



International Triathlon
Open Cup
YASMINE HAMMAMET
2023



Africa
Triathlon

African Triathlon
Cups
YASMINE HAMMAMET
2023



TUNISIA
TRIATHLON

Athlete Guide

2023 Africa Triathlon Cup Yasmine Hammamet

- 2023 Hammamet Sprint Triathlon African Cup, 2024 Olympics Qualifications
 - 2023 Hammamet Para-Triathlon Cup
- 2023 Hammamet Sprint International Triathlon Open Cup, 2024 Olympics Qualifications.
- 2023 Hammamet Sprint Triathlon Junior African Cup
- 2023 Hammamet Sprint International Triathlon AGE GROUP



World
Triathlon

Be your extraordinary



International Triathlon
Open Cup
YASMINE HAMMAMET
2023



Africa
Triathlon

African Triathlon
Cups
YASMINE HAMMAMET
2023



TUNISIA
TRIATHLON

Saturday, 27th of May 2023

Open International Sprint Triathlon Cup
Africa Triathlon Cup

Sunday, 28th of May 2023

Africa Para-Triathlon Cup
Age Group Cup



World
Triathlon

Be your extraordinary





Table of Contents

GENERAL INFORMATION	4
• Introduction	4
• Key Days	4
• Key Contacts	5
COMPETITION SCHEDULE	6
<i>Please always check the current schedule on the website as details are subject to change.</i>	
• Elite/U23, Juniors Competition Day	6
• Paratriathlon, Age Group Competition Day	6
HOST CITY	7
• Yasmine Hammamet, Tunisia	7
• Yasmine Hammamet Attractions	8
VENUE	9
• Swim Course	10
• Bike Course	11
• Run Course	12
ELITE/U13, JUNIOR COURSES	13
PARATRIATHLON COURSE	13
PARATRIATHLON CATEGORY	13
AGE GROUPS COURSES	14
AGE GROUP CATEGORY	14
PRIZE MONEY DISTRIBUTION	15
• Elite Men & Women	15
ENTRY FEE	15
ATHLETE'S SERVICES	16
• Training Facilities	16
• Medical Services	16
• Bike Mechanical Service	16
• Competition Rules	16
• Athlete's Briefing	16
• Swim Caps and Timing Chips	16
• Results	16
• Protest & Appeals	16
• Accreditation	17
TRAVEL AND ACCOMMODATION	18
• Transfer and Transportation	18
HOST HOTELS	19
• Accommodation options	19
PAYMENT	20
MEMORIES PREVIOUS AFRICAINS TRIATHLON CUP'S	21
• Videos	21
• Photos	22
OFFICIAL PARTNERS	23



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

Friday 26 May 2023

Time	Activity	Location
08:00	Latest arrival day for visiting International Athletes at Carthage International Airport and transfer for Yasmine Hammamet.	
11:00 to 12:00	Swim familiarization	Venue
12:30 to 13:30	Bike/Run familiarization	Venue
17:00 to 17:45	Athletes briefing JUNIORS	Hotel Conference Room
18:00 to 18:45	Athletes briefing ELITE/U23	Hotel Conference Room
19:30 to 20:30	Media Conference	Hotel Conference Room

Saturday 27 May 2023

Time	Activity	Location
17:00 to 17:45	Athletes briefing PARA	Hotel Conference Room
18:00 to 18:45	Athletes briefing AGE GROUP	Hotel Conference Room

Registration

Location: Hotel Conference Room

Category	Date	Time
ELITE/U23, JUNIORS	Friday 26 May	10:00 to 17:00
AGE-GROUP, PARA	Saturday 27 May	14:00 to 17:00



Key Contacts

World Triathlon	Name	Email	Mobile
TECHNICAL DELEGATE	MRS CATHERINE JENNINGS	zudwa@yahoo.com	+ 263 772 353760
LOC / NATIONAL FEDERATION			
PRESIDENT	MR. SABER GHARBI	gharbi.sabeur@gmail.com	+ 216 58 58 07 81
GENERAL SECRETARY	MR. HATEM GHAZOUANI	tunisia.triathlon@gmail.com	+ 216 58 58 07 82
ATHLETE SERVICES MANAGER	MR. HOUCINE MBARKI	mbarekhoucine_tri@yahoo.com	+ 216 98 27 66 03
TD ASSISTANT	MR. MOEZ NEGRA	Moeznegra1965@gmail.com	+ 216 95 25 52 55
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	Country	Number
International emergency	Cost worldwide	112
Emergency doctor	Tunisia	190
Police	Tunisia	197
Firefighters	Tunisia	198

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



Competition Schedule

ELITE/U23, JUNIORS COMPETITION DAY

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

Saturday 27 May 2023

Time	Category	Location
06:30	NATIONAL ANTHEM	Venue
06:15	JUNIOR WOMEN - ZONE TRANSITION OPENS	Venue
06:50	JUNIOR WOMEN - ATHLETE INTRODUCTION	Venue
07:00	JUNIOR WOMEN - START RACE	Venue
08:15	JUNIOR MEN - ZONE TRANSITION OPENS	Venue
08:25	JUNIOR MEN - ATHLETE INTRODUCTION	Venue
08:30	JUNIOR MEN - START RACE	Venue
09:40	ELITE/U23 WOMEN - ZONE TRANSITION OPENS	Venue
09:55	ELITE/U23 WOMEN - ATHLETE INTRODUCTION	Venue
10:00	ELITE/U23 WOMEN - START RACE	Venue
11:30	ELITE/U23 MEN - ZONE TRANSITION OPENS	Venue
11:50	ELITE/U23 MEN - ATHLETE INTRODUCTION	Venue
12:00	ELITE/U23 MEN - START RACE	Venue
14:45	JUNIOR AFRICA TRIATHLON CUP MEDAL CEREMONY - MEN & WOMEN	Venue
14:50	JUNIOR INTERNATIONAL CUP MEDAL CEREMONY - MEN & WOMEN	Venue
15:00	U23 AFRICA TRIATHLON CUP MEDAL CEREMONY - MEN & WOMEN	Venue
15:05	U23 INTERNATIONAL CUP MEDAL CEREMONY - MEN & WOMEN	Venue
15:15	ELITE AFRICA TRIATHLON CUP MEDAL CEREMONY - MEN & WOMEN	Venue
15:20	ELITE INTERNATIONAL CUP MEDAL CEREMONY - MEN & WOMEN	Venue

PARATRIATHLON, AGE GROUP COMPETITION DAY

Sunday 28 May 2023

Time	Category	Location
07:30	NATIONAL ANTHEM	Venue
07:15	PARATRIATHLON - ZONE TRANSITION OPENS	Venue
07:50	PARATRIATHLON - ATHLETE INTRODUCTION	Venue
08:00	PARATRIATHLON - START RACE	Venue
10:30	AGE GROUP - START RACE	Venue
12:45	PARATRIATHLON MEDAL CEREMONY	Venue
13:00	AGE GROUP MEDAL CEREMONY	Venue



Host City Informations

Yasmine Hammamet, Tunisia

Thanks to its beaches it is a popular destination for swimming and water sports. It is the first tourist destination in Tunisia. It is located in the south east of the northern peninsula of Cap Bon in the Governorate of Nabeul, on the northern edge of the Gulf of Hammamet. White sand, clear water... the beaches in the Hammamet 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/LCgsbxbDT1V4pYaq5>

Other informations

Location

Yasmine Hammamet	Distance from the Capital	Approximately 60 Km
	Number of Inhabitants	About 100,000
	Air Temperature	23°C - 27°C
	Water Temperature	19°C
	Hours of Sunshine	13 hrs
	Rain days	4 Days
	Rainfall	16 mm





Host City Attractions

Yasmine Hammamet Attractions

Hammamet, with its idyllic Mediterranean location, snugly wrapping around a cove on the Cap Bon Peninsula, is one of Tunisia's most popular places to visit.

This is Tunisia's original tourism resort. Visiting its sandy beaches and pretty, well-preserved medina (old town) are the main things to do, and the town itself is a gentle introduction to the culture and traditions of North Africa.



STROLL HAMMAMET MEDINA

Surrounded by its original 15th-century walls, Hammamet's maze of narrow and winding lanes within the town's medina (old town) hosts a wealth of well-preserved traditional Tunisian architecture.

SOAK UP THE SUN ON HAMMAMET BEACH

Hammamet's main beach of soft, white sand stretches southwest from the medina to the Hammamet Marina, lined by family-friendly beach resorts along the way, most of which have claimed their own private patches of sand.



HAMMAMET CULTURAL CENTER (VILLA SEBASTIAN)

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.



HAMMAMET KASBAH

The 13th-century Kasbah of Hammamet isn't as well preserved or impressive as the Kasbah of Sousse, but it is still worth visiting, particularly if you're looking for a side of history to complement your beach time.

There is an interesting museum inside that explains Hammamet's colorful pirate lair history.

EXPLORE THE TOWN OF NABEUL

Nabeul, 10 kilometers north of Hammamet, is the Cap Bon Peninsula's largest town, edged by a long sandy beach extending around the Gulf of Hammamet.

Surrounded by intensively cultivated agricultural land, the town's Friday market is a bustle of fresh produce and local action that photographers will love.



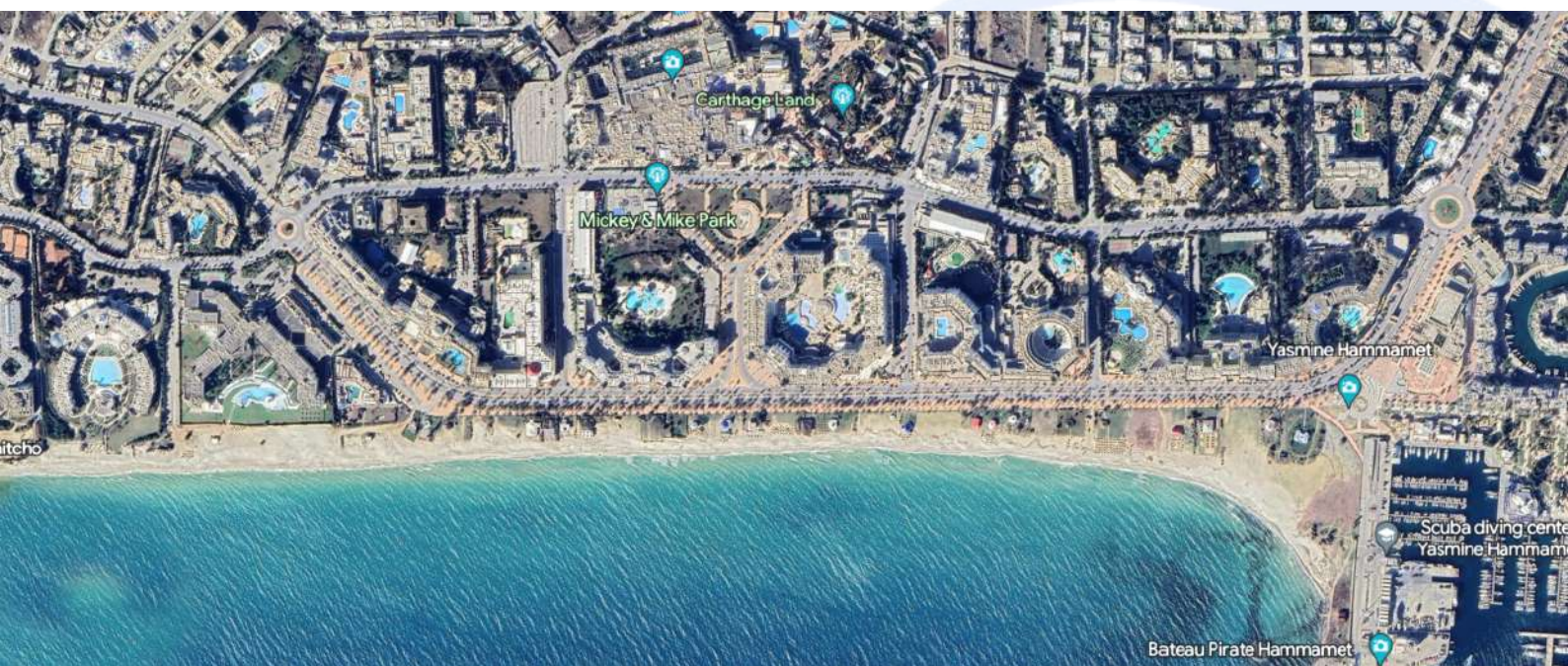


Venue



MAP LEGEND

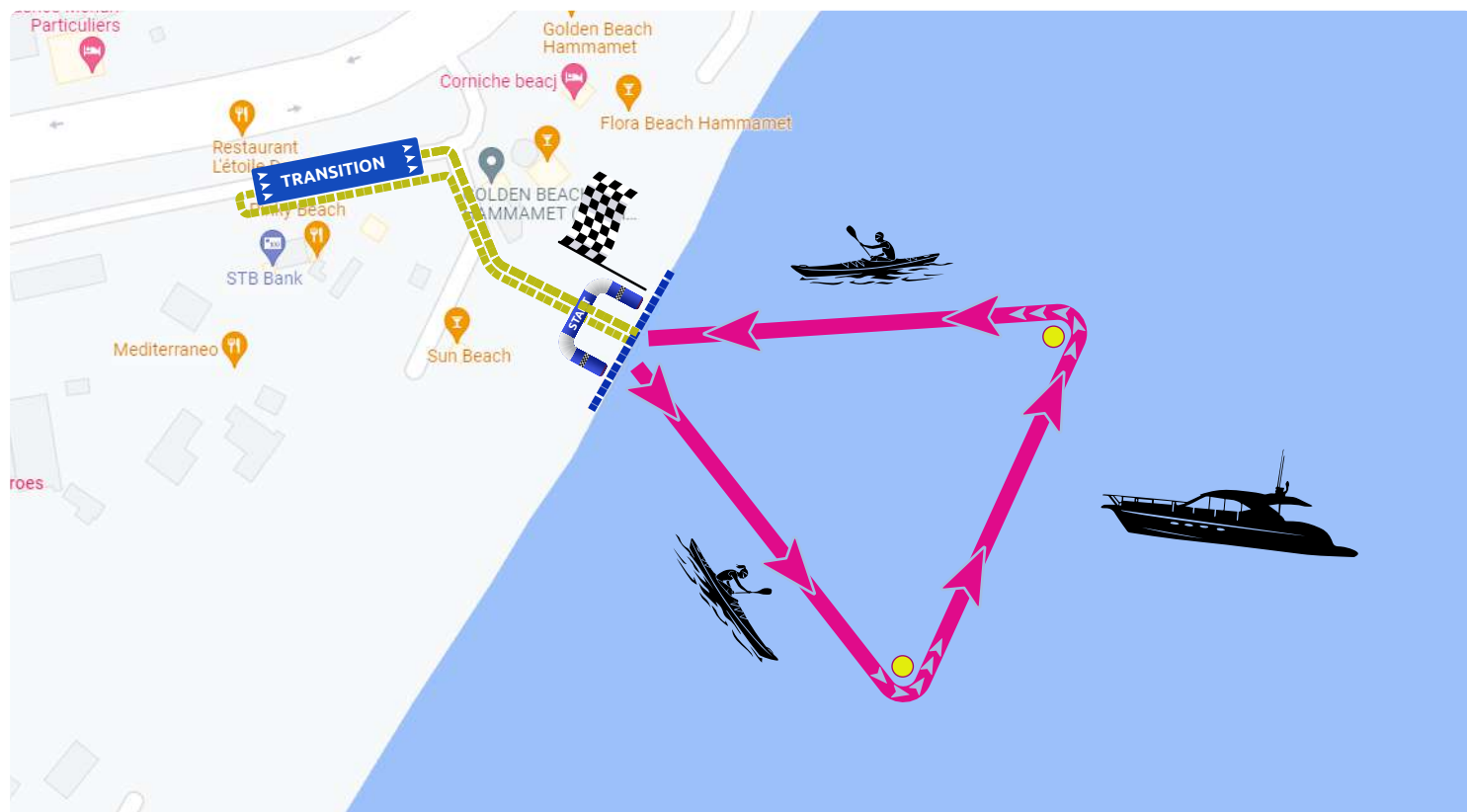
- Beach way
- Start line
- Swim
- Turning point
- Transition area
- Mount line
- Bike
- Dismount line
- Run
- Finish line
- Aid Station
- Penalty Box
- VIP area





Venue

Swim Course



Swim Distance

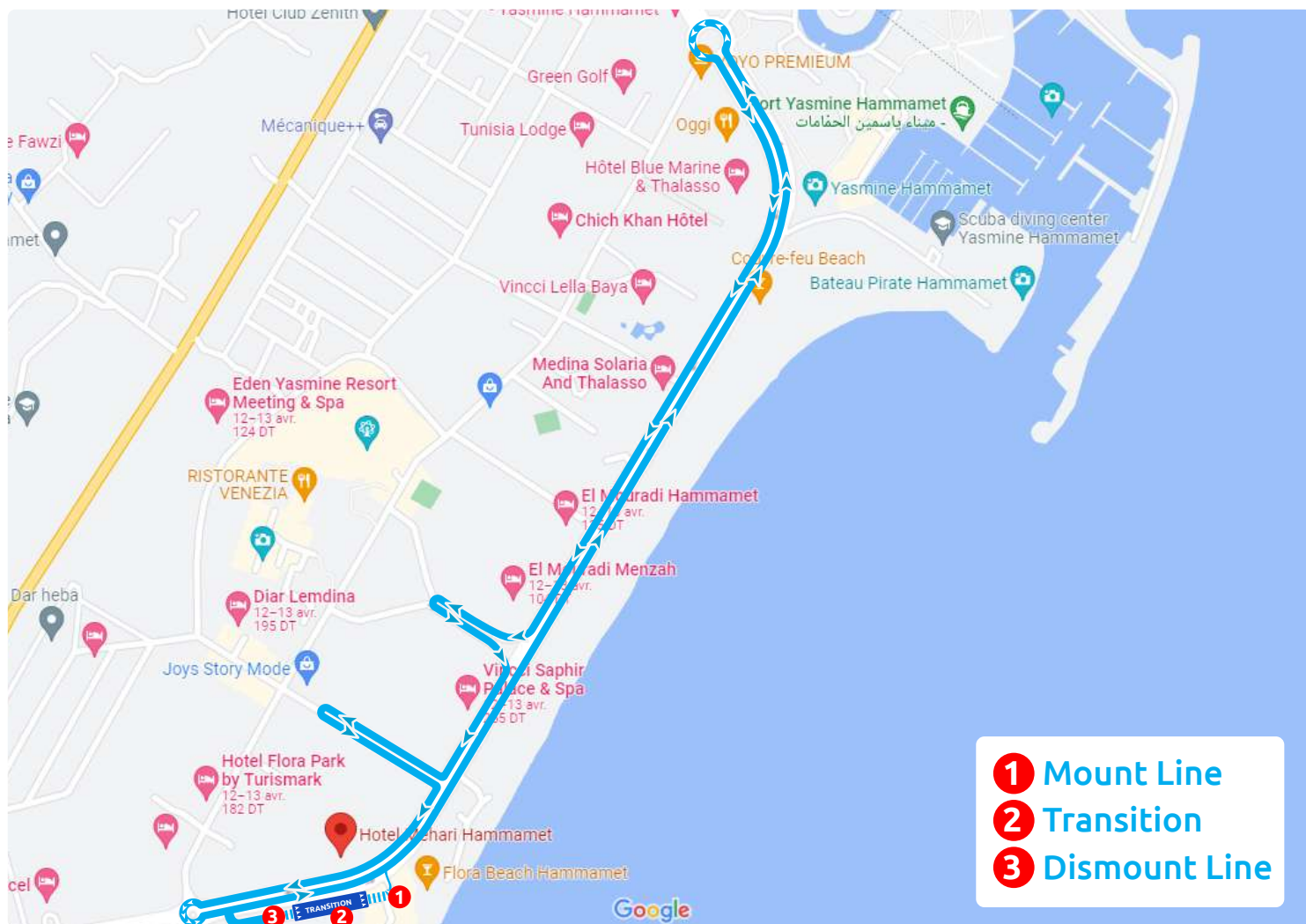
The distance is the same for all categories

Category	Distance	Laps
ELITE/U23, JUNIORS	750 m	1 lap of 750 m
PARA	750 m	1 lap of 750 m
AGE-GROUP	750 m	1 lap of 750 m



Venue

Bike Course



Bike Distance

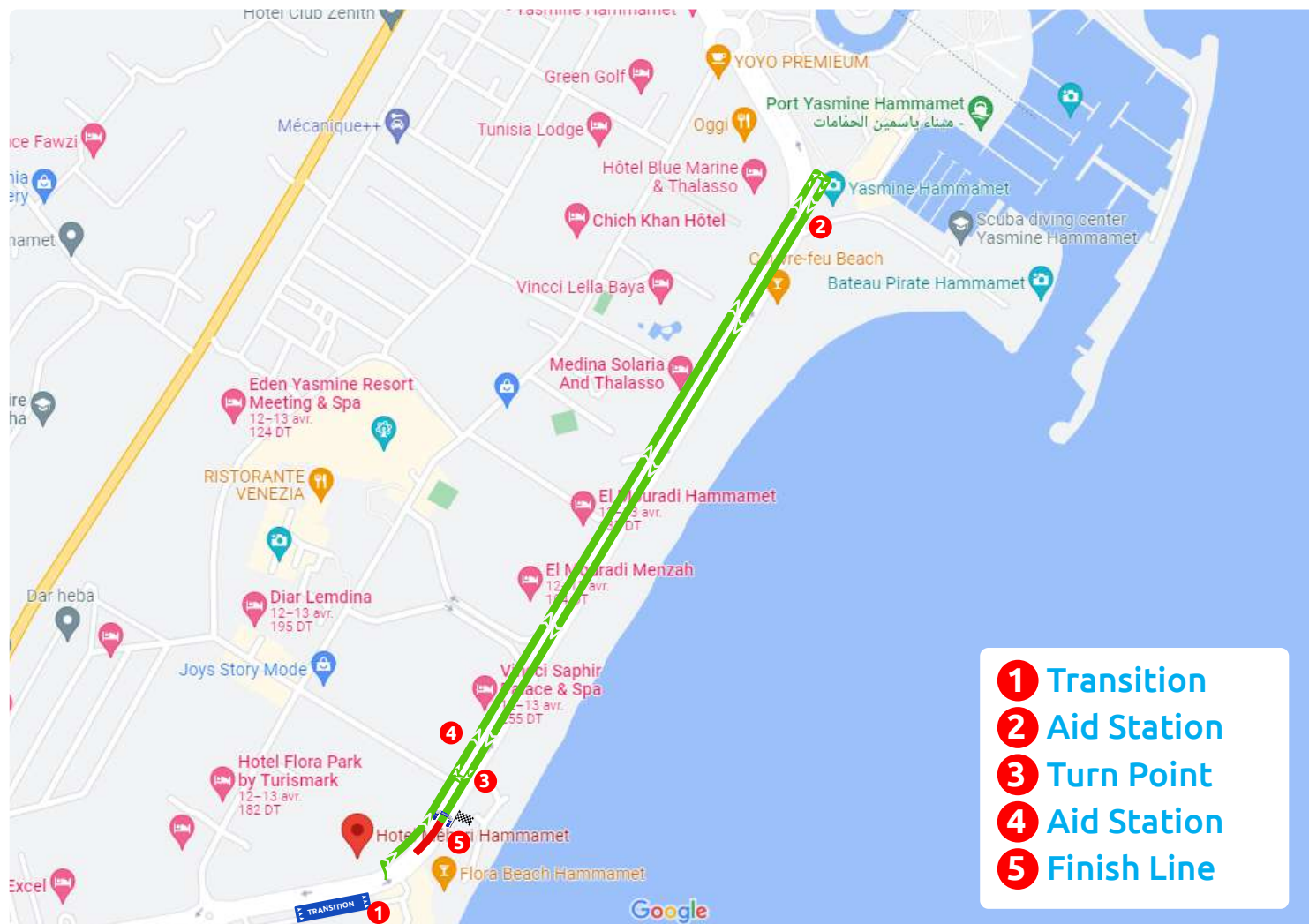
The distance is the same for all categories

Category	Distance	Laps
ELITE/U23, JUNIORS	20 km	5 lap of 4000 m
PARA	20 km	5 lap of 4000 m
AGE-GROUP	20 km	5 lap of 4000 m



Venue

Run Course



Run Distance

The distance is the same for all categories

Category	Distance	Laps
ELITE/U23, JUNIORS	5 km	2 lap of 2.5 km
PARA	5 km	2 lap of 2.5 km
AGE-GROUP	5 km	2 lap of 2.5 km



Elite/U13, Junior Courses

	Swim	Bike	Run
Elite	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (2 laps of 2.5km)
U23	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (2 laps of 2.5km)
Junior	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (2 laps of 2.5km)



Paratriathlon Course

	Swim	Bike	Run
Paratriathlon	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (2 laps of 2.5km)

Paratriathlon Category

Category	Men	Women
	PTWC Men	PTWC Women
	PTS3 Men	PTS4 Women
	PTS4 Men	PTVI Women
	PTS5 Men	
	PTVI Men	



Age groups Courses

	Swim	Bike	Run
Age Groups	750 m (1 lap of 750m)	20 km (5 laps of 4000m)	5km (2 laps of 2.5km)



Age group Category

Category	20-49 AG	50-89 AG
Age group	20-24 AG	50-54 AG
	55-59 AG	60-64 AG
	25-29 AG	65-69 AG
	30-34 AG	70-74 AG
	35-39 AG	75-79 AG
	40-44 AG	80-84 AG
	45-49 AG	85-89 AG



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	75 €
Elite	95 €
U23	95 €
Age Group	100 €

CASH payable at Registration.

- Junior, U23, Elite, and Para entries must be made through NF and WT Entries System
- For the Registration for the age group race entries must be made through event Website (www.tunisiatriathlon2023.tn)



Athlete's Services

TRAINING FACILITIES

- SWIM - Friday 26th of May – from 11H00-12H00 with water safety in place
- BIKE - Friday 26th of May –from 12H30-13H30 - 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 Carthage International Airport to Venue Yasmine Hammamet.
- 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 Yasmine Hammamet 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 venue 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 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.

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.triathlon.org. All the Results information will be displayed on the Notice Board at the venue.

PROTEST & APPEALS

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



Athlete's Services

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 Friday 31st March 2023 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

LOC provided all participants with optional offers of transportation and accommodation to benefit from an interesting and complete package, all reservations can be made through the Tunisian Federation, (All Inclusive accommodation, Airport Transport, Bike transport, Assistance and support from arrival to departure, attending the opening and closing ceremony ...)

Transfer and Transportation

- International Airports The closest to Yasmine Hammamet:
Tunis Carthage Airport: 74 km - 56 min drive.
Enfidha Airport: 48 km - 40 min drive.
- Reception and assistance in both the airport and the hotel.
- Transportation for participants and their bikes and luggage will be available from Tunis Carthage Airport To Yasmine Hammamet.

Transportation fees

LOC sets up a team to receive and transportation the athletes and their bikes from Tunis-Carthage Airport or Enfidha Airport to the city of Yasmine Hammamet **(one way transfer fee is 15 Euro per person - The bike one way transfer fee is 25 Euro per bike) .**

Local Transport Reservations can be made through the Tunisian Federation.

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

Email: triatunisiahammamet2023@gmail.com

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



Host Hotels

Accommodation options

For Hotel accommodation bookings, The LOC offers the choose between 05 different hotels close to competition venue

Hotels Informations

Hotel	Hotel Stars	Singel Room	Double Room
Blue Marine Hotel Yasmin Hammamet	5 *	100 €	80 €
Hôtel Mehari Yasmin Hammamet	5 *	93 €	75 €
Hôtel Houda Yasmin Hammamet	4 *	83 €	63 €
Hôtel El Mouradi Yasmin Hammamet	4 *	82 €	65 €
Hotel Flora Park Yasmin Hammamet	4 *	80 €	63 €

The Mahari Hotel Yasmine Hammamet will be the hotel for the registration





Payment

Participants who wish to enjoy the offer offered by the Tunisian Federation must pay their transportation fees from the airport to Hammamet, and accommodation fee through the Tunisian Federation, in cash They can pay in Euro or US Dollar to the federation office, which will be establish in the reception of the lobby of the hotel upon your arrival, In addition, they You can pay directly by bank transfer to the Federation Bank account:

Banque Nationale Agricole (Tunis - Tunisia)

Banque detail

- IBAN : TN 59 03 029 1590101000413 70
- BNTETNTT

Payment reference

- Athlete Name & Surname
- Plus, copy of the transfer receipt is requested



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 and Para-Triathlon Cups

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=IwAR2BkfnIA4knn03MFi83_ivwEJ5vsiHzixsz7E_rn3i5fdKDO8RGq6f2Xoc
- <https://fb.watch/jdlt8Qcg2p/>
- <https://fb.watch/jdISJWRvGM/>

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
Hammamet,
Tunisia



International Triathlon
Open Cup
YASMINE HAMMAMET
2023



Africa
Triathlon

African Triathlon
Cups
YASMINE HAMMAMET
2023



TUNISIA
TRIATHLON

Official Partners



World
Triathlon



Africa
Triathlon





Let's
experience
Hammamet,
Tunisia