



## **2015 Sharm El Sheikh ATU Triathlon/Duathlon African Championships and Pan Arab Championships (Info File)**

**Please Check it regularly for updates**

WELCOME TO 2015 Sharm El Sheikh ATU Triathlon/Duathlon African Championships and Pan Arab Championships

Dear Athletes, Delegations and Guests

We invites you all to participate in the 2015 Sharm El Sheikh ATU Triathlon African Championships and Pan Arab Championships, May 7th - 11th, 2015.

The Egyptian Triathlon federation once again give you a great venue place to race at the city of peace Sharm El-Sheikh, it will be inside the most exciting place at the city mid-town, while it will be at the Neama Bay, a great view and the most known place at the city. The place, which Egypt looking forward to organize a ITU World Cup 2016 in .

You also will experience the ultimate in Arabic hospitality as well as one of the most unique Triathlon/Duathlon race courses in Africa. Not only, but will have you striding past some of the most exotic safari trips in the Middle East has to offer by reservation, glass boat, banana boat, water parks also don't forget it's the red sea, one of the most greatest place in the world to do the Scuba Diving. And more awaiting you in Sharm El-Sheikh.

This event will be an experience of a lifetime, both on and off the race course and we look forward to welcoming you to Sharm El-Sheikh and Egypt. Don't miss it.

We also extend our regards and appreciation to the ITU for their support of this event.

## **Links**

### **ITU Event Link:**

[http://www.triathlon.org/events/event/2015\\_sharm\\_el\\_sheikh\\_atu\\_triathlon\\_african\\_championships](http://www.triathlon.org/events/event/2015_sharm_el_sheikh_atu_triathlon_african_championships)

### **All Info:**

<https://docs.google.com/document/d/10xLIEwX7Un22ZbGKk7S1zNdEz3I2WJTszcvNrt5J2T8/edit?usp=sharing>

### **Registration:**

[https://drive.google.com/open?id=12y9ba70Ns41il9Og5Uh\\_jnGmLR3D-2f\\_2uRNNH\\_BaA&authuser=0](https://drive.google.com/open?id=12y9ba70Ns41il9Og5Uh_jnGmLR3D-2f_2uRNNH_BaA&authuser=0)

### **The Full Schedule:**

**Note: Please Check it regularly for latest updates**

<https://docs.google.com/document/d/170YDivkUtA8CAIcbAogAntcpvvCkPbfrPZTcd2JPQ1g/pub>

### **Triathlon Startlist:**

[https://docs.google.com/spreadsheets/d/1U9pR\\_jL-oeBHOx0w086MKP6ntkpyf6oTmcNKFS\\_cV2U/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1U9pR_jL-oeBHOx0w086MKP6ntkpyf6oTmcNKFS_cV2U/edit?usp=sharing)

### **Duathlon Startlist:**

[https://docs.google.com/spreadsheets/d/1n\\_LH87TSjQqAiPhqjimuMP\\_RRvFZS8btb3JV5CrMjbcQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1n_LH87TSjQqAiPhqjimuMP_RRvFZS8btb3JV5CrMjbcQ/edit?usp=sharing)

### **Triathlon Results:**

<https://docs.google.com/spreadsheets/d/1B4RqfcN6DY9x12iooZoL7-1t2-aGkFX1PecORXKtuqE/edit?usp=sharing>

### **Duathlon Results:**

[https://docs.google.com/spreadsheets/d/1hY9B6i0Sqhi6s5UC\\_vbOVKcJEbzn007GTKHmZv8jqlk/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1hY9B6i0Sqhi6s5UC_vbOVKcJEbzn007GTKHmZv8jqlk/edit?usp=sharing)

## **Accommodation and Hotels:**

### **Hotel1: Official Hotel. In Front of the transition area (Limited rooms available) Helnan Marina Sharm**

Single Room:	80\$
Double Room:	115\$
Triple Room:	160\$

### **Hotel2: 10 Minutes from the race venue (Courses and Camp hotel)**

#### **Sharm El-Sheikh Club**

Single Room:	40\$
Double Room:	70\$
Triple Room:	120\$

**Egyptians: please contact [ahmedsoft85@gmail.com](mailto:ahmedsoft85@gmail.com)**

#### **-This rates package including:**

- \*Per Room
- \*Transportation only to/from any hotel (Airport- Race Venue - Awards Ceremony)
- \* Inclusive the service and taxes
- \* Prices are soft inclusive (Breakfast-launch-dinner- snacks and soft drinks)
- \* Attending the opening and final ceremony
- \* Kindly send your require of rooms before 27 April - Limited rooms available

#### **Event Closest Airport:**

Sharm el-Sheikh International Airport (Arabic: مطار شرم الشيخ الدولي Ma ṭār Sharm al-Shaykh al-Duwaliyy) (IATA: SSH, ICAO: HESH)

Distance to Helnan Marina Sharm: 13.5 kM Time: 18 min

## **Payment and Registration:**

Elite, U23, Junior, Youth and Para: National Federations should register them through the ITU. While Age Group should register through our link below

**Please all athletes (Elite, U23, Junior, Youth, Para and AG) kindly fill this form:**

[https://drive.google.com/open?id=12y9ba70Ns41il9Og5Uh\\_inGmLR3D-2f\\_2uRNNH\\_BaA&authuser=0](https://drive.google.com/open?id=12y9ba70Ns41il9Og5Uh_inGmLR3D-2f_2uRNNH_BaA&authuser=0)

**Payment** in the hotels before the briefing by cash money  
**(Currency: USD Only)**

### **Entry fee:**

--Elite, U23 and junior: 50 \$

-Age group: 75\$

### **Egyptians:**

Elite, U23 and Junior: Please Contact [ahmedsoft85@gmail.com](mailto:ahmedsoft85@gmail.com)

All the Age Group: Please contact "[ayman@trainforaim.com](mailto:ayman@trainforaim.com)"

## **Men's Age Group Standard Distance (Limited for first 30 only)**

## **Prize Money**

Prize Money Distribution. Elite Men and Women:

1st. 900 USD

2nd. 750 USD

3rd. 600 USD

4th. 450 USD

5th. 300 USD

## **Schedule**

**Place:** Sharm El Shikh, Egypt. **Date:** 7-11 May 2015

### **Thursday, May 7th, 2015:**

- Arrival of delegations
- Duathlon Registration and Paying

### **Friday, May 8th, 2015**

- The All Duathlon Championship Day
- Super Sprint Boy's Race
- Super Sprint Girl's Race
- Men's Elite, U23 Junior and AG Race.
- Women's Elite, U23 Junior and AG Race.
- Triathlon Junior and AG Race Briefing - Location: Helnan Marina Sharm Hotel
- Triathlon Elite & U23 Race Briefing - Location: Helnan Marina Sharm Hotel.
- Triathlon Registration and Paying

### **Saturday, May 9th, 2015**

- Triathlon AG Olympic Distance
- Triathlon Junior and Sprint AG Race.
- Triathlon Super Sprint Race
- Triathlon Super Sprint Race

### **Sunday, May 10th, 2015**

- Paratriathlon Race
- Triathlon Elite and U23 Race.
- Closing ceremony and awards.

### **Monday, May 11th, 2015**

- Departure

## Race Details

### **Duathlon Super Sprint Distance: (Youth)**

<b>Leg</b>	<b>Total Distance</b>	<b>Laps Numbers</b>	<b>Lap Length</b>
Run1	2.5KM	1 Lap	1 Lap = 2.5km
Bike	10km	2 Laps	1 Lap = 5km
Run2	2.5km	1 Lap	1 Lap = 2.5km

### **Duathlon Sprint Distance: (Elite, U23, Junior and AG)**

<b>Leg</b>	<b>Total Distance</b>	<b>Laps Numbers</b>	<b>Lap Length</b>
Run1	5km	2 Laps	1 Lap = 2.5km
Bike	19.9km	3 Laps	1 Lap = 6.3km
Run2	2.5km	1 Lap	1 Lap = 2.5km

### **Triathlon Super Sprint Distance: (Youth)**

<b>Leg</b>	<b>Total Distance</b>	<b>Laps Numbers</b>	<b>Lap Length</b>
Swim	400m	1 Lap	1 Lap = 400m
Bike	10km	2 Laps	1 Lap = 5km
Run1	2.5KM	1 Lap	1 Lap = 2.5km

### **Triathlon Sprint Distance: (Junior and AG)**

<b>Leg</b>	<b>Total Distance</b>	<b>Laps Numbers</b>	<b>Lap Length</b>
Swim	750m	1 Lap	1 Lap = 750M
Bike	19.9km	3 Laps	1 Lap = 6.3km
Run	5km	2 Laps	1 Lap = 2.5km

### **Triathlon Standard Distance: (Elite & U23)**

<b>Leg</b>	<b>Total Distance</b>	<b>Laps Numbers</b>	<b>Lap Length</b>
Swim	1.5km	2 Laps	1 Lap = 750M
Bike	39.8km	6 Laps	1 Lap = 6.3km
Run	10km	4 Laps	1 Lap = 2.5km





### Cycling Course Map

Road surface is asphalt. The course is not technical, however as the course is going over and back on the same road (divided by cones at the middle), athletes must be careful to keep right. The course is a little bit hilly.



### Running Course Map

Brief description including: flat, straight, one turning point, various surface). 2 Aid stations per lap.





