



World
Triathlon



Africa
Triathlon



2023 Africa Triathlon Cup & Pan Arab Championships Sharm El Sheikh

19 : 21 May, 2023



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The Egyptian Triathlon Federation is organizing the African Cup, the Arab Championship and the Republic Championship, in implementation of the Egyptian Triathlon Federation's activity plan for the 2022/2023 sports season, provided that the tournament will be held in Al-Salam City (Sharm El-Sheikh) in South Sinai Governorate from 19 to 21 May 2023.

--The tournament is being held under the auspices of:-

The International Triathlon Federation, headed by Mrs. Marisol Casado

Mr. Dr. Ashraf Sobhi - Minister of Youth and Sports

Mr. Major General A.H / Khaled Fouda - Governor of South Sinai

Mr. Media Major General / Ahmed Nasser Mostafa - President of the Egyptian, Arab and African Federation of Triathlon.



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Sharm El-Sheikh

Sharm El-Sheikh is an Egyptian tourist city, located at the confluence of the Gulfs of Aqaba and Suez on the Red Sea coast. It covers an area of 480 km², and it is the largest city in South Sinai. The city includes tourist resorts frequented by visitors from all over the world, and it is famous for being one of the international diving centers that attract amateurs and professionals of this sport, and among its most important areas are Ras Nasrani, Ras Um Sid, Ras Jamila, Ras Kanisah, Sharm El Maya, Nakhlet al-Tabal in addition to the Ras Muhammad Reserve which is located south of it and the Nabq Reserve between it and Dahab, and Naama Bay at the junction of the continents of Asia and Africa, and contains more than 200 hotels and resorts other than restaurants, cafes, commercial markets and entertainment cities.

Sharm el-Sheikh was built in 1968 and is known as the City of Peace. Since that date, the city has developed rapidly until it has become one of the most famous tourist cities in Sinai and the world, and it is considered one of the four most beautiful cities in the world according to the BBC classification for the year 2005. The transformation of the city also led to modern systems in architecture, entertainment, safety and hotel service to qualify it to win an award organized UNESCO for selecting it among the five best cities of peace in the world out of 400 global cities.



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NO	Categories	Year of Birth	Distance
1	Elite	2007 +	Standard
2	U 23	2000 : 2005	Standard
3	Junior	2004 : 2007	Sprint
4	Youth-U17	2006 : 2008	Super Sprint
5	Youth-U15	2008 : 2009	Super Sprint
6	Youth-U13	2010 : 2011	Super Sprint
7	U 12	2011	Kids
8	U 11	2012	Kids
9	U 10	2013	Kids
10	U 9	2014	Kids
11	U 8	2015	Kids
12	U 7	2016 -	Kids
13	A G 15 : 19	2004 : 2008	Super Sprint
14	A G 16 : 19	2004 :2007	Super Sprint + Sprint
15	A G 20 : 24	1999 : 2003	Super Sprint + Sprint + Standard
16	A G 25 : 29	1994 : 1998	Super Sprint + Sprint + Standard
17	A G 30 : 34	1989 : 1993	Super Sprint + Sprint + Standard
18	A G 35 : 39	1984 : 1988	Super Sprint + Sprint + Standard
19	A G 40 : 44	1979 : 1983	Super Sprint + Sprint + Standard
20	A G 45 : 49	1974 : 1978	Super Sprint + Sprint + Standard
21	A G 50 : 54	1969 : 1973	Super Sprint + Sprint + Standard
22	A G 55 : 59	1964 : 1968	Super Sprint + Sprint + Standard
23	A G 60 : 64	1959 : 1963	Super Sprint + Sprint + Standard



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Race

Details

Triathlon

**Swimming
Bikes
Running**

**anti clockwise
clockwise
anti clockwise**

Duathlon

**Running
Bikes
Running**

**anti clockwise
clockwise
anti clockwise**

Aquathlon

**Running
Swimming
Running**

**anti clockwise
anti clockwise
anti clockwise**

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Athlete Race

Triathlon

Sprint

Super Sprint

Kids

Aquathlon

Standard

Sprint

Kids

Duathlon

Sprint

Super Sprint

Kids



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Triathlon: (swimming - cycling - running)

The triathlon race is one of the fastest seen and widespread Olympic sports, where the athlete puts his tools in the transition area first, then heads to the starting point of the race for the athlete to swim, then heads to the transition area, wears a head protector, rides a bicycle, then completes the required distance for the steps, and then returns again For the transition area, putting the bike on, then the head protector, and running to finish the remaining distance of the running stage before finishing the race and crossing the finish line, and the result is calculated based on the athlete entering the finish line in one time.

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Triathlon

Triathlon

Swim

Bike

Run

Sprint

750 M

1 Laps

20 K

3 Laps

5 K

2 Laps

Super Sprint

400 M

1 Laps

10 K

2 Laps

2.5 K

1 Laps

Kids

150 M

1 Laps

3.5 K

1 Laps

1 K

1 Laps



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Duathlon: (running - cycling - running)

The duathlon race is one of the derivatives of the triathlon game, as it combines cycling and running, where the athlete puts his tools in the transition area first, then heads to the starting point of the race for the athlete to run, then heads to the transition area, wears a head protector, rides a bicycle, then completes the required distance for the steps, and then returns again For the transition area, putting the bike on, then the head protector, and running to finish the remaining distance of the running stage before finishing the race and crossing the finish line, and the result is calculated based on the athlete entering the finish line in one time.

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Duathlon

Duathlon

Run

Bike

Run

Sprint

5 K

2 Laps

20 K

3 Laps

2.5 K

1 Laps

Super Sprint

2.5 K

1 Laps

10 K

2 Laps

1.2 K

1 Laps

Kids

1 K

1 Laps

3.5 K

1 Laps

1 K

1 Laps



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Aquathlon (running, swimming, running) or (swimming - running)

The aquathlon race is one of the derivatives of the triathlon game, as it combines swimming and running, where the athlete puts his tools in the transition area first, then heads to the starting point of the race for the athlete to run, then heads to the transition area to put running tools, then heads to swimming, and after finishing, the player returns to the transition area and puts tools Swimming and then running to finish the remaining distance of the running stage before finishing the race and crossing the finish line. The result is calculated based on the athlete entering the finish line in one time.

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Aquathlon

Aquathlon

Run

Swim

Run

Standard

2.5 K

1 Laps

1000M

1 Laps

2.5 K

1 Laps

Sprint

1.2 K

1 Laps

500 M

1 Laps

1.2 K

1 Laps

Kids

150M

1 Laps

1 K

1 Laps



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Friday Schedule 19 May 2023

Race	Check in	Start
AG Men Sprint Triathlon	05:00	06:00
AG Women Sprint Triathlon	05:15	06:05
Elite Men Sprint Triathlon Africa Cup	06:30	07:30
Elite Women Sprint Triathlon Africa Cup	08:30	10:00
Youth Men 13 – 15 – 17 Super Sprint Triathlon	10:50	11:30
Youth Women 13 – 15 – 17 Super Sprint Triathlon	10:50	11:35
AG Men Super Sprint Triathlon	12:15	12:45
AG Women Super Sprint Triathlon	12:25	12:50



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Saturday Schedule 20 May 2023

Race	Check in	Start
Junior Men Sprint Triathlon	05:00	06:00
Junior Women Sprint Triathlon	05:45	06:45
Elite Men Pan Arab Sprint Triathlon	07:30	08:30
Elite Women Pan Arab Sprint Triathlon	08:15	09:15
Kids Triathlon	10:00	10:30
AG Super Sprint Duathlon	11:00	11:30
Kids Duathlon	11:45	12:15
Kids Aquathlon	12:30	13:00



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Sunday Schedule 21 May 2023

Race	Check in	Start
Elite – U23 - Junior – AG / Men Sprint Duathlon	05:00	06:00
Elite – U23 - Junior – AG / Women Sprint Duathlon	05:15	06:05
Elite Men Paratriathlon	07:00	08:00
Elite Women Paratriathlon	07:15	08:00
Elite – U23 - Junior – Youth - AG / Men Standard Aquathlon	09:00	10:15
Elite – U23 - Junior – Youth - AG / Women Standard Aquathlon	09:15	10:20
AG Super Sprint Aquathlon	11:00	11:30



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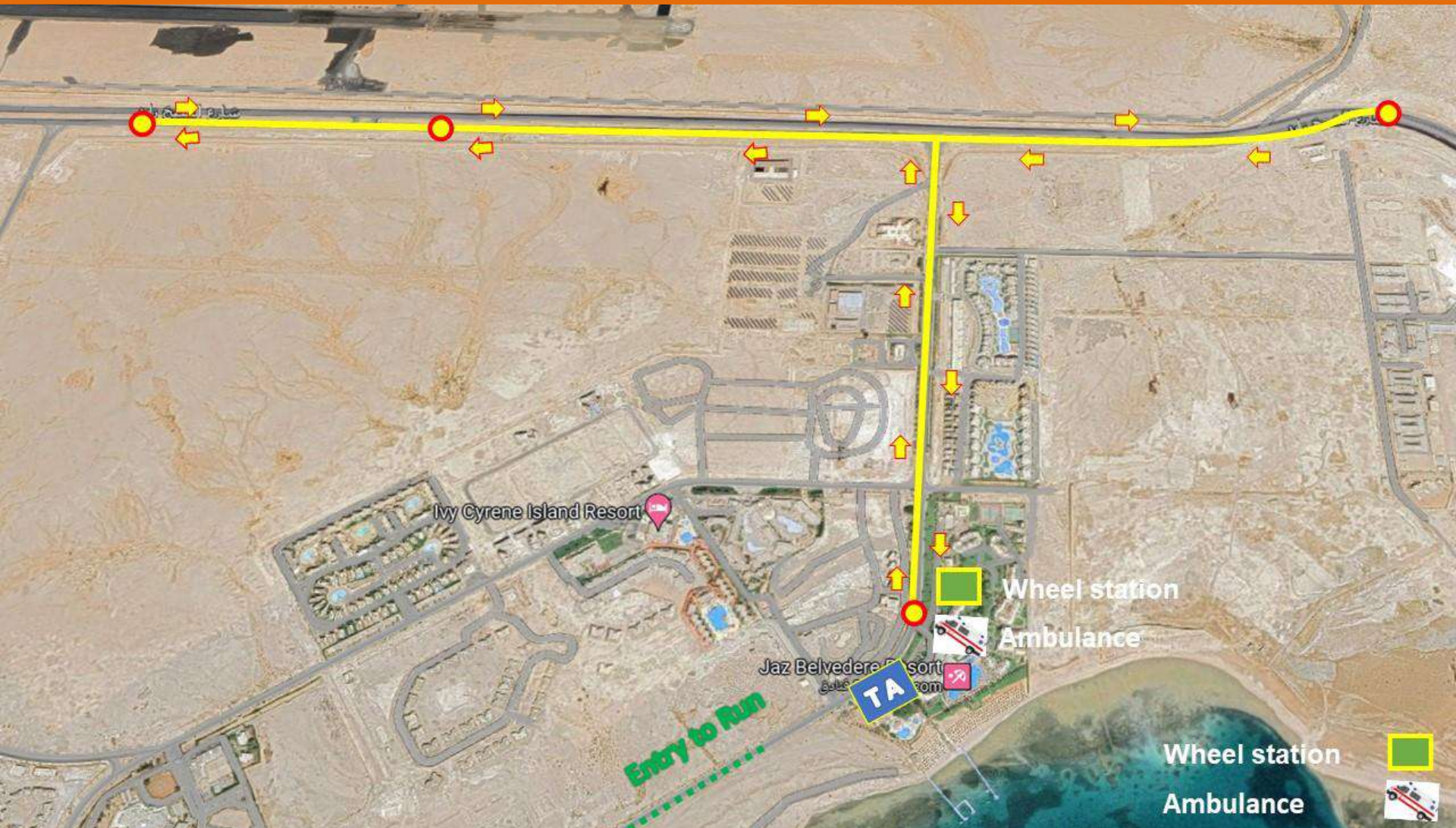
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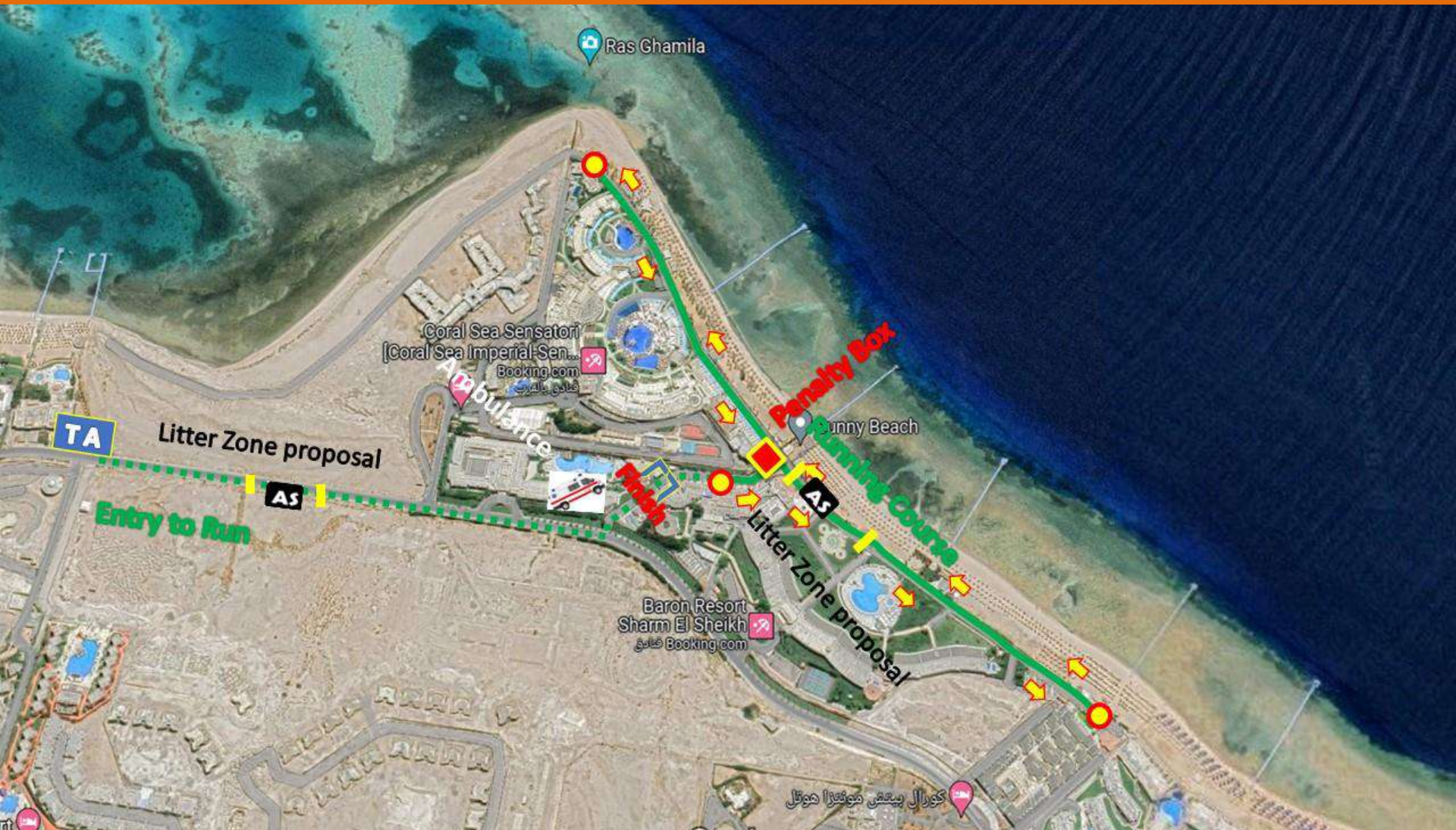
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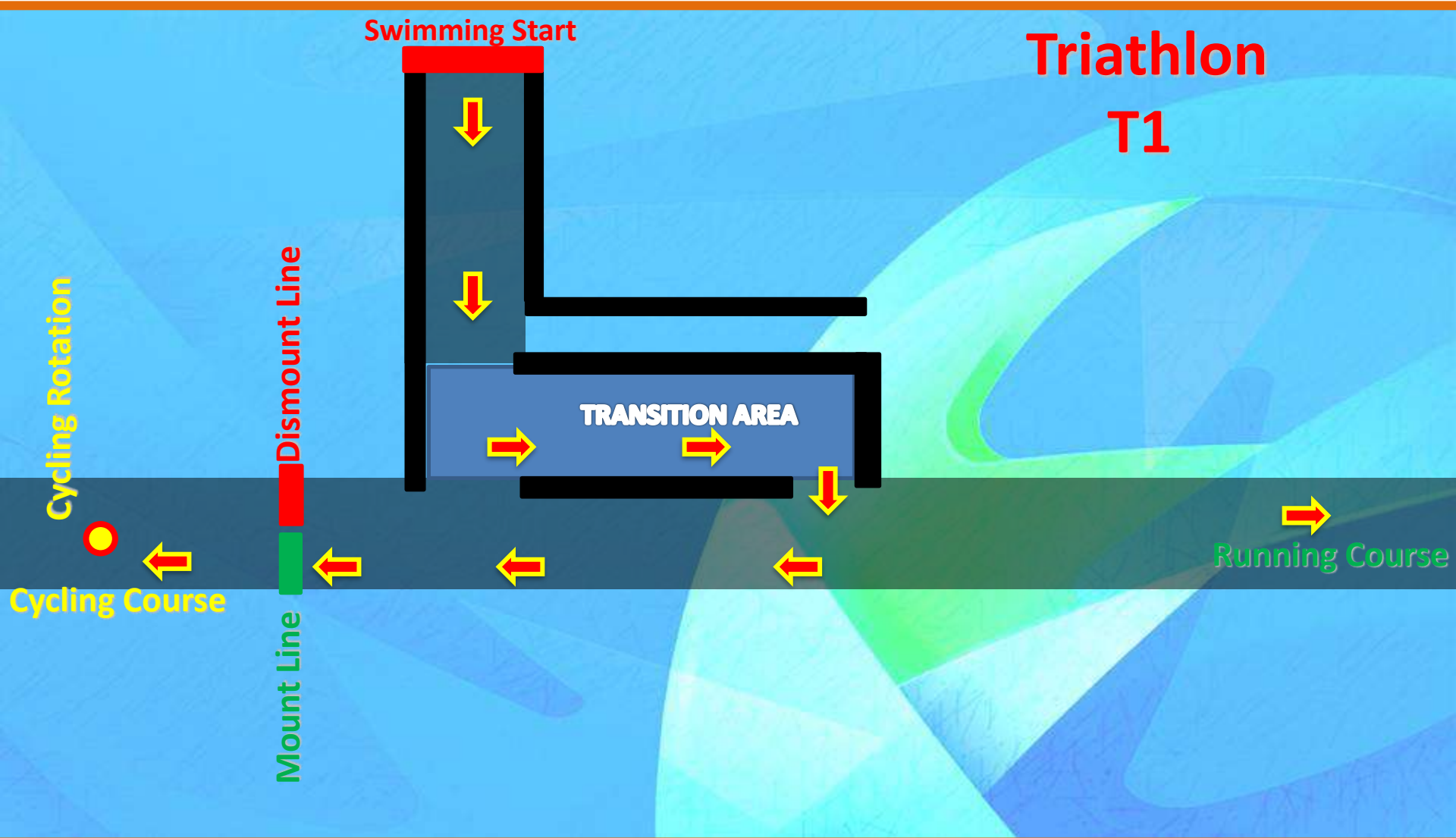
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Triathlon
T1

Swimming Start

Dismount Line
Mount Line

TRANSITION AREA

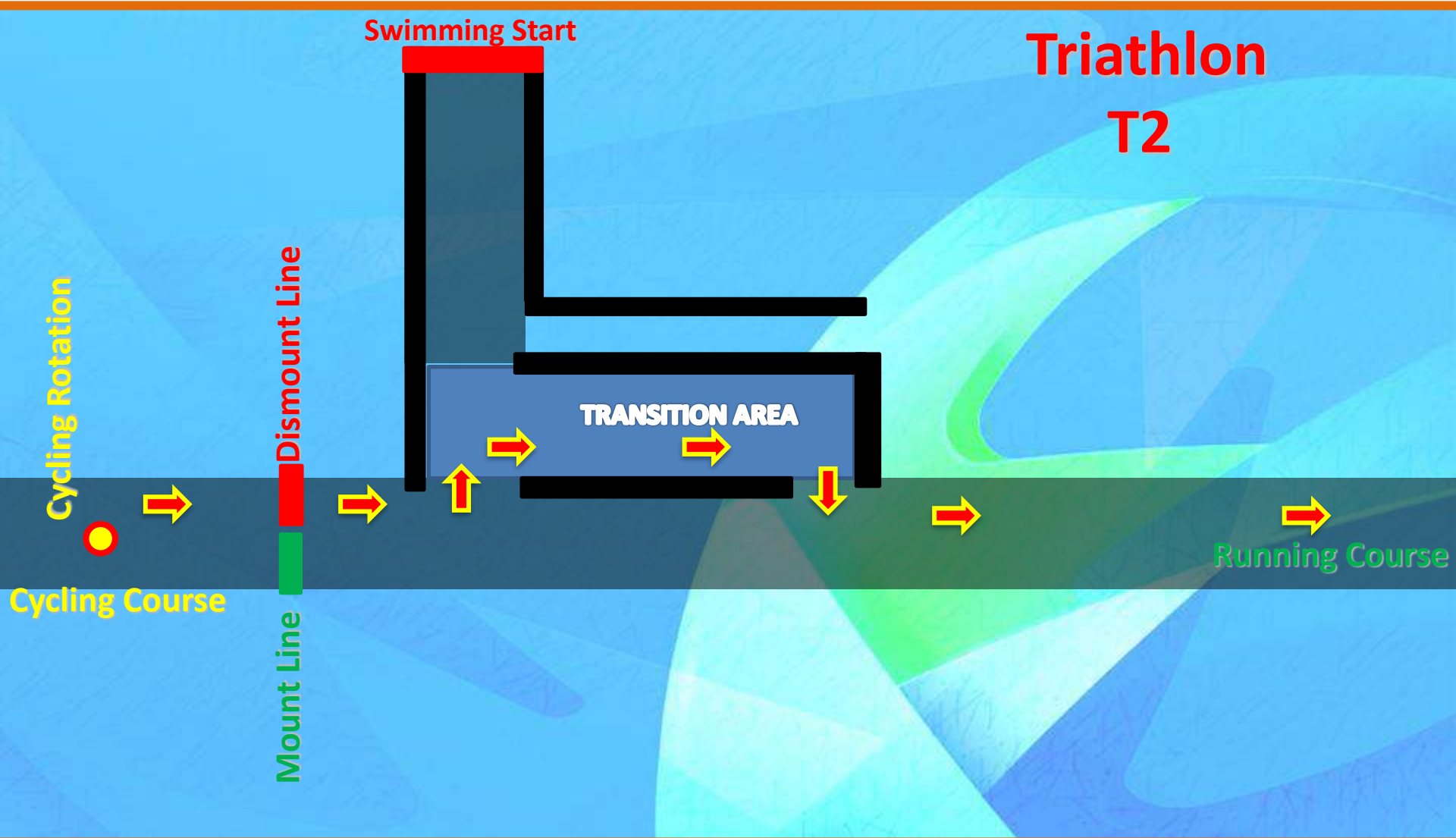
Cycling Rotation

Cycling Course

Running Course



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Triathlon
T2

Swimming Start

Dismount Line

Mount Line

TRANSITION AREA

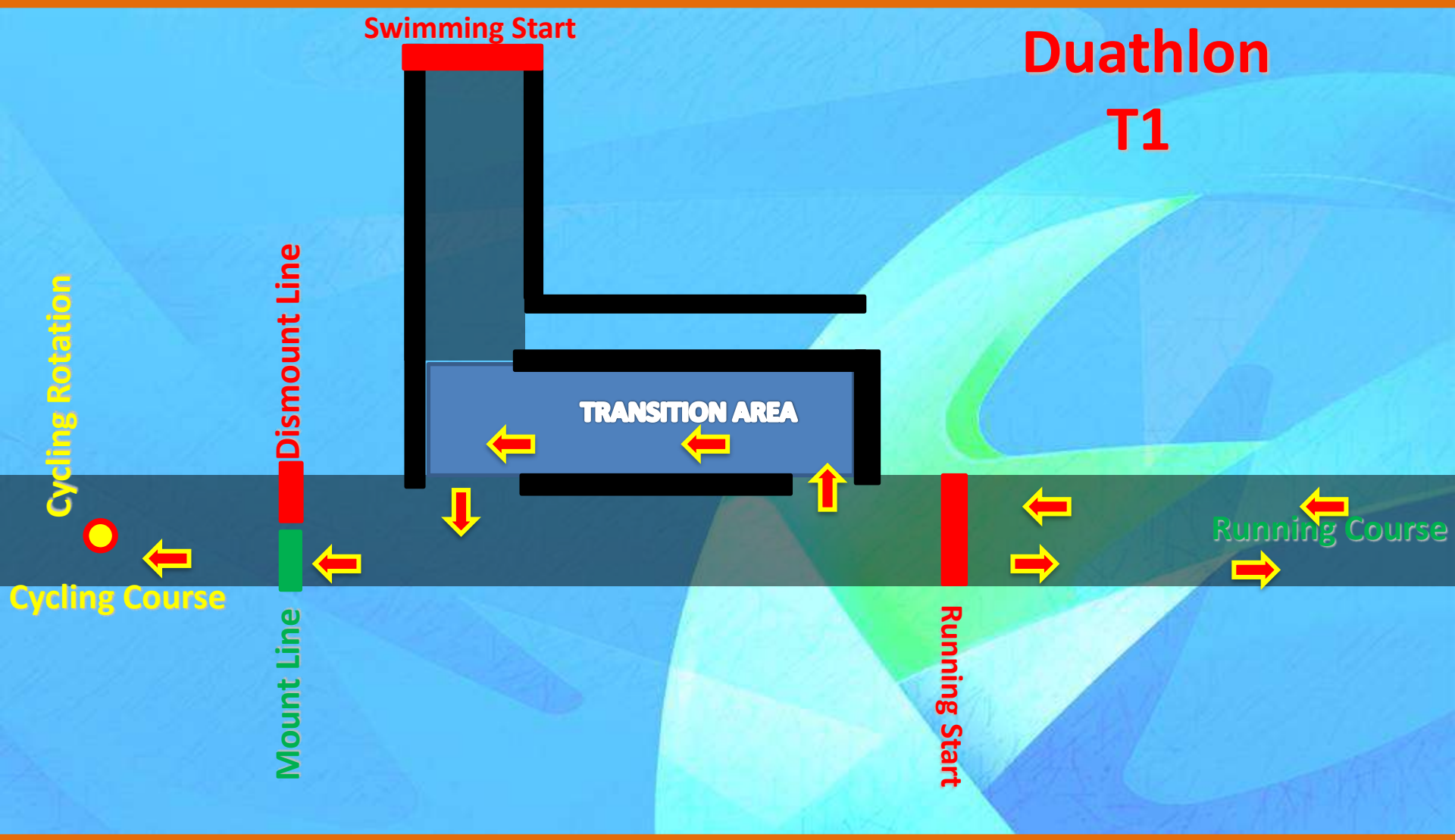
Cycling Rotation

Cycling Course

Running Course



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Swimming Start

Duathlon
T1

TRANSITION AREA

Dismount Line
Mount Line

Cycling Rotation

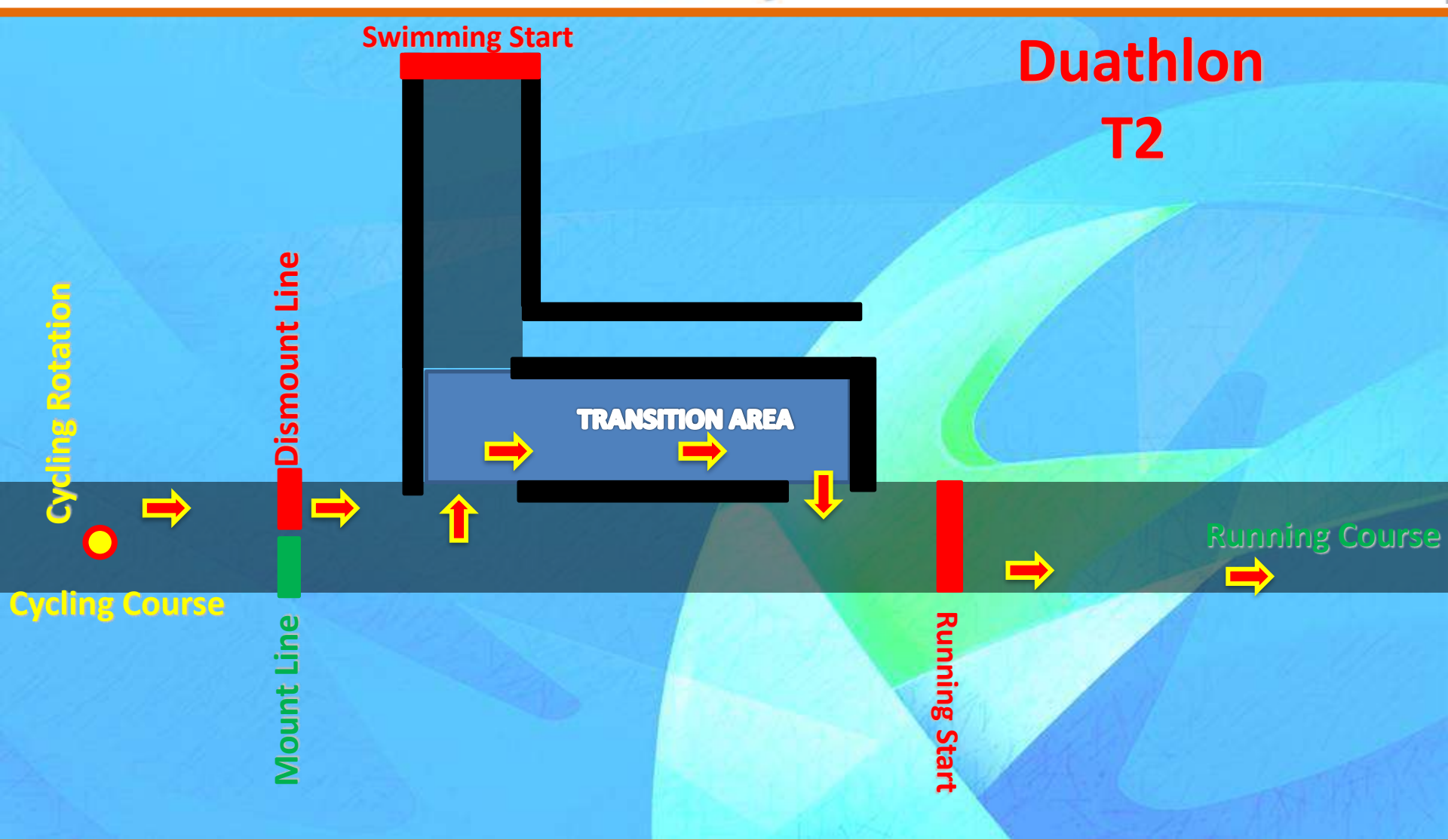
Cycling Course

Running Start

Running Course

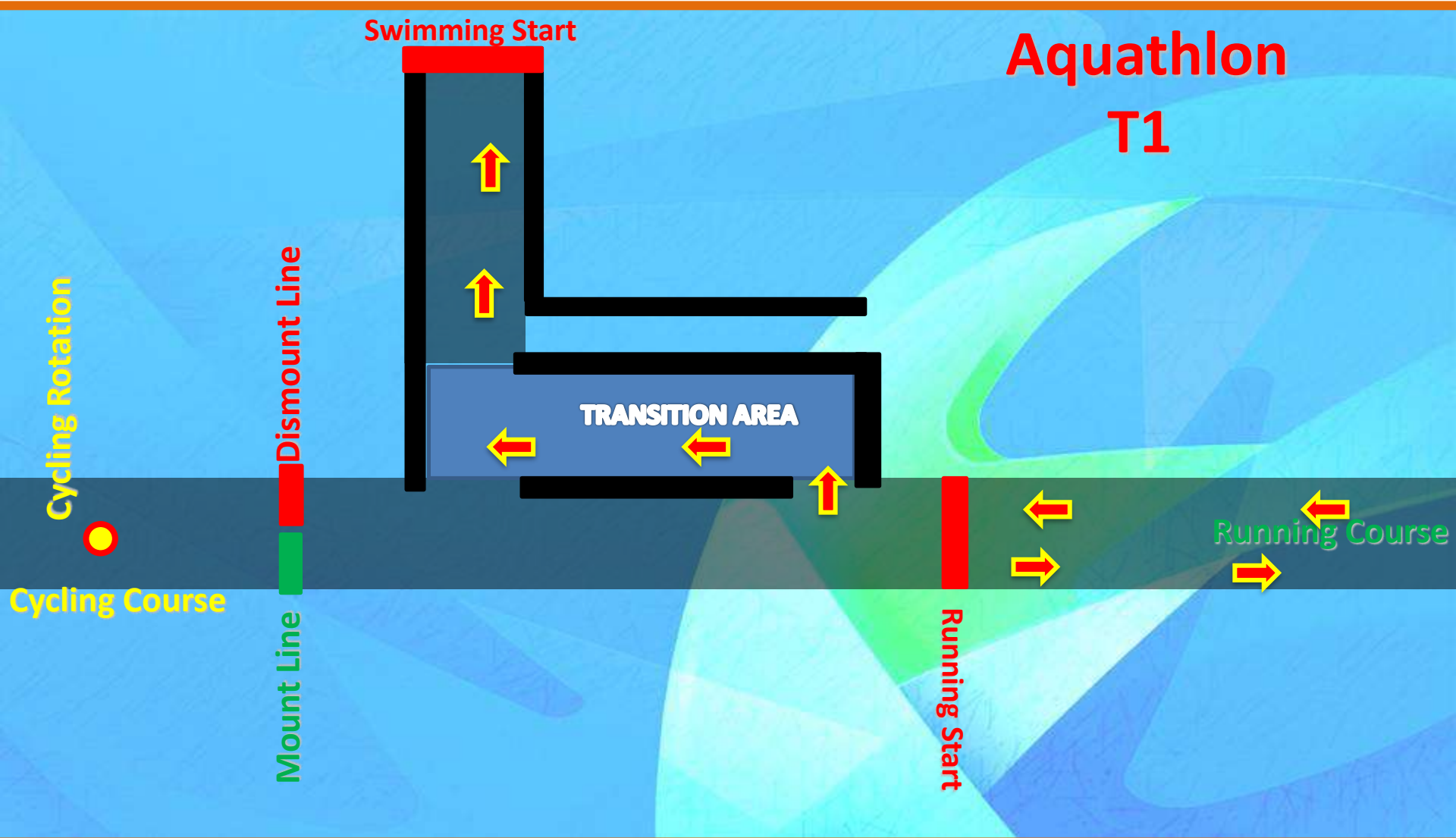
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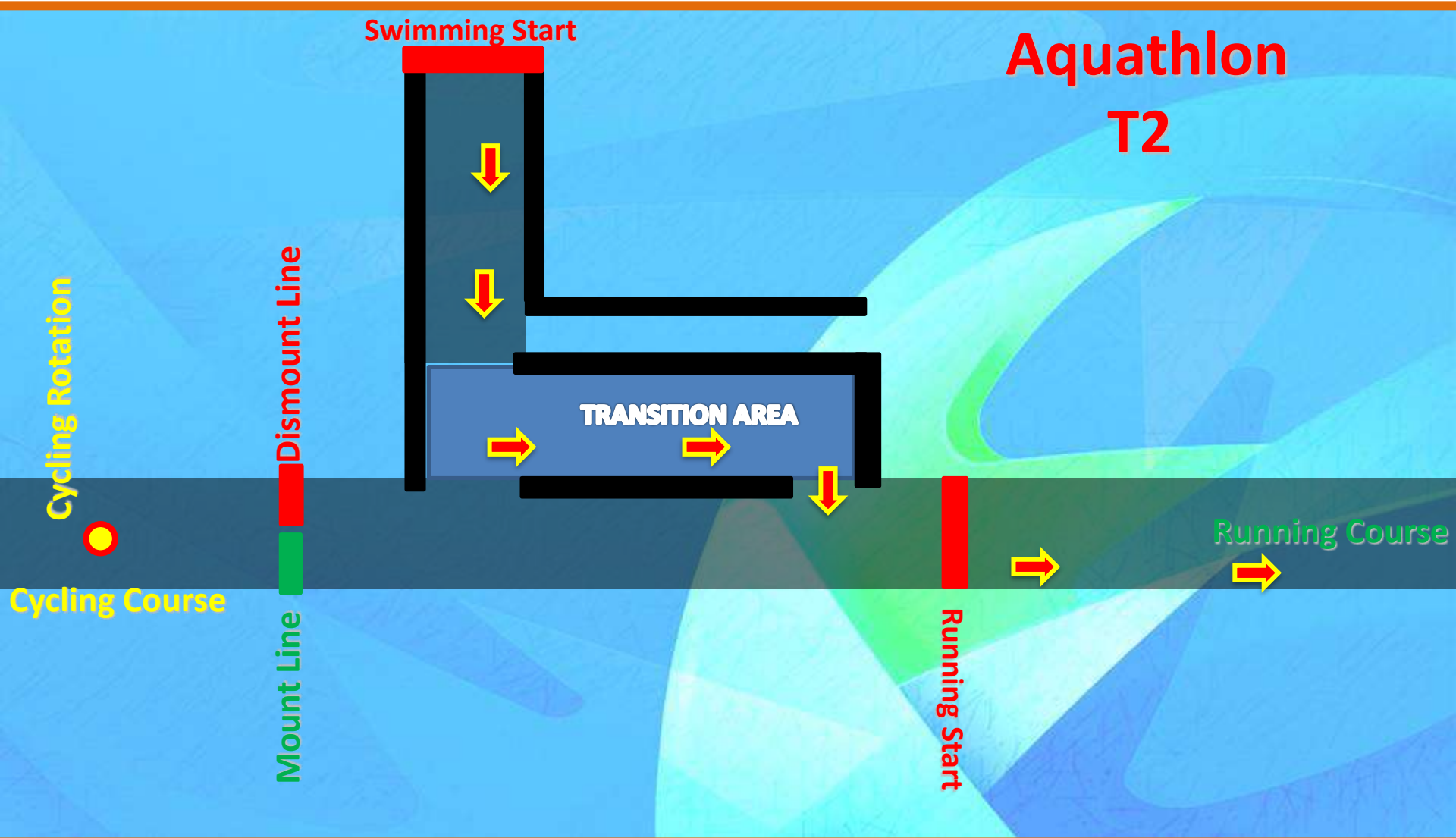
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Aquathlon
T1



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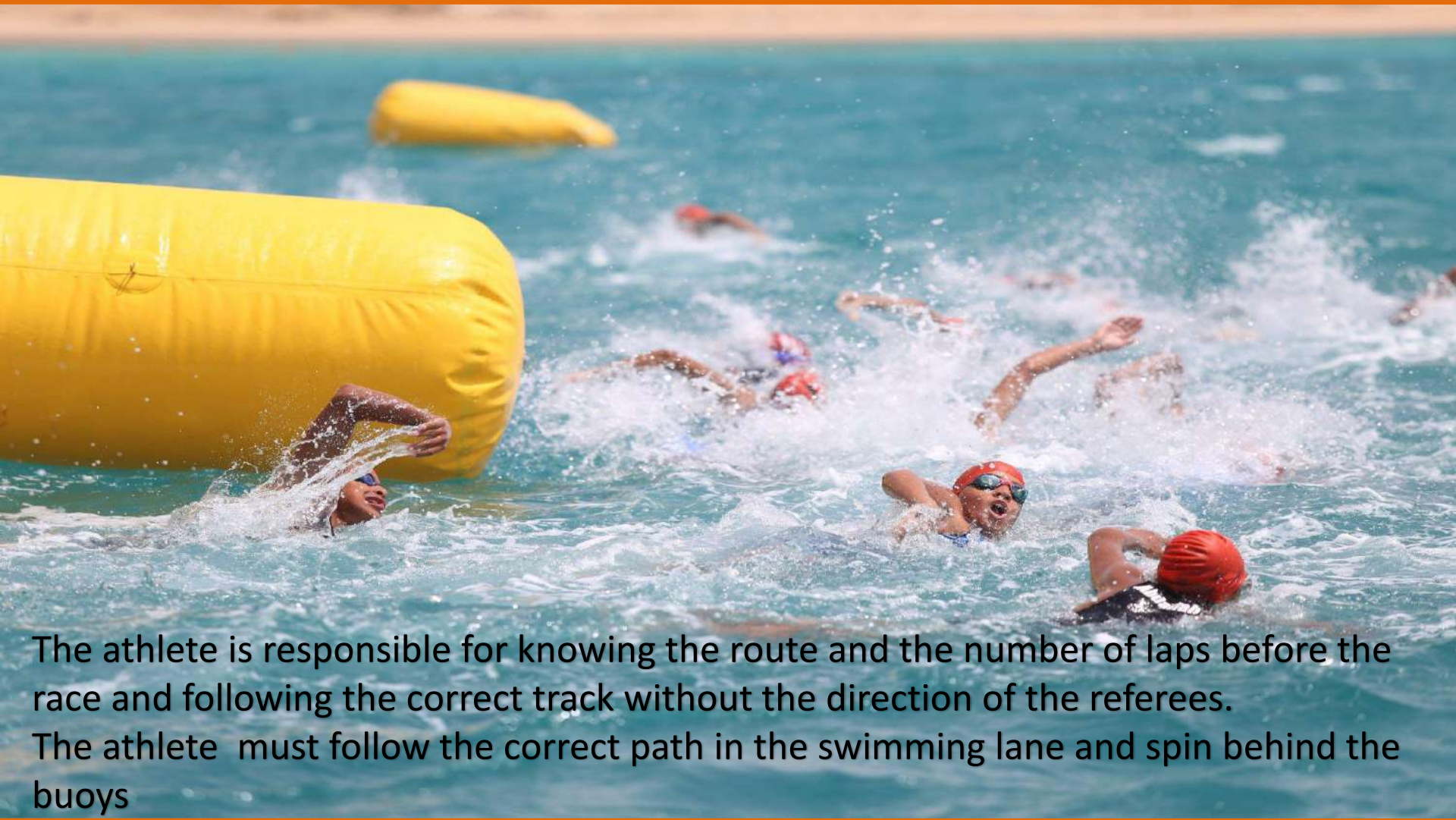
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**Electronic time
on the left foot**



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The athlete is responsible for knowing the route and the number of laps before the race and following the correct track without the direction of the referees.
The athlete must follow the correct path in the swimming lane and spin behind the buoys



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The athlete is not allowed to use a (Wetsuit)



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طريقة غير صحيح للبس الخوذه



طريقة صحيحة للبس الخوذه





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Athletes are not allowed to use headphones



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**The athlete must hold the helmet securely before touching the bike in the initial transition area
It is not allowed to touch the lock of the head guard from the first transition area until the bike is installed in the second transition area**



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The athlete must grip the bike handle well



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Drafting will be permitted between athletes of the same gender.



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Handbar is not allowed



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It is not allowed to run bare-chested or with a bicycle helmet

Good Luck