



2023 Hurghada Africa Triathlon Championships & Pan Arab Cup Championships

Sahl Hasheesh 13 : 15 October 2023



Sprint Duathlon
 Run 1 Laps 5 K
 Bike 3 Laps 20 K
 Run 1 Laps 2.5 K

Sea Horse Sahl
 Hasheesh Hurghada



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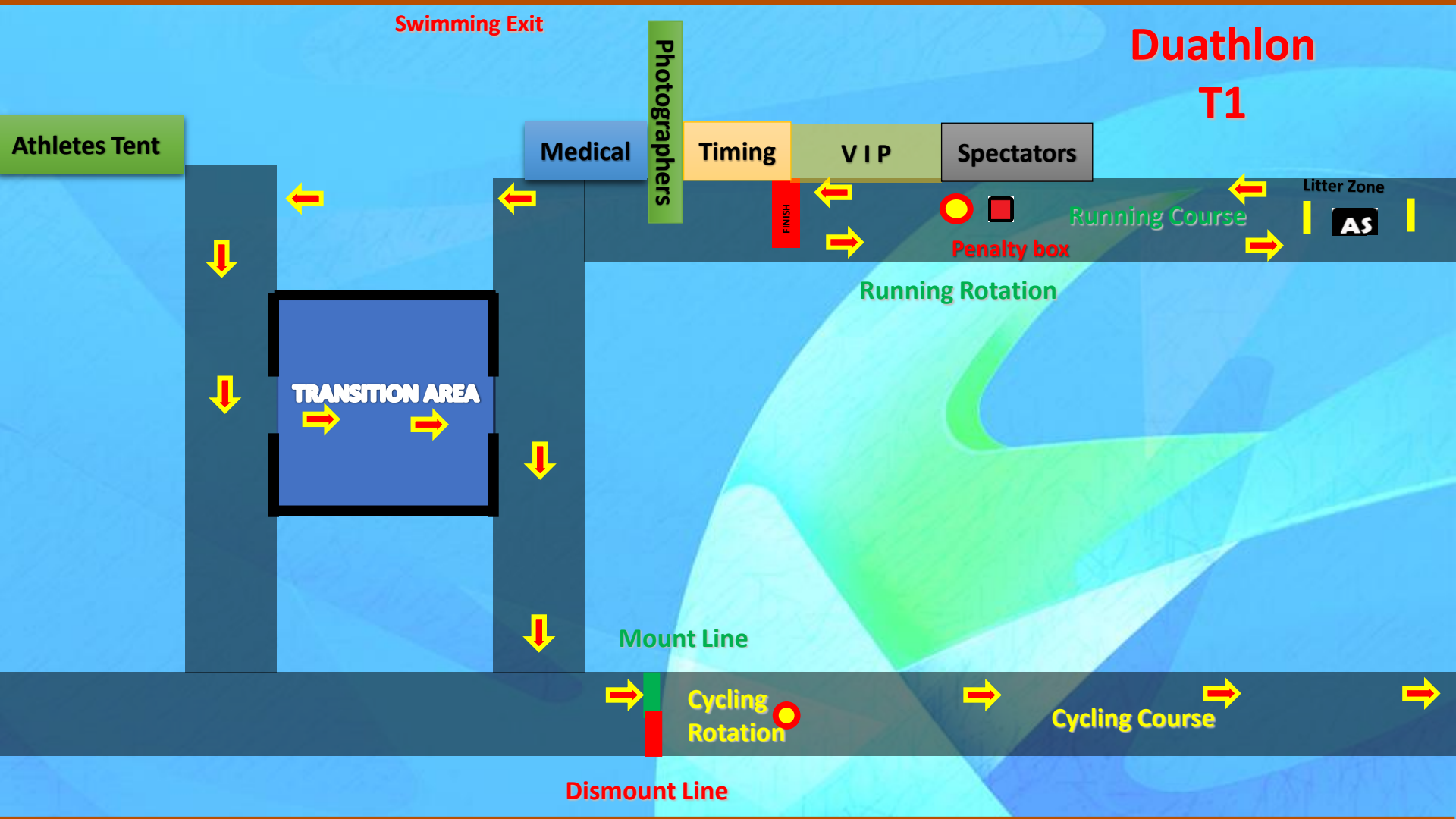


Sprint Duathlon
Run 1 Laps 5 K



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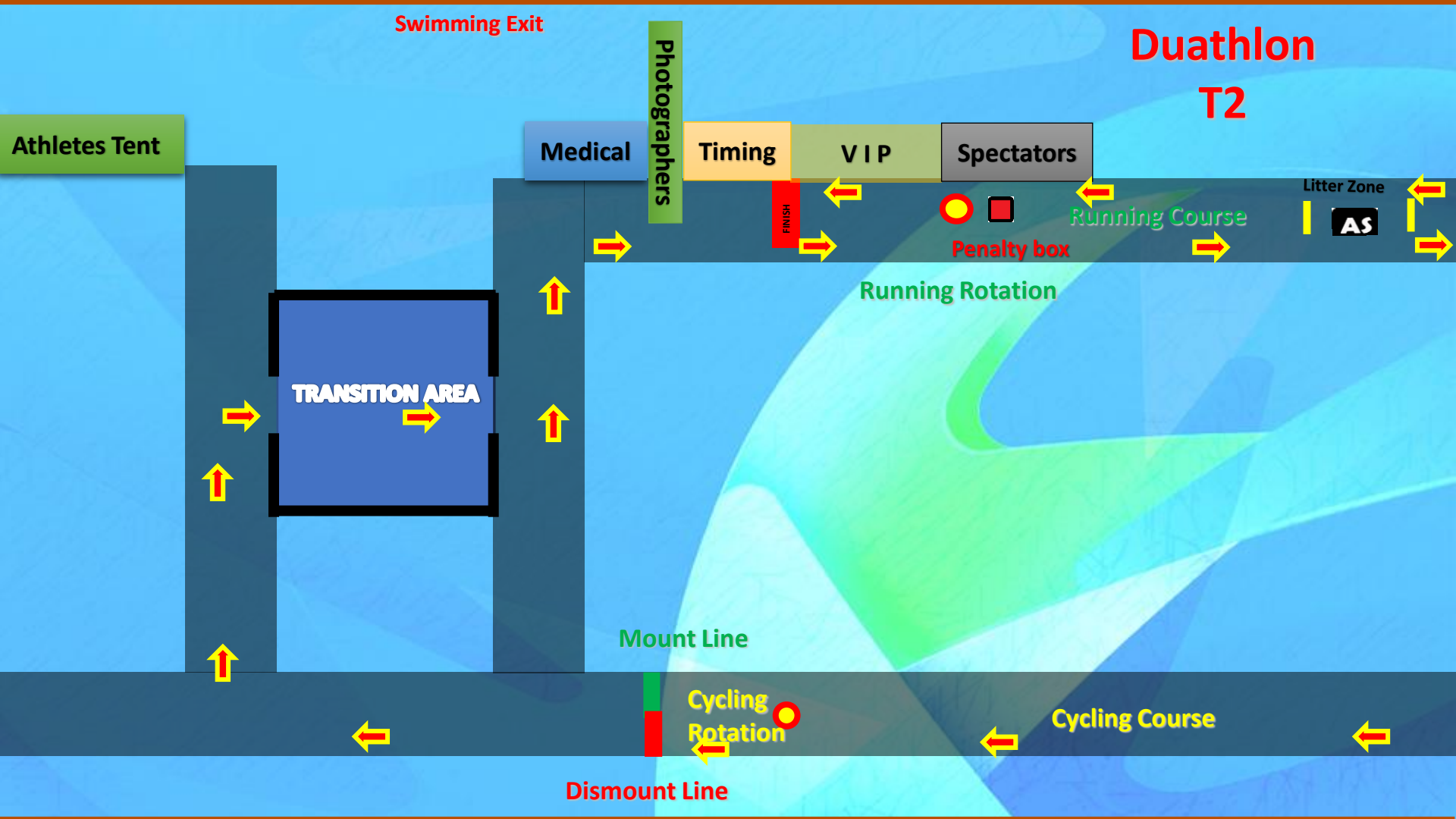
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Run 1 Laps 2.5 K



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Duathlon Sprint - Event Schedule

FRIDAY 13 OCTOBER

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|----------------------|---------------|
| Bike Familiarization | 15:30– 16:00 |
| Run Familiarization | 16:00 – 16:30 |
| Registration | 16:30– 17:00 |
| Race Pack Collection | 16:30– 17:00 |
| Athlete Briefing | 17:00 – 17:30 |

SATURDAY 14 OCTOBER

| | |
|--|---------------|
| Athletes Lounge Open & Bike Check for Men | 12:00 – 12:50 |
| Transition Zone Open | 12:00 |
| Warm up Open | 12:30 |
| warm up Close | 12:40 |
| Transition Zone Close | 12:45 |
| Athlete Line Up | 12:50 |
| Athlete Introduction | 12:55 |
| Elite Men / U23 Men / Junior Men / Yuouth Men START | 13:00 |
| Age Group Men START | 13:02 |
| Elite Women / U23 Women / Yuouth Women START | 13:05 |
| Age Group Women START | 13:07 |
| Medal Ceremony | 14:30 |