2020 ACCRA ATU SPRINT TRIATHLON AFRICAN CUP
The Ghana Triathlon Federation (GTF) is excited to invite the Triathlon family in the World to participate in the 2nd edition of Africa Triathlon Sprint Cup and West Africa triathlon championships on Sunday June 9th, 2020 at Labadi Accra, Ghana.

*This document will provide you with all the necessary information you will need to participate in the race.*

### Contents

- Entry Fees .......................................................... Page 2
- Visa Information .................................................. Page 3
- Race Schedule....................................................... Page 4
- Accommodation..................................................... Page 5-6
**ENTRY FEES**

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>ENTRY FEES IN DOLLARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELITE</td>
<td>US$ 80</td>
</tr>
<tr>
<td>AGE GROUP</td>
<td>US$ 40</td>
</tr>
<tr>
<td>RELAY TEAMS (3 Persons)</td>
<td>US$80</td>
</tr>
</tbody>
</table>

*The registration fees includes: event T-shirts, giveaways, and airport pick up.*

**WINNING PRIZE MONEY**

**ELITE MEN**
- 1<sup>st</sup> Men US$750
- 2<sup>nd</sup> Men US$450
- 3<sup>rd</sup> Men US$300

**ELITE WOMEN**
- 1<sup>st</sup> Women US$750
- 2<sup>nd</sup> Women US$450
- 3<sup>rd</sup> Women US$300
PARTICULARS NEEDED TO ACQUIRE GHANA VISA

Visas
- To enter Ghana you need to have a passport that is valid for at least 6 months before the date of the Competition
- Participants from Ecowas countries need only a valid passport or national ID to enter Ghana
- Visas will be issued on arrival. To get visa on arrival, participants must send their details including the following: a photocopy of a valid passport before 30th May, 2020 to the emails below
  - president@ghanatriathlon.org
  - bawah.fuseini@gmail.com
- Please copy Mr. Samuel Ayer samuelayer4@gmail.com

Those who want to apply for visas in their respective countries can also do so by requesting for visa invitation letter through the above email addresses.

SAFE GUARD AGAINST DISEASE
- All persons entering Ghana must have yellow book (card) of vaccination.
- The document must be presented at the airport.
- Malaria treatment is strongly advice.

OTHER IMPORTANT INFORMATION
- Ghanaian currency is Ghana cedi (₵)
- The exchange rate is 5.6:1 (Ghc₵5.6-UD$1)
- The official language in Ghana is English but there are people with very good French language.
EVENT SCHEDULES

Race format: Sprint
Race Date: 28th March, 2020
Host Hotel: LaPalm Royal Beach Hotel
Race Venue: Labadi Beach
Race Distance
- Elite men and women: 750m swim, 20km Bike 5km Run
- Age group + Team relays: 750m swim, 20km Bike 5km Run
- Ecowas Championships: 750m swim, 20km Bike 5km Run

PRELIMINARY RACE SCHEDULE

Saturday 27th March, 2020 including Ecowas participants

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim FAM</td>
<td>08:15</td>
</tr>
<tr>
<td>Bike FAM</td>
<td>09:00</td>
</tr>
<tr>
<td>Ecowas Registration</td>
<td>16:00</td>
</tr>
<tr>
<td>Elite Registration</td>
<td>17:30</td>
</tr>
<tr>
<td>Elite Briefing</td>
<td>18:00</td>
</tr>
</tbody>
</table>

SUNDAY 28TH MARCH, 2020

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ecowas Championships</td>
<td>7:00 am</td>
</tr>
<tr>
<td>Start Elite men</td>
<td>8:30 am</td>
</tr>
<tr>
<td>Start Elite women</td>
<td>9:30 am</td>
</tr>
<tr>
<td>Medal Ceremony</td>
<td>11:45am</td>
</tr>
</tbody>
</table>

ELITE WOMEN: The start of the Elites women is likely to be modified according to the number of competitors.

Decent accommodation and feeding of those coming for West Africa championships will be free. Pick up and drop of at the airport will be catered for by Ghana. All internal transport will be provided.
La Palm Royal Hotel is the official hotel for the event and is just 30 minutes drive from Kotoka International Airport in Accra.

Discounted rooms is $150 a night (Bed and Breakfast)
OPTION Ⅱ

HIS MAJESTY HOTEL

Standard room   Ghc350    US$70
Executive room  Ghc450    US$90
Suit           Ghc600    US$120

Email: Reservations@hismajestyhotel.org
Website: www.hismajestyhotel.org

OPTION Ⅲ

ASA ROYAL HOTEL

Standard room   Ghc350    US$70
Double room     Ghc450    US$90
Executive room  Ghc550    US$105

Email: asaroyalhotel@gmail.com
Website: https://asa-royal-hotel.accra-hotels-gh.com/en/
Telephone: +233-302764420

Both option I and II is within 400 meters or 5 mins walk from the race venue.