



# 2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

## Sahl Hasheesh 13 : 15 October 2023







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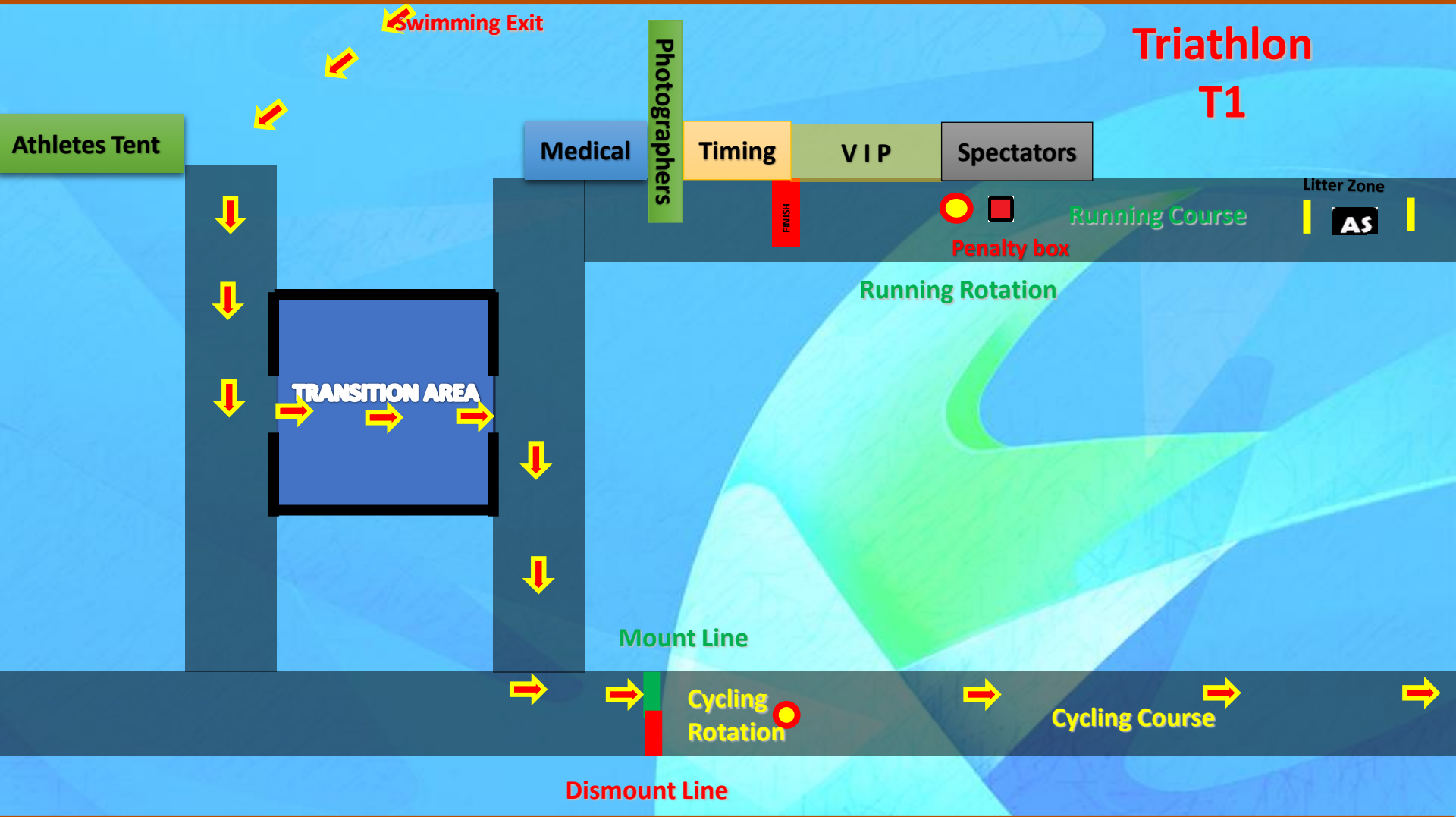
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**Super Sprint Triathlon**  
**Swim 1 Laps 400 M**

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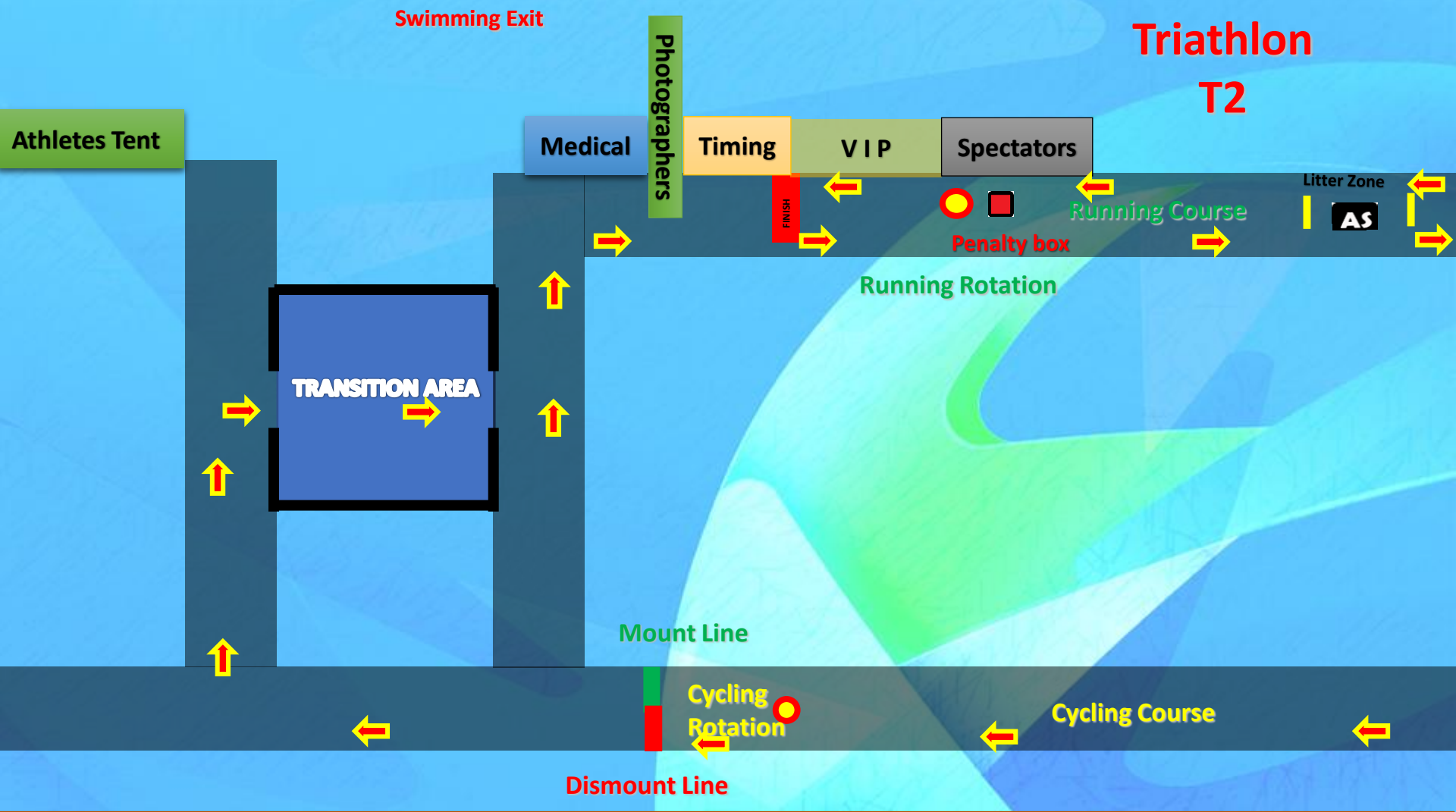
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**Super Sprint Triathlon**  
**Bike 2 Laps 10 K**

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**Super Sprint Triathlon**  
**Run 1 Laps 2.5 K**



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### 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