



International Triathlon
Open Cup
MONASTIR
2023



Africa
Triathlon
Cup

Africa Triathlon
Cup
MONASTIR
2023

Monastir

TUNISIA
TRIATHLON

Athlete Guide

2023 Africa Triathlon Cup Monastir

- 2023 Open International Triathlon Cup Monastir
 - 2023 Africa Triathlon Cup Monastir
 - 2023 Africa Triathlon Junior Cup Monastir
- 2023 Africa Triathlon Youth Super Sprint Cup Monastir



International Triathlon
Open Cup
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MONASTIR
2023



Sunday, 03rd of September 2023

2023 Open International Triathlon Cup Monastir

2023 Africa Triathlon Cup Monastir

2023 Africa Triathlon Junior Cup Monastir

2023 Africa Triathlon Youth Super Sprint Cup Monastir



Be your extraordinary





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General Information

Introduction:

The purpose of the Athlete's Guide is to ensure all athletes, coaches and team leaders are well informed about all procedures concerning the event. The LOC ensures the information contained in this guide is correct and up-to-date as of the production date. However, athletes, coaches and team leaders are advised to check with the event office or official website regarding any changes in information included in this guide.

Key Days:

Please always check the current schedule on the website or the facebook page as details are subject to change

Saturday 02nd of September, 2023

Time	Activity	Location
05:48	Sunrise	
08:00	Latest arrival day for visiting International Athletes at the Airport and transfer for Host Hotel.	
10:00 to 10:15	Swim familiarization	Venue
10:15 to 10:45	Bike familiarization	Venue
10:45 to 11:15	Run familiarization	Venue
18:00 to 18:30	Athletes briefing (Junior, ELITE/U23)	Hotel Conference Room
18:30 to 18:45	Athletes Packet collection	Hotel Conference Room
05:48	Sunset	
20:30 to 21:00	Media Conference	Hotel Conference Room

Registration

Location: **Hotel Conference Room**

Category	Date	Time
YOUTH, JUNIOR and ELITE/U23	Saturday 2nd of September	10:00 to 17:00



Key Contacts

World Triathlon	Name	Email	Mobile
TECHNICAL DELEGATE	Mr. Jan Herbst (RSA)	jan@midfran.co.za	
LOC / NATIONAL FEDERATION			
PRESIDENT	MR. SABER GHARBI	gharbi.sabeur@gmail.com	+ 216 58 58 07 81
GENERAL SECRETARY	MR. HATEM GHAZOUANI	generalsecretary@fttri.com	+ 216 58 58 07 82
ATHLETE SERVICES MANAGER	MR. HOUCINE MBARKI	mbarekhoucine_tri@yahoo.com	+ 216 98 27 66 03
TD ASSISTANT	MR. SEIF EL ESLAM HAMMAMI	Seyfhammami@outlook.com	+216 22 36 71 97
MEDICAL DELEGATE	MR. KARIM DOUGAZ	Dougaz.karim@gmail.com	+ 216 20 32 90 03
	MRS OURJOUANE SASSI	Sorjouane@gmail.com	+ 216 98 47 13 61

EMERGENCY CONTACTS

International emergency	Country	Number
Emergency doctor	Cost worldwide	112
Police	Tunisia	190
Firefighters	Tunisia	197
	Tunisia	198

SOCIAL MEDIA

Facebook	Page	Link
Instagram	Triathlon.Tunisie	https://www.facebook.com/triathlon.tunisie/
Youtube	TunisiaTriathlon	https://www.instagram.com/tunisiatriathlon/
Twitter	TunisiaTriathlon	https://www.youtube.com/@TunisiaTriathlon
	TunisiaTriathlon	https://twitter.com/TriathlonT20289



Competition Schedule

JUNIORS, ELITE/U23, U17, U15 COMPETITION DAY

Please always check the current schedule on the website or the facebook page as details are subject to change

Sunday 02nd of September, 2023

Time	Category	Location
06:00	TECHNICAL MEETING	Venue
06:20	NATIONAL ANTHEM - OPEN CEROMENY	Venue
06:30	JUNIOR WOMEN (16-19) - ATHLETE LOUNGES OPENS	Venue
06:30	JUNIOR WOMEN (16-19) - BIKE CHECK IN, SWIM WARM-UP	Venue
07:05	JUNIOR WOMEN (16-19) - ATHLETE INTRODUCTION	Venue
07:15	JUNIOR WOMEN (16-19) - START RACE	Venue
07:30	JUNIOR MEN (16-19) - ATHLETE LOUNGES OPENS	Venue
07:30	JUNIOR MEN (16-19) - BIKE CHECK IN, SWIM WARM-UP	Venue
08:05	JUNIOR MEN (16-19) - ATHLETE INTRODUCTION	Venue
08:15	JUNIOR MEN (16-19) - START RACE	Venue
08:30	ELITE/U23 WOMEN - ATHLETE LOUNGES OPENS	Venue
08:30	ELITE/U23 WOMEN - BIKE CHECK IN, SWIM WARM-UP	Venue
09:05	ELITE/U23 WOMEN - ATHLETE INTRODUCTION	Venue
09:15	ELITE/U23 WOMEN - START RACE	Venue
09:30	ELITE/U23 MEN - ATHLETE LOUNGES OPENS	Venue
09:30	ELITE/U23 MEN - BIKE CHECK IN, SWIM WARM-UP	Venue
10:05	ELITE/U23 MEN - ATHLETE INTRODUCTION	Venue
10:15	ELITE/U23 MEN - START RACE	Venue
11:05	SUPER SPRINT U15/U17 WOMEN - BIKE CHECK IN, SWIM WARM-UP	Venue
11:30	SUPER SPRINT U15/U17 WOMEN - START RACE	Venue
12:05	SUPER SPRINT U15/U17 MEN - BIKE CHECK IN, SWIM WARM-UP	Venue
12:30	SUPER SPRINT U15/U17 MEN - START RACE	

MEDAL CEREMONY

11:45	JUNIOR WOMEN (16-19) - MEDAL CEREMONY	Venue
12:00	JUNIOR MEN (16-19) - MEDAL CEREMONY	Venue
12:15	ELITE/U23 WOMEN - MEDAL CEREMONY	Venue
12:30	ELITE/U23 MEN - MEDAL CEREMONY	Venue
13:00	U15/U17 WOMEN - MEDAL CEREMONY	Venue
13:15	U15/U17 MEN - MEDAL CEREMONY	Venue



Host City Informations

Monastir, Tunisia

Monastir is a peninsula surrounded by the Mediterranean Sea on three sides and forming, towards the south, the gulf of the same name, which extends to the cape of Ras Dimass. It offers diverse landscapes, including its sandy and rocky beaches and a cliff stretching nearly six kilometers.. White sand, clear water... the beaches in the Monastir region are some of the most beautiful in Tunisia. But if you don't want to spend your whole holiday sunbathing, a large variety of sporting activities are available for you: jet ski, parasailing, catamaran, sea cruises, scuba diving...

Map Location

<https://goo.gl/maps/Jh2VJKKvttDXacNu6>

Other informations

Location

Monastir, Tunisia	Distance from the Capital	Approximately 162 Km
	Number of Inhabitants	About 104 535
	Air Temperature	32°C - 22°C
	Water Temperature	19°C - 22°C
	Hours of Sunshine	15 hrs
	Rain days	4 Days
	Rainfall	14 mm





Host City Attractions

Monastir Attractions

Snugly wrapping around the coast, the historic city of Monastir is prime beach territory, and it is these blissful strips of sandy shore that are top of most visitors' things to do list. Monastir is also one of the best places to visit and base yourself for a day trip to the mighty El Jem amphitheater, rightly considered one of Tunisia's top tourist attractions. Plan your sightseeing with our list of the top tourist attractions in Monastir



HABIB BOURGUIBA MAUSOLEUM

The mammoth Habib Bourguiba Mausoleum sits on the northern edge of Monastir cemetery. Its opulent splendor, topped with a golden dome, is a tribute to Tunisia's first president after independence from the French. Built in 1963, this burial mosque holds the bodies of ex-President Bourguiba as well as his family.

EL JEM

For most foreign tourists, a holiday in Monastir wouldn't be complete without a day trip to the mighty El Jem amphitheater, an easy 71 kilometer drive away from town.

One of the finest examples of surviving Roman amphitheater architecture, the largest remaining in Africa, and the fourth largest in the world, El Jem is one of Tunisia's not-to-be-missed star tourist attractions.



MONASTIR MARINA

George Sebastian, a wealthy Romanian who was the first of many wealthy Europeans to settle in Hammamet during the early 20th century, built the structure in the 1920s.

It's open daily for visitors to walk through and admire the architecture, as well as visit the small contemporary art exhibitions held on site.



MONASTIR RIBAT

Sitting right on Monastir's shorefront, the Ribat is the town's most famous monument. The imposing fortress was built by Harthama ben Ayan in 796 CE. The Ribat is also one of the country's major cinematic sightseeing sites, and movie-buffs will instantly recognize the building, as it played a starring role in Monty Python's Life of Brian film and also featured in Franco Zeffirelli's Jesus of Nazareth.



MONASTIR MEDINA

The souk streets of Monastir's medina (Old Town) area have been spruced up and modernized, which has, unfortunately, brushed away much of the area's historic charm.

This neighborhood, though, is still one of the best places to visit for a wander if you need to stretch your legs after lazing on the beach. Do be aware that prices tend towards the higher end, as the medina shops are geared towards the beach resort visitor market.



Venue

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Venue

Swim Course



Swim Distance

Category	Distance	Laps
JUNIORS, ELITE/U23	750 m	1 Lap of 750 m
U15/U17	500 m	1 Lap of 500



Venue

Bike Course



Bike Distance

Category	Distance	Laps
JUNIORS, ELITE/U23	20 km	3 Lap of 6820 m
U15/U17	6820 m	1 lap of 6820 m



Venue

Run Course



Run Distance

Category	Distance	Laps
JUNIORS, ELITE/U23	5 km	2 Laps of 2.5 km
U15/U17	2.5 km	1 Lap of 2.5 km



Junior, Elite/U23, U15, U17 Courses

	Swim	Bike	Run
JUNIOR	750 m (1 lap of 750m)	20 km (5 laps of 6820 m)	5km (2 laps of 2.5km)
ELITE/U23	750 m (1 lap of 750m)	20 km (5 laps of 6820 m)	5km (2 laps of 2.5km)
U15/U17	500 m (1 lap of 500m)	6.820 km (1 lap of 6820 m)	2.5km (1 lap of 2.5km)







Prize money distribution

Elite Men & Women

Rank	Men	Women
1st Place	750 USD	750 USD
2nd Place	450 USD	450 USD
3rd Place	300 USD	300 USD



Entry Fee

Category	Fee
JUNIOR	85 USD/ 80 Euro
ELITE/U23	105 USD/ 100 Euro
U15/U17	55 USD/ 50 Euro

CASH payable at Registration.

- U23, Elite, and Junior entries must be made through NF before the briefing
- For the Registration for the Youth (U15 /U17) race entries must be made through event Website (2023 African Triathlon Cup, Monastir (myevents.tn))



Athlete's Services

TRAINING FACILITIES

- SWIM- Saturday 02nd of September – from 10H00-10H15 with water safety in place
- BIKE - Saturday 02nd of September –from 10H45-11H15 - Escorted with road closure. Any other time at your own risk
- RUN
- Running around venue at any time.

MEDICAL SERVICES

- First Aid and Emergency Medical Services will be on-site during the race. The Medical Delegate will be on call at the Host Hotel. Medical personnel will be available throughout the race and ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.
- Medical services at the venue are free of charge. Treatments in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

BIKE MECHANICAL SERVICE

- Bikes will be transported in convoy with the Athlete Bus in secure, closed trucks from the International Airport to the Host hotel.
- Please ensure that your bike has been serviced and in good working order prior to departure from your home country. Bring with you, all specific items required for your bikes should these be unavailable in Monastir as there is NO BIKE SHOP available in the area.
- A LIMITED selection of spares and equipment will be available from our Bike Mechanical partners who will be on site at the Host hotel to assist with any minor adjustments or repairs that might be necessary after air travel.
- Bikes and bike bags/cases can be stored in the Special Room at the Host hotel free of charge. Please ensure that all bike bags/cases are clearly labelled with your name.

COMPETITION RULES

- The event will follow the latest published Competitions Rules of the World Triathlon.
- “5.4 Overlapping:
a.) Elite, U23, Junior, Youth and Mixed Relay, athletes who have been lapped during the bike segment will be withdrawn from the competition by the Technical Officials.”

ATHLETE'S BRIEFING

- The athletes briefing will be live and delivered by the Technical Delegate.
- The briefing will then be available via a link on the World Triathlon and Triathlon website event pages

SWIM CAPS AND TIMING CHIPS

- Just after the briefing the athletes will be given numbered swim cap and a timing chip, to be worn on the athletes' ankle.

RESULTS

- Results will be uploaded on to the World Triathlon official website www.competitions.org. All the Results information will be displayed on the Notice Board at the venue.



Athlete's Services

PROTEST & APPEALS

- Standard procedures will be followed according to the World Triathlon Competition Rules.

ACCREDITATION

- The LOC will provide official Accreditation Cards to all the Organizing Committee Members, World Triathlon Technical Officials, VIPs, Media, technical staff, volunteers, etc.
- Accreditations will be distributed on Saturday 02nd of September at the LOC Office
- All those accredited are requested to carry their Accreditation Cards with them at all times, and to show them upon request.
- VIPS: All VIPS, Sponsors and specific sponsor guests will be issued with Accreditation Passes which allows entry into the specified VIP Zone. No entry will be permitted without accreditation.
- COACHES - All coaches must be entered through the World Triathlon System by their National Federation. Accreditation Cards will be issued by the LOC Administration.
- MEDIA - All media personnel will be required to register with the LOC who will issue Accreditation Cards. Press Conferences will be held at specific times, Media Personnel are requested to adhere to the schedule.



Travel and Accommodation

The LOC provided all participants with optional offers of accommodation and transportation to benefit from an interesting and complete package, all reservations can be made through the Tunisian Federation.

Transportation fees

The Travel from airport to the Host Hotel prices will be as follows:

- Monastir One way transfer from Monastir Airport fee is **10 Euro per person excluding bike transfer and 25 Euro including one bike**
- Monastir One way transfer from Enfidha **Airport fee is 20 Euro per person excluding bike transfer and 40 Euro including one bike.**
- Monastir One way transfer from Carthage international Airport fee is 30 Euro **per person excluding bike transfer and 50 Euro including one bike.**

Accommodation fees

The LOC provided all participants with optional offers of full board accommodations **with 03 meals** in the Host Hotel (**Skanes Serail Hotel Monastir 4 star The closed hotel for the venue 1.5 km**) fees is 110 US D (100 €) **for double room per night per person** and 130 USD (120 €) **for Single Room Per Night Per Person .**

All reservations must be processed through the Tunisian Federation.

Transfer and Transportation

The closest airport to Monastir is :

- Monastir Habib Bourguiba International Airport (15 kilometers)
- Enfidha–Hammamet International Airport (70 kilometers)
- Tunis Carthage International Airport (162 km)
- Reception and assistance in both the airport and the Host hotel.
- Transportation for participants and their bikes and luggage will be available from the Airport to the Host Hotel.

Local Transport Reservations can be made through the Tunisian Federation.

For all your accommodation and local Transportation enquiries, Please contact :

Email: triatunisiamonastir2023@gmail.com

Phone: +216 58 580 781 // +216 58 580 782



Host Hotels

Skanes Serail Hotel, Monastir

Skanes Serail Hotel Monastir will be the hotel for the registration, entry fees payments and athletes Briefing.



SKANES SERAIL HOTEL, 4*

The hotel Skanes Sérail is a luxurious hotel , located in the enchanting and relaxing atmosphere of the tourist zone Skanes Monastir and reflecting beautifully the architecture is Arabic and muslim, the very essence of the tradition of the country.

Located at the edge of a magnificent private beach, Skanes Serail wants to be the place of all your pleasures by providing you its 214 rooms and suites, its Restaurants and Bars in the felted environments, its new SPA center distinguished by its design conceived for your comfort and the vicinity of 2 golf courses to decorate your holidays.

The reception is open 24 hours on 24, 7 days on 7. The hotel has a luggage storage service free of charge, proposed to the arrival or departure of customers. The breakfasts are served from 7.30 am to 10am.





VISA REQUIREMENTS

It is the athlete's responsibility to check if a VISA is required for entry into Tunisia.

Visas should be obtained WELL IN ADVANCE of your departure from your home country.

Check to establish if you can apply ONLINE or if you have to submit documents to the Embassy on your home country.

THIS IS IMPERATIVE IN ORDER TO AVOID DELAYS ON ARRIVAL AT Tunisia INTERNATIONAL AIRPORT AND
SUBSEQUENT TRANSFER TO

IF YOU ARE IN ANY DOUBT, PLEASE CONTACT THE LOC FOR CLARIFICATION.

Contact LOC / Athlete Liaison for a Letter of Invitation AND Letter of Support for Visa Applications if required



Memories

Please visit the below videos link as well as Federation Tunisienne de Triathlon & ParaTriathlon facebook page and YouTube links where you will find memories from last years Hammamet race event

Videos links memories from Last Africa Triathlon event in Tunisia

2023

- <https://www.facebook.com/triathlon.tunisie/videos/574904634784812/TunisiaTriathlon - YouTube>
- <https://www.facebook.com/triathlon.tunisie/videos/933677231229788/>
- <https://www.facebook.com/triathlon.tunisie/videos/971361937240195/>

2022

- <https://youtu.be/3bzTNCZavU0>
- <https://fb.watch/jgfzC6E-19/>
- <https://fb.watch/jgfDmkKuLU/>
- <https://fb.watch/jgfFdXmGdU/>
- https://www.youtube.com/watch?v=PSmUwuJGPDM&fbclid=IwAR2Bkfn-lA4knn03MFi83_ivwEJ5vsiHzixsz7E_rn3i5fdKDO8RGq6f2Xoc
- <https://fb.watch/jdlit8Qcg2p/>
- <https://fb.watch/jdlISJWRvGM/>

2021

- <https://www.facebook.com/triathlon.tunisie/videos/225417979145185>
- <https://www.facebook.com/triathlon.tunisie/videos/252544469961348>
- <https://www.facebook.com/triathlon.tunisie/videos/142288327950796>
- <https://www.facebook.com/triathlon.tunisie/videos/3974032672682483>
- <https://www.facebook.com/triathlon.tunisie/videos/1721235734725707>



Memories



Let's
experience
Monastir,
Tunisia



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RÉPUBLIQUE TUNISIENNE
MINISTÈRE DE LA JEUNESSE
ET DES SPORTS

TUNISIA



TUNISIAN
NATIONAL PARALYMPIC COMMITTEE
اللائحة الوطنية البارالمبية التونسية

Tunisia
INSPIRING

الخطوط التونسية
TUNISAIR

STB  BANK

Mira


AZRO EVENTS



mediasoft
Integration Informatique
Logiciels & Matériels

التلفزة التونسية
TELEVISION TUNISIENNE 

KYUFI
THE SOLUBLE NATUREL



KÉRAVEL[®]
LABORATOIRES

 **hummel**

