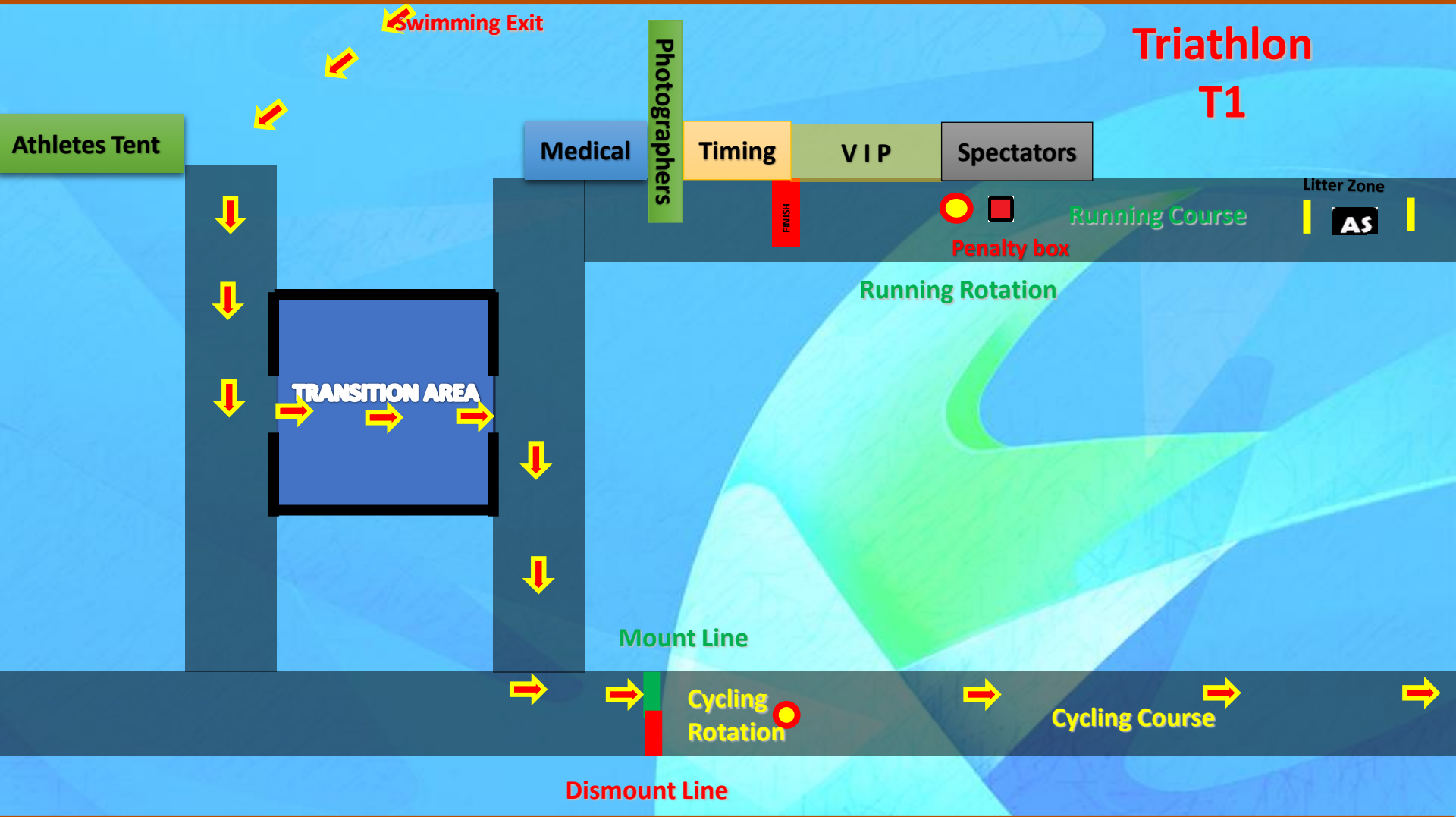
2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023



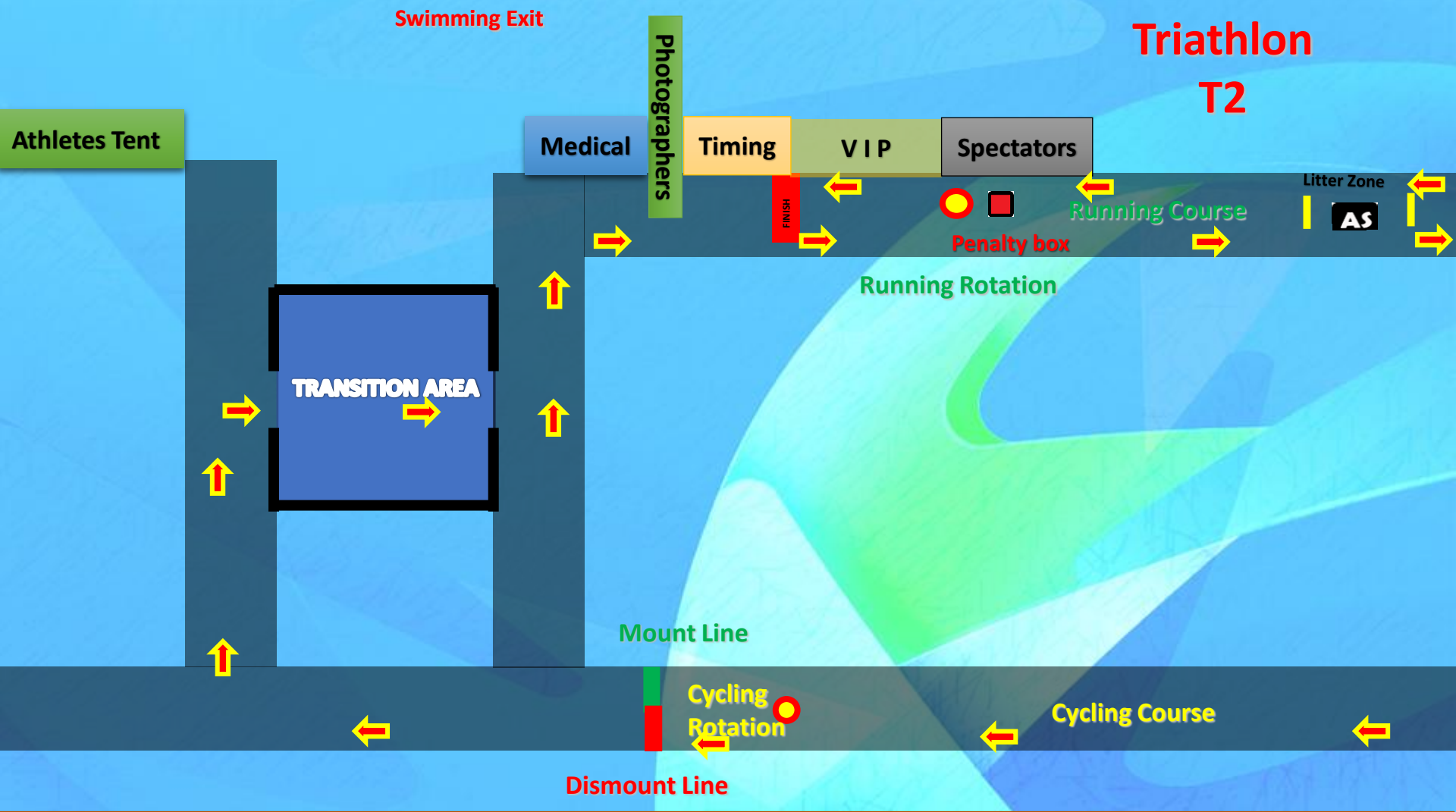
2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023





2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023



Standard Triathlon
Run 2 Laps 10 K



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023

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