

The Athlete's Guide

WELCOME NOTE

Schedule

AGENDA

COURSE

Details

HOTEL & TRANSPORTATION

ENTRY FEES

Honorable Dignitaries

Madam Marisol Casado (SPN),
Triathlon President.

Professor Dr. Ashraf Sobhi (EGY),
Egyptian Minister of MOYS.

Major General Ahmed Nasser (EGY),
Founding President of the Egyptian Triathlon Federation,
President of the African and Arab Triathlon Federations,
World Triathlon Executive Board Member.

Mr. Schalk Roestoff (RSA),
Africa Triathlon Cup Technical Delegate

Schedule's

Friday Schedule 23 February 2024

Race	Check in	Start
Super Sprint Triathlon Youth Men 13 – 15 – 17	07:00	07:30
Super Sprint Triathlon Youth Women 13 – 15 – 17	07:00	07:35
Elite Men Sprint Triathlon	07:15	08:30
Elite Women Sprint Triathlon	08:15	09:30
Super Sprint Triathlon Age-Group Men	11:00	11:30
Sprint Triathlon Age-Group Women	11:00	11:35
Kids Duathlon Boy	11:45	12:15
Kids Duathlon Girl	11:50	12:20
Super Sprint Duathlon U15 - U13 - Age-Group Men	12:15	12:40
Super Sprint Duathlon U15 - U13 - Age-Group Women	12:15	12:45
Kids Aquathlon Boy	13:00	13:30
Kids Aquathlon Girl	13:00	13:35
Super Sprint Aquathlon U15 - U13 - Age-Group Men	14:00	14:30
Super Sprint Aquathlon U15 - U13 - Age-Group Women	14:00	14:35

Saturday Schedule 24February 2024

Race	Check in	Start
Paratriathlon Men	06:00	07:00
Paratriathlon Women	06:00	07:05
Sprint Triathlon Junior Men	08:45	09:15
Sprint Triathlon Junior Women	09:00	10:00
Standard Aquathlon Men	10:30	11:00
Standard Aquathlon Women	10:30	11:05
Sprint Triathlon Age-Group Men	11:30	12:00
Sprint Triathlon Age-Group Women	11:30	12:05
Kids Triathlon Boy	12:30	13:00
Kids Triathlon Girl	12:30	13:05
Sprint Duathlon Men	13:00	13:30
Sprint Duathlon Women	13:00	13:35

Agenda

IMPORTANT DATES

EVENT

DATE

TIME

Africa Triathlon Aquathlon Cup Championships

23th to 24th
February 2024

ALL DAY

Africa Triathlon Cup Championships

Africa Triathlon Duathlon Cup Championships

Africa Triathlon Junior Cup Championships

Africa Triathlon Para Cup Championships

AGENDA

Youth Triathlon

Thursday 22 February 2024

Bike Familiarization	14:30 - 15:00
Registration	17:00 - 17:30
Athlete Briefing	17:30 - 18:00
Race Pack Collection	18:00 - 19:00

Friday 23th February 2024

Bike Check	07:00 - 07:30
Transition Area Open	07:00
Swim Warm up Open	07:00
Swim warm up Close	07:20
Transition Area Close	07:20
Youth Men START	07:30
Youth Women START	07:35
Medal Ceremony	12:00

AGENDA

ELITE / U23 Men Sprint Triathlon

Thursday 22 Feb 2024

Bike Familiarization	14:30 - 15:00
Run Familiarization	15:00 - 15:30
Swim Familiarization	15:30 - 16:00
Registration & Uniform Check	16:00 - 18:00
Athlete Briefing	18:00 - 18:30
Race Pack Collection	18:30 - 20:00

Friday 23 February 2024

Athletes Lounge Open & Bike Check for Men	07:15 - 08:15
Transition Area Open	07:15
Swim Warm up Open	07:45
Swim warm up Close	08:15
Transition Area Close	08:15
Athlete Line Up	08:20
Athlete Introduction	08:25
ELITE/U23 Men START	08:30
Medal Ceremony	11:30
Athletes Lounge Open & Bike Check for Women	08:15 - 09:15
Transition Area Open	08:15
Swim Warm up Open	08:30
Swim warm up Close	09:00
Transition Area Close	09:15
Athlete Line Up	09:20
Athlete Introduction	09:25
ELITE/U23 Women START	09:30
Medal Ceremony	11:45

AGENDA

Age-Group Super Sprint Triathlon

Thursday 22 February 2024

Registration	16:30 - 17:00
Athlete Briefing	17:00 - 17:30
Race Pack Collection	17:30 - 18:30

Friday 23th February 2024

Bike Check	11:00 - 11:25
Transition Area Open	11:00
Swim Warm up Open	11:10
Swim warm up Close	11:20
Transition Area Close	11:25
Age-Group Super Sprint Triathlon Men START	11:30
Age-Group Super Sprint Triathlon Women START	11:35
Medal Ceremony	12:45

AGENDA

Kids Duathlon

Thursday 22 February 2024

Registration	17:00 - 17:30
Race Pack Collection	17:30 - 18:30

Friday 23 February 2024

Bike Check	11:50- 12:10
Transition Area Open	11:50
Kids Duathlon Boy START	12:15
Kids Duathlon Girl START	12:20
Medal Ceremony	13:00

AGENDA

Super Sprint Duathlon

Thursday 22 February 2024

Registration	16:30 - 17:00
Athlete Briefing	17:30 - 17:45
Race Pack Collection	17:45 - 19:00

Friday 23 February 2024

Bike Check	12:10- 12:35
Transition Area Open	12:10
Warm up Open	12:15
Warm up Close	12:25
Transition Area Close	12:30
Super Sprint Duathlon Men START	12:40
Super Sprint Duathlon Women START	12:45
Medal Ceremony	14:00

AGENDA

Kids Aquathlon

Thursday 22 February 2024

Registration	16:30 - 17:30
Race Pack Collection	17:30 - 18:30

Friday 23 February 2024

Transition Area Open	13:00
Kids Aquathlon Boy START	13:30
Kids Aquathlon Girl START	13:35
Medal Ceremony	14:00

AGENDA

Super Sprint Aquathlon

Thursday 22 February 2024

Registration	16:00 - 16:30
Athlete Briefing	16:30 - 17:00
Race Pack Collection	17:00 - 17:30

Friday 23 February 2024

Athletes Lounge Open & Bike Check for Men	13:40 - 14:25
Transition Area Open	13:40
Swim Warm up Open	14:10
Swim warm up Close	14:25
Transition Area Close	14:20
Super Sprint Aquathlon Men START	14:30
Super Sprint Aquathlon Women START	14:35
Medal Ceremony	15:00

AGENDA

Paratriathlon

Friday 23 February 2024

Swim exit handler training	13:30 - 14:00
Swim Familiarization	14:00 - 14:30
Bike Familiarization	14:30 - 15:00
Bike check for W/C Athletes	15:30 - 16:00
Registration & Uniform Check	16:00 - 17:30
Athlete Briefing	17:30 - 18:00
Race Pack Collection	18:30 - 20:00

Saturday 24 February 2024

Athletes Lounge Opens	06:00 - 06:45
Transition Area Open	06:00 - 06:40
Swim Warm up Open	06:10 - 06:40
Athlete Line Up / Introduction	06:50
START	07:00
PTVI 1 MALE	07:02:41 +2:41
PTVI 2/3 MALE	07:05
PTVI 1 FEMALE	07:08:11 +3:11
PTVI 2/3 FEMALE	07:15
PTS 2,3,4,5 MALE	07:17
PTS 2,3,4,5 FEMALE	07:45
PTWC1 MALE	07:48 +3.00
PTWC2/3 MALE	07:50
PTWC1 FEMALE	07:53 +3:38
PTWC 2/3 FEMALE	12:00
Medal Ceremony	

AGENDA

Junior Triathlon

Friday 23 February 2024

Bike Familiarization	14:30 - 15:00
Run Familiarization	15:00 - 15:30
Swim Familiarization	15:30 - 16:00
Registration & Uniform Check	16:00 - 18:00
Athlete Briefing	18:00 - 18:30
Race Pack Collection	18:30 - 20:00

Saturday 24 February 2024

Athletes Lounge Open & Bike Check for Men	08:15 - 09:00
Transition Area Open	08:15
Swim Warm up Open	08:15
Swim warm up Close	08:45
Transition Area Close	09:00
Athlete Line Up Athlete	09:05
Introduction	09:10
Junior Men START	09:15
Medal Ceremony	12:15
Athletes Lounge Open & Bike Check for	09:00 - 09:45
Women Transition Area Open	09:00
Swim Warm up Open	09:15
Swim warm up Close	09:45
Transition Area Close	09:45
Athlete Line Up Athlete	09:50
Introduction	09:55
Junior Women START	10:00
Medal Ceremony	12:30

AGENDA

Standard Aquathlon

Friday 23 February 2024

Registration & Uniform Check	16:30 - 18:30
Athlete Briefing	18:30 - 19:00
Race Pack Collection	19:00 - 19:30

Saturday 24 February 2024

Athletes Lounge Open	10:30 - 10:50
Transition Area Open	10:30
Swim Warm up Open	10:30
Swim warm up Close	10:50
Transition Area Close	10:50
Athlete Line Up Athlete	10:50
Introduction	10:55
Elite Men START	11:00
Elite Women START	11:05
Medal Ceremony	12:30

AGENDA

Age-Group Sprint Triathlon

Friday 23 February 2024

Registration	16:30 - 17:00
Athlete Briefing	16:30 - 17:00
Race Pack Collection	17:00 - 17:30

Saturday 24 February 2024

Transition Area Open	11:30
Transition Area Close	11:50
Age-Group Men START	12:00
Age-Group Women START	12:05
Medal Ceremony	14:00

AGENDA

Kids Triathlon

Friday 23 February 2024

Registration	16:30 - 17:30
Race Pack Collection	17:30 - 18:30

Saturday 24 February 2024

Bike Check	12:30 - 12:55
Transition Area Open	12:30
Kids Triathlon Boy START	13:00
Kids Triathlon Girl START	13:05
Medal Ceremony	14:00

AGENDA

Duathlon Sprint

Friday 23 February 2024

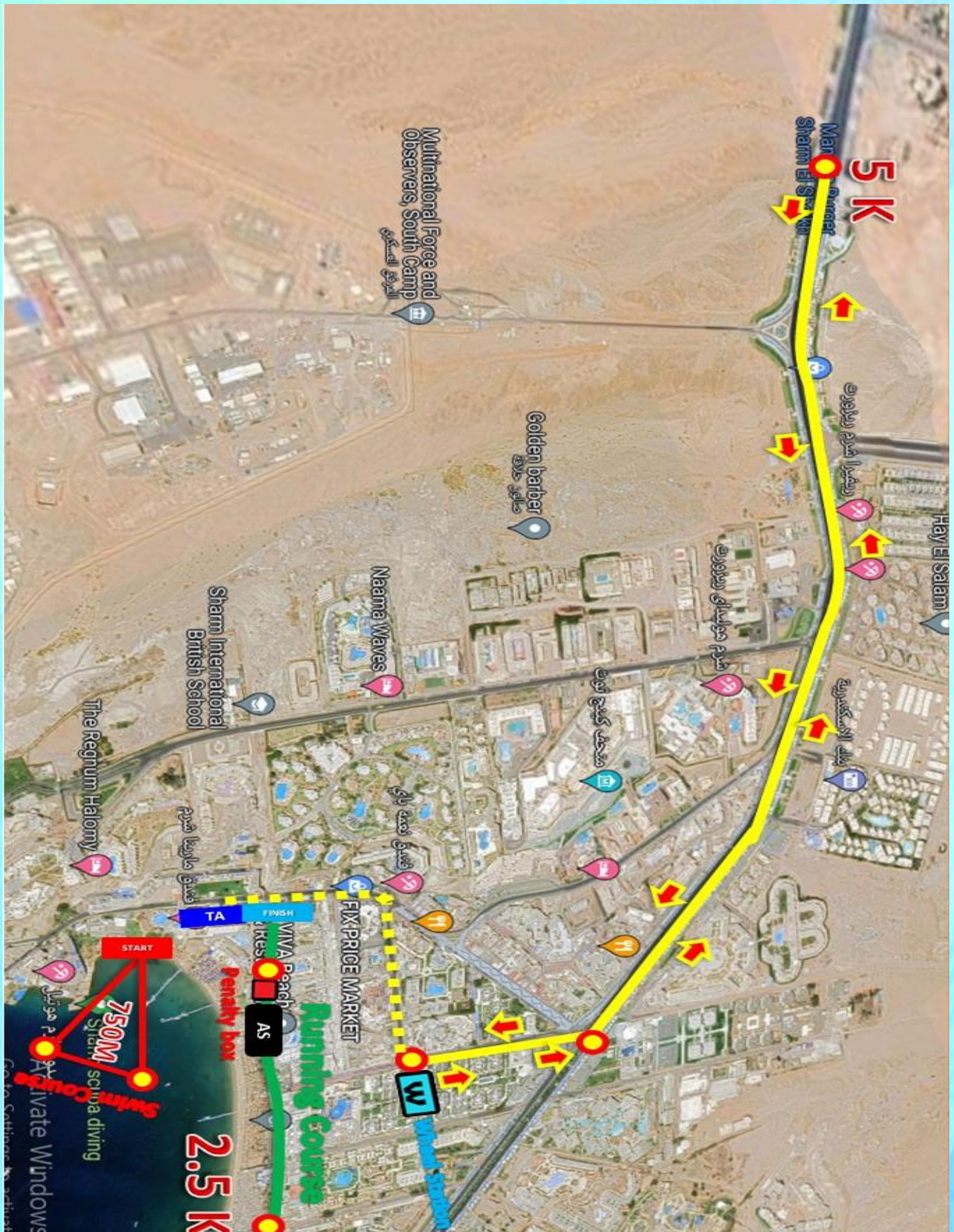
Bike Familiarization	15:30 - 16:00
Run Familiarization	16:00 - 16:30
Registration & Uniform Check	16:00 - 17:00
Athlete Briefing	17:00 - 17:30
Race Pack Collection	17:30 - 18:30

Saturday 24 February 2024

Athletes Lounge Open & Bike Check for Men	13:00 - 13:25
Transition Area Open	13:00
Transition Area Close	13:25
Athlete Line Up	13:20
Athlete Introduction	13:25
Elite Men / U23 Men / Junior Men / Youth Men START	13:30
Elite Women / U23 Women / Youth Women START	13:35
Medal Ceremony	14:30

Course.

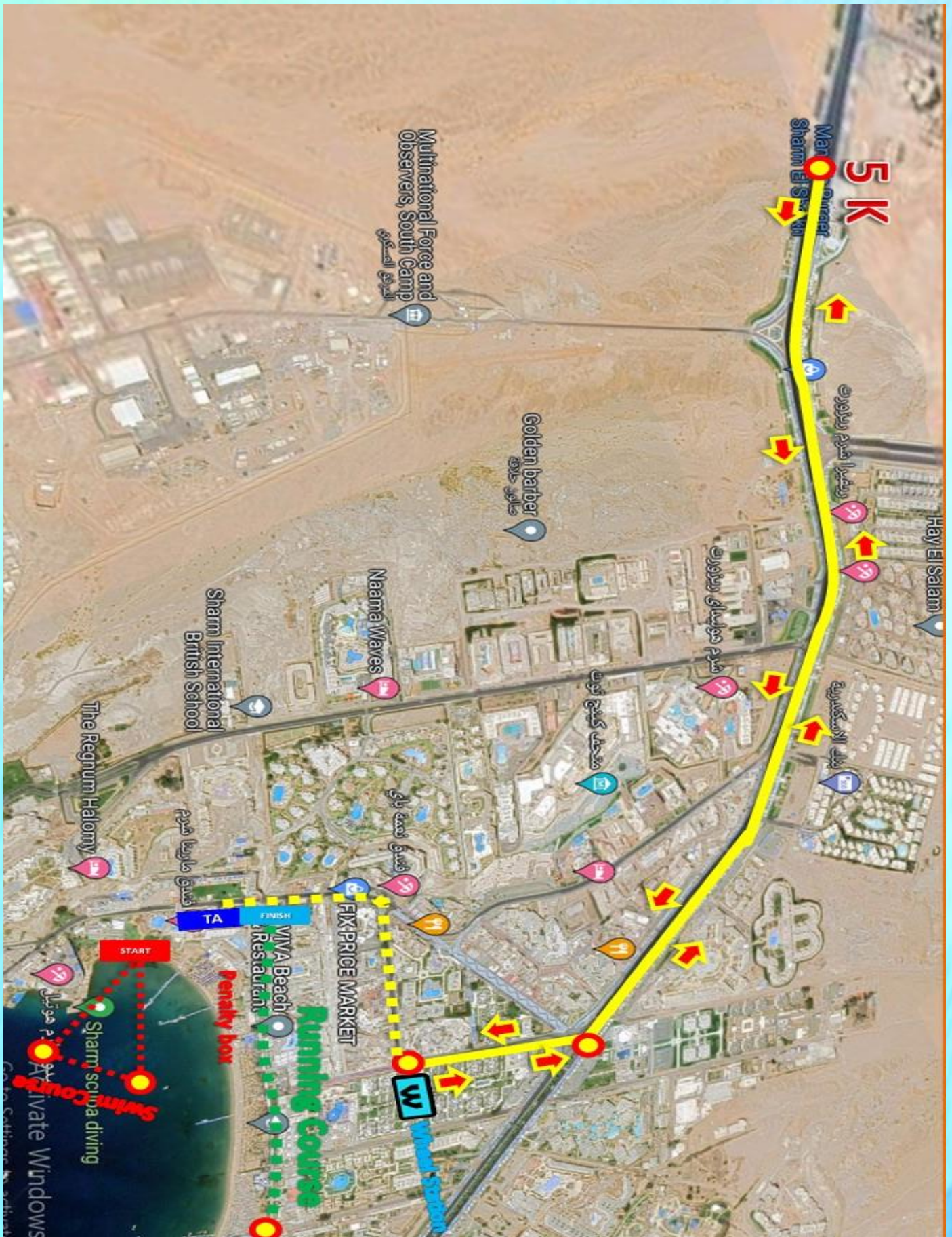
Course Venue



Swim Course Venue

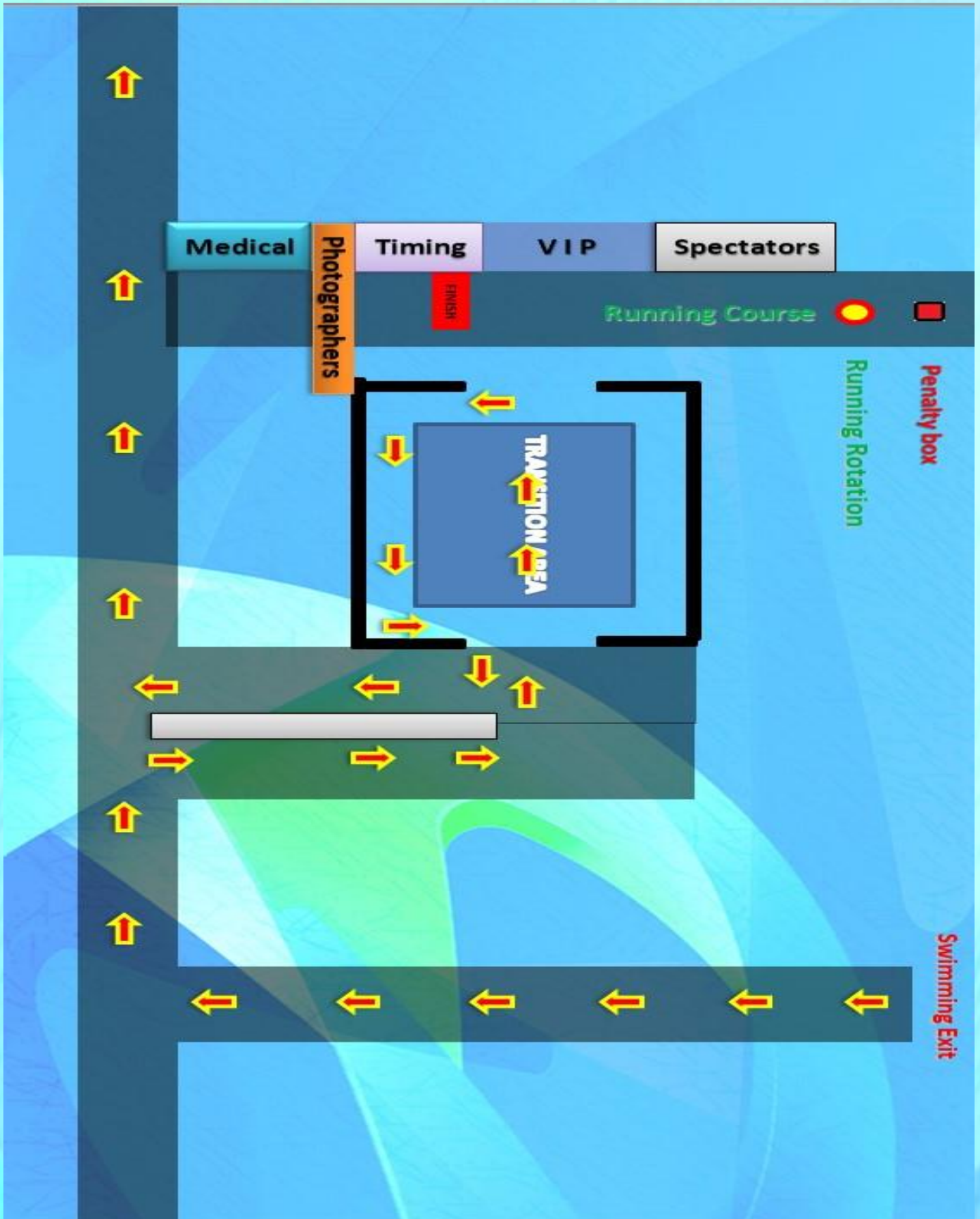


Bike Course Venue

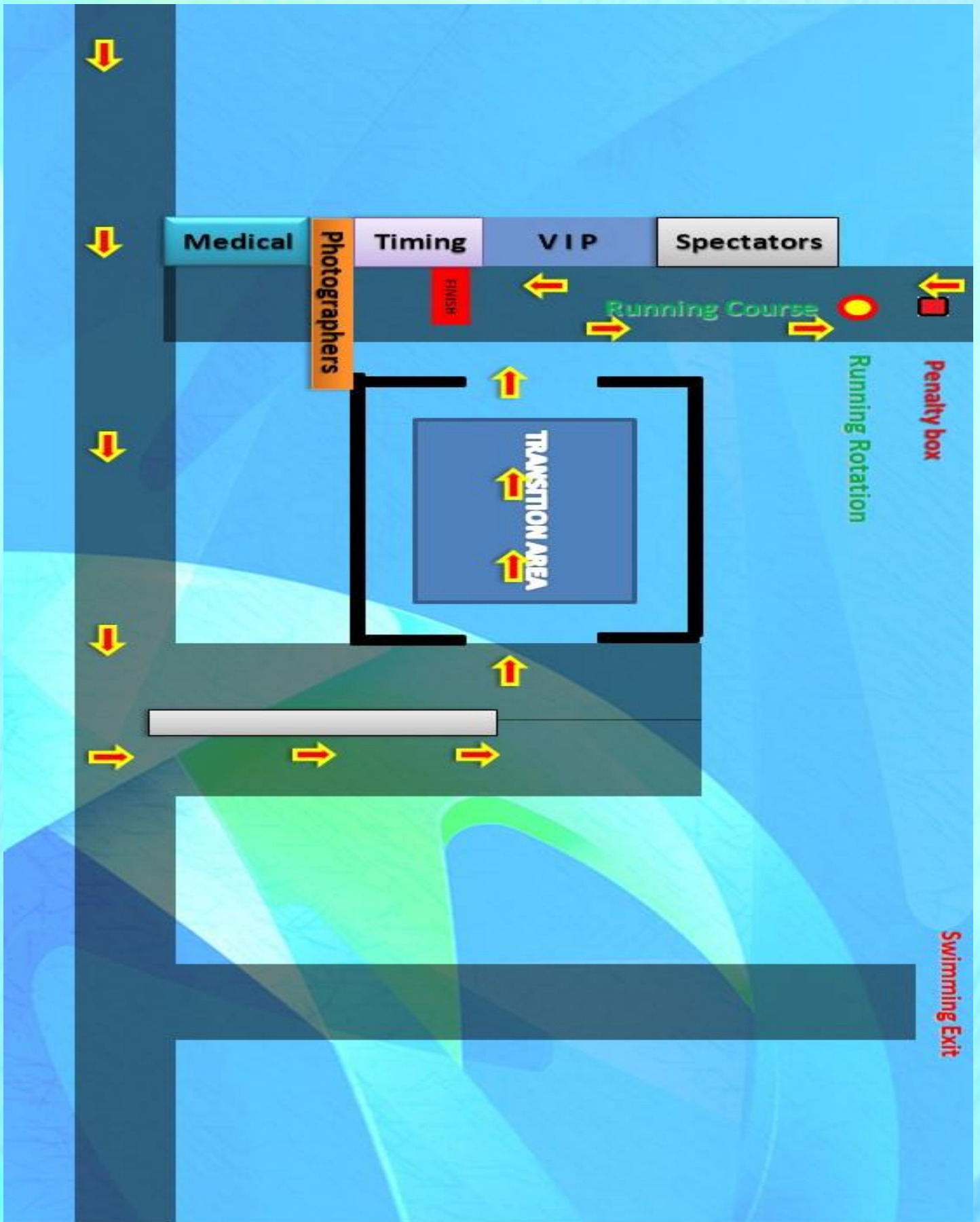


TRANSITION AREA

TRANSITION AREA 1



TRANSITION AREA 2



Details

Details

Race	Details	
Triathlon	Swim Bike Run	anti clockwise anti clockwise anti clockwise
Duathlon	Run Bike Run	clockwise anti clockwise anti clockwise
Aquathlon	Run Swim Run	clockwise anti clockwise anti clockwise

Details

Sprint Triathlon Distances

Swim 750 M (1 Lap)

Bike 20 KM (4 Laps x 5 KM)

Run 5 KM (2 Laps x 2.5 KM)

Para Triathlon Distances

Swim 750 M (1 Lap)

Bike 20 KM (4 Laps x 5 KM)

Run 5 KM (2 Laps x 2.5 KM)

Sprint Duathlon Distances

Run 5 KM (2 Laps x 5 KM)

Bike 20 KM (4 Laps x 5 KM)

Run 2.5 KM (1 Laps x 2.5 KM)

Standard Aquathlon Distances

Run 2.5 KM (1 Lap x 2.5 Km)

Swim 1000 M (1 Lap)

Run 2.5 KM (1 Lap x 2.5 Km)

Super Sprint Triathlon Distances

Swim 400 M (1 Lap)

Bike 10 KM (2 Laps x 5 KM)

Run 2.5 KM (1 Laps x 2.5 KM)

Hotel & Transportation Entry fees.

Hotel Information

Marina Sharm Hotel, Sharm El Sheikh 5*

Room	Price	Per person
Single	175\$	175\$
Double	230\$	115\$
Triple	330\$	110\$

- There is a limited number of rooms
- the last date for receiving reservations on 15/02/2024
- Payment should be **CASH** to the Arab Triathlon Confederation upon arrival.
- Transportation from / to airport 40 USD (per person)

Prices Include:

- Soft All Inclusive, buffet style.
- Quoted per room per night.
- Internet Free at the Hotel Loopy Free.
- Payment Should at each hotel Loopy to The Arab Triathlon Confederation Disk.



Entry Fees

<u>Events</u>	<u>Fees</u>
2024 Africa Triathlon Cup	<ul style="list-style-type: none"> • 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard • 50 \$ kids
2024 Africa Aquathlon Cup	<ul style="list-style-type: none"> • 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard • 50 \$ kids
2024 Africa Duathlon Cup	<ul style="list-style-type: none"> • 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard • 50 \$ kids
2024 Africa Para Triathlon Cup	<ul style="list-style-type: none"> • 100 \$
2024 Pan Arab Triathlon Cup	<ul style="list-style-type: none"> • 100\$ Elite/ U23/ Junior/ Youth / AG/ Standard • kids50 \$
2024 Pan Aquathlon Cup	<ul style="list-style-type: none"> • 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard • 50 \$ kids
2024 Pan Duathlon Cup	<ul style="list-style-type: none"> • 100 \$ Elite/ U23/ Junior/ Youth / AG/ Standard • 50 \$ kids

Note: Payment cash before briefing

Need help?

Contact: triathlonegypt@gmail.com

 Africa
Triathlon Cup

Sharm El Sheikh
2024

Best of luck.

Organized by

