

ATHLETE'S

GUIDE

2024

Africa Triathlon Cup,

Kilifi

GENERAL INFORMATION

WELCOME

Welcome to the 2024 Africa Triathlon Cup, Kilifi

The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning the race.

Please keep in mind that this information can change and the final race information will be provided to the athletes and the team managers at the athletes' briefing.

This guide does not deal with all unforeseen weather conditions.

ENTERING KENYA

Before flying to Kenya please be aware of the protocols and Visa requirements applicable to different countries.

You can find all the information in www.evisa.go.ke

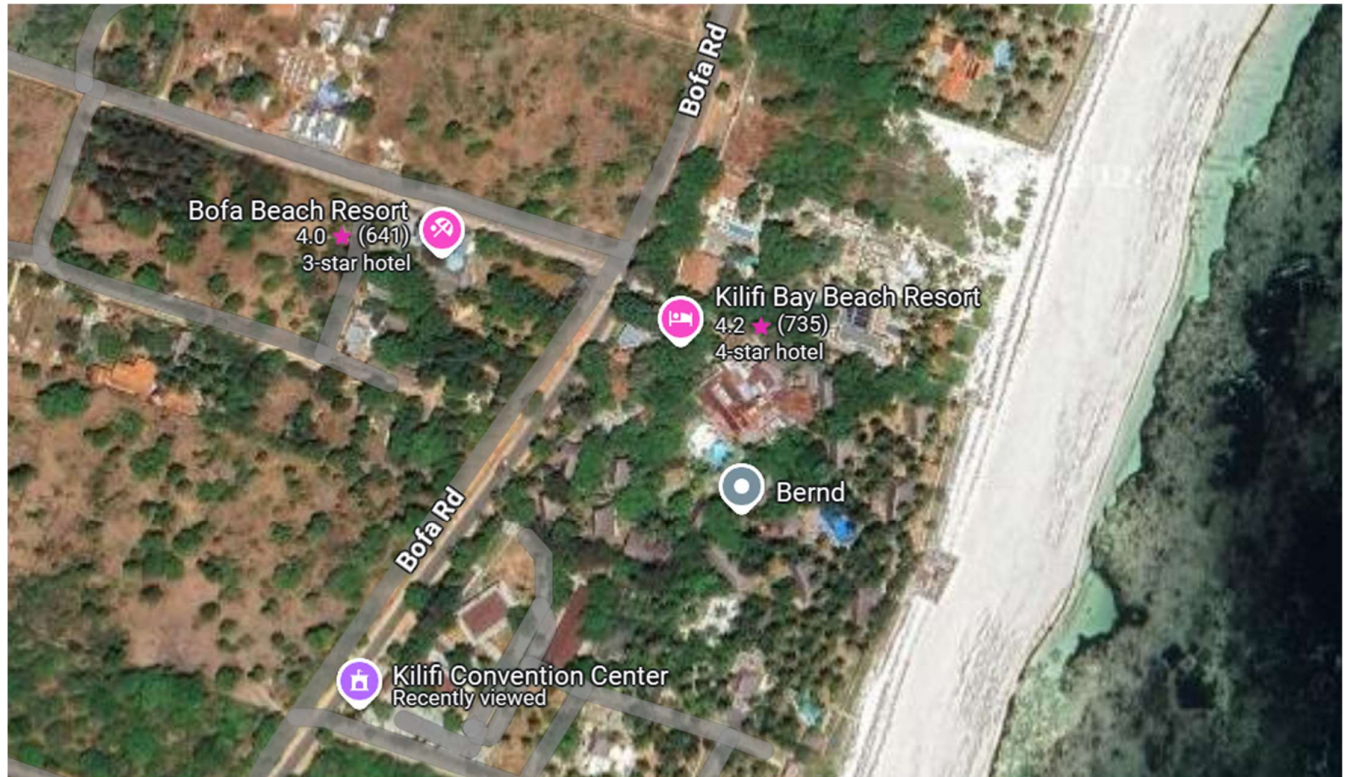
Please be reminded that:

- You need an invitation from the Kenya Triathlon Federation for the event;
- You need a declaration from your National Federation stating you will be representing your country in the Kilifi event.
- You will need an accomodation confirmation

KEY EVENT LINKS

- 2024 Africa Triathlon Cup, Kilifi https://triathlon.org/events/event/2024_africa_triathlon_cup_kilifi
- World Triathlon Website: <http://www.triathlon.org/>
- For the latest news and photos find and like Triathlon Kenya on Facebook and Instagram

ACCESS VENUE



KEY CONTACTS

World Triathlon Technical Delegate	Cliff Sanders (RSA)	cslcsanders@absamail.co.za +27 827050950
LOC Event Director	Rommel Lukila (KEN)	rommel.lukila@gmail.com +254 722 704 505
Triathlon Kenya Team Leader/aTD	Salonik Ole Koyiet (KEN)	triathlonken.events@gmail.com +254 722 59 52 52

EVENT CONTACT DETAILS

Local Organising Committee: Triathlon Kenya

Address:

Contact: Salonik Ole Koyiet triathlonken.events@gmail.com +254 722 595252

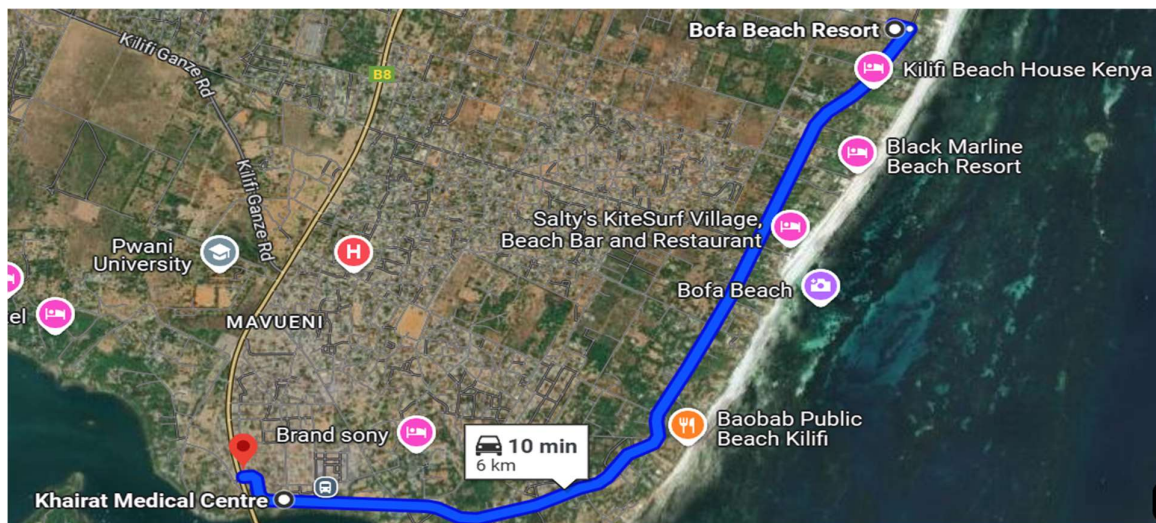
VENUE

The venue is located at Bofa area of Kilifi Town, on Bofa Road. Swimming will take place at Bofa Beach (Kilifi Bay Resort beach front), Cycling on Bofa Road and the Run on Kichinjoni Road. Both roads are tarmacked

DOPING CONTROL

Doping Control will be performed according to the World Triathlon rules at the venue.

MEDICAL SERVICES



EMERGENCY: +254 736 37 77 77

RACE DOCTOR: DR. ESTHER +254 720 956 994

HOSPITAL: Khairat Medical Centre- Off Bofa Road, Kilifi CBD- +254 712403509

First Aid and Emergency Medical Services will be available at the venue on Nov 23rd and 24th before and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. An ambulance will be available to provide emergency transfer to hospital. A medical tent will be provided on site at the finish area.

Possible medical services at the venue are free of charge.

Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

TRAVEL & ACCOMMODATION INFORMATION

CLOSEST AIRPORT

- > Moi International Airport (72Km - 1h 18mins) <https://www.kaa.go.ke/moi-international-airport/?v=518f4a738816>

There shall be transfers from the Moi International airport to Kilifi at 40USD per person and 15USD per bike one way. Teams should reach out to the LOC contacts for the transfers.

ACCOMMODATION CONTACT DETAILS

The official accommodation hotel is Kilifi Bay Beach Resort (The hotel is right at the competition Venue).

Booking through the following contact:

- **Tel: +254 725 888560**
- **Email: kilifibay@madahotels.com**
- **Website : <https://madahotels.com/kilifi-bay-beach-resort/>**

OTHER RECOMMENDED ACCOMMODATION DETAILS

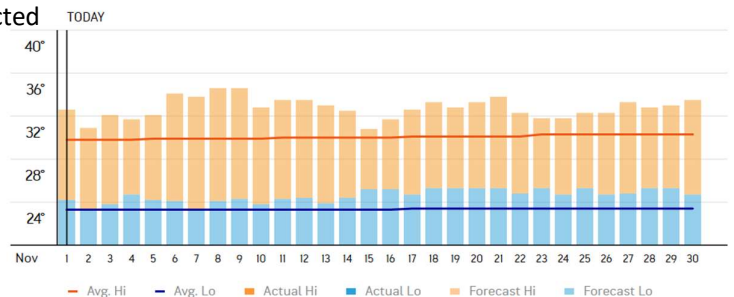
- Bofa Beach Resort
 - **TEL: +254 703110995**
 - **EMAIL: bofabeachresort@gmail.com**
- Mnarani beach club
 - **TEL: + 254 722 – 288 166 | + 254 733 333 579**
 - **EMAIL: info@mnaranibeachclub.com**
- Silver Palm Beach Resort
 - **TEL: +254 707 745 837**
 - **EMAIL: info@silverpalmkilifi.co.ke**

WEATHER

Weather forecast for November:

- Water temperature: No wetsuit use expected
- Min temperature: 26.6°C
- Average: 27.8°C
- Max temperature: 29°C

TEMPERATURE GRAPH



TRAINING

TRAINING SESSIONS

The beach at Kilifi Bay Resort is accessible every day for the athletes to have their training. Kindly check the tides levels to plan your training sessions accordingly.

COURSE FAMILIARIZATION

Course familiarization as per the schedule below.

In addition, Bofa road and Kichinjioni Roads are accessible at any time if you want to familiarize with the courses alone.

Please note: The road is not closed to traffic apart from during the event. You are running/cycling at your own risks by following the traffic regulations.

COMPETITION INFORMATION

DAY AND DATE	TIME	CATEGORY	VENUE
FRI, NOV 22 ND 2024	16H30	AGE GROUP/YOUTH SWIM FAMILIARIZATION	BOFA BEACH RESORT
	17H00	SCHOOLS PACK COLLECTION	BOFA BEACH RESORT
	17H30	AGE GROUP/BIKE FAMILIARIZATION	BOFA BEACH RESORT
	18H00	AGE GROUP/YOUTH RACE PACK COLLECTION	BOFA BEACH GARDEN RESTURANT
SAT, NOV 23 RD 2024			
	06H45	TRANSITION OPENS FOR YOUTH/AGE GROUP MEN & WOMEN	BOFA BEACH RESORT
	07H00	ELITE/U23/JUNIOR SWIM FAMILIARIZATION	KILIFI BAY BEACH
	07H30	YOUTH/AGE GROUP MEN TRIATHLON STARTS	KILIFI BAY BEACH
	08H00	YOUTH/AGE GROUP WOMEN TRIATHLON STARTS	KILIFI BAY BEACH
	08H30	TRANSITION OPENS FOR 11-12 YEARS BOYS & GIRLS	BOFA BEACH RESORT
	08H45	11-12 YEARS BOYS & GIRLS TRIATHLON STARTS	KILIFI BAY BEACH
	09H15	TRANSITION OPENS FOR 6 – 8 YEARS BOYS & GIRLS	BOFA BEACH RESORT
	09H30	6 - 8 YEARS BOYS & GIRLS TRIATHLON STARTS	KILIFI BAY BEACH
	10H00	TRANSITION OPENS FOR 9 – 10 YEARS BOYS & GIRLS	BOFA BEACH RESORT
	10H15	9 - 10 YEARS BOYS & GIRLS TRIATHLON STARTS	KILIFI BAY BEACH
	12H00	MEDAL CEREMONY	BOFA BEACH RESORT

	15H00	ELITE/U23/JUNIOR BIKE/RUN FAMILIARIZATION	BOFA BEACH RESORT
	17H00	RACE BRIEFING	BOFA BEACH RESORT MAIN HALL 3 RD FLOOR
	17H45	RACE PACK COLLECTION	BOFA BEACH RESORT
SUN, NOV 24TH 2024			
	06H20	TRANSITION OPENS FOR ELITE/U23/JUNIOR MEN & WOMEN	BOFA BEACH RESORT
	07H20	ELITE/U23/JUNIOR MEN TRIATHLON STARTS	BOFA BEACH RESORT
	08H20	ELITE/U23/JUNIOR WOMEN TRIATHLON STARTS	BOFA BEACH RESORT
	11H00	MEDAL CEREMONY	BOFA BEACH RESORT

COMPETITION RULES

The race will follow the latest published competition rule of the World Triathlon
http://www.triathlon.org/about/downloads/category/competition_rules

Please note that the Elite/U23/Junior athlete's uniform has to be in line with World Triathlon competition Rules.

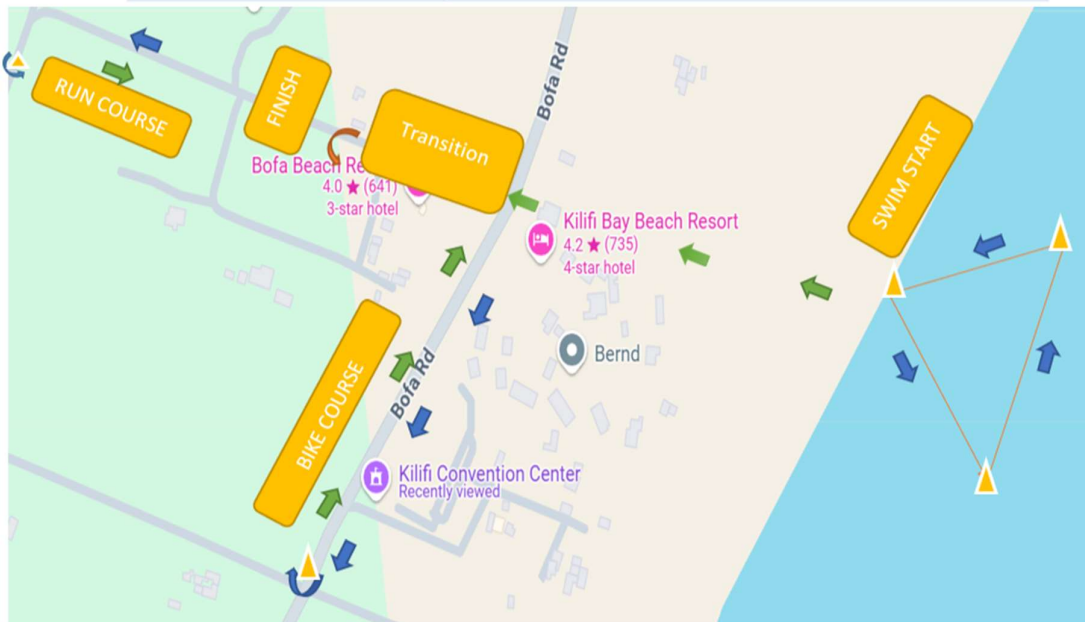
ENTRIES

2024 Africa Triathlon Cup, Kilifi

Elite/U23/Junior Athletes have to be registered by their National Federation through World Triathlon entry system. Entry fee of 100USD will have to be paid only by cash just before Athlete Registration and Race Package. For all Non-Cup events, registration is through this link <https://forms.gle/CLDqbqG6mMnH5Rp27> and all payments for entries are indicated on google form.

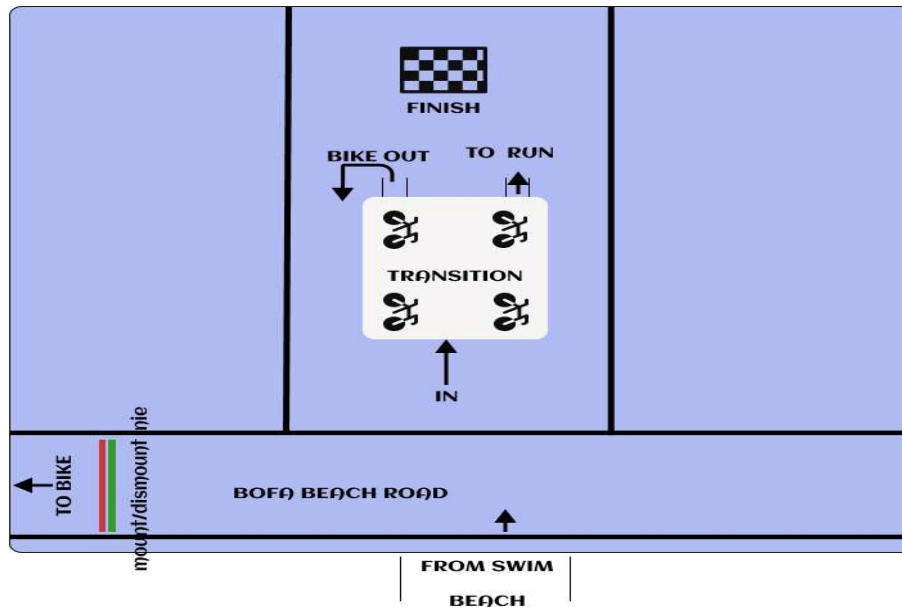
COURSE MAPS

COURSE MAPS AND FLOW

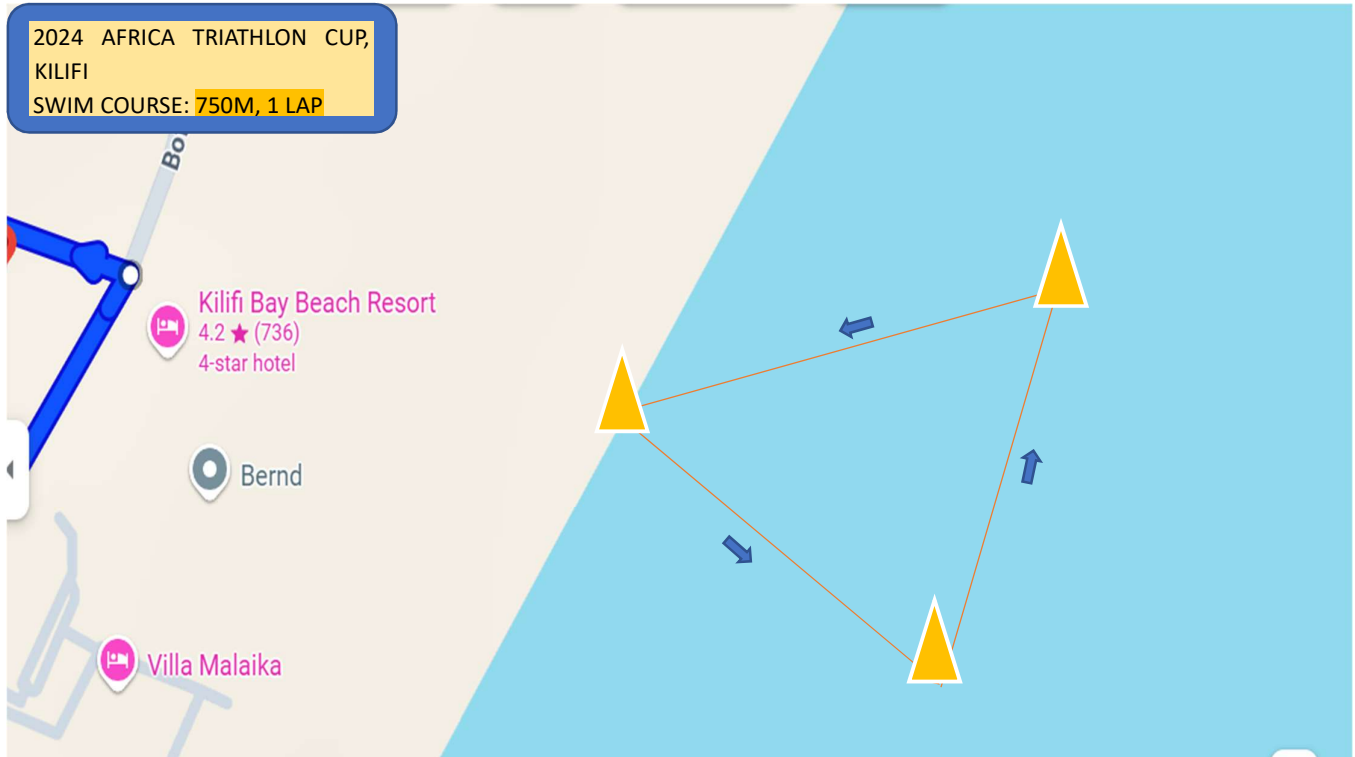


TRANSITION 1 and 2

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a bin placed beside the bike racks. Athletes' numbers are displayed on the top of each bike rack. After the helmet is secured, athletes un-rack the bike by moving forward into the centre lane and towards the exit of the transition at the top and either turn towards the mount line for the bike course or run straight towards the run course



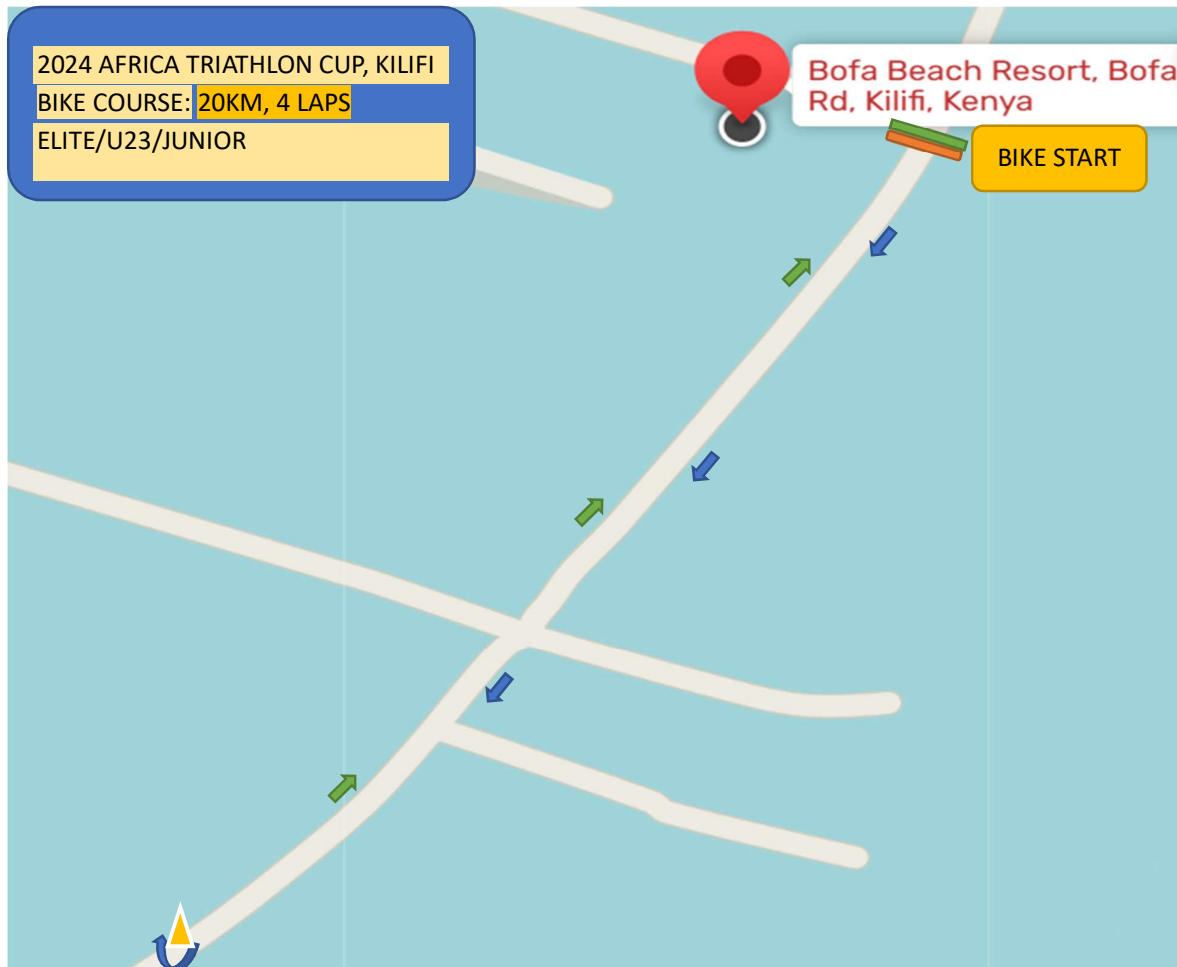
SWIM COURSE



Distance to the first Bouy – 250m

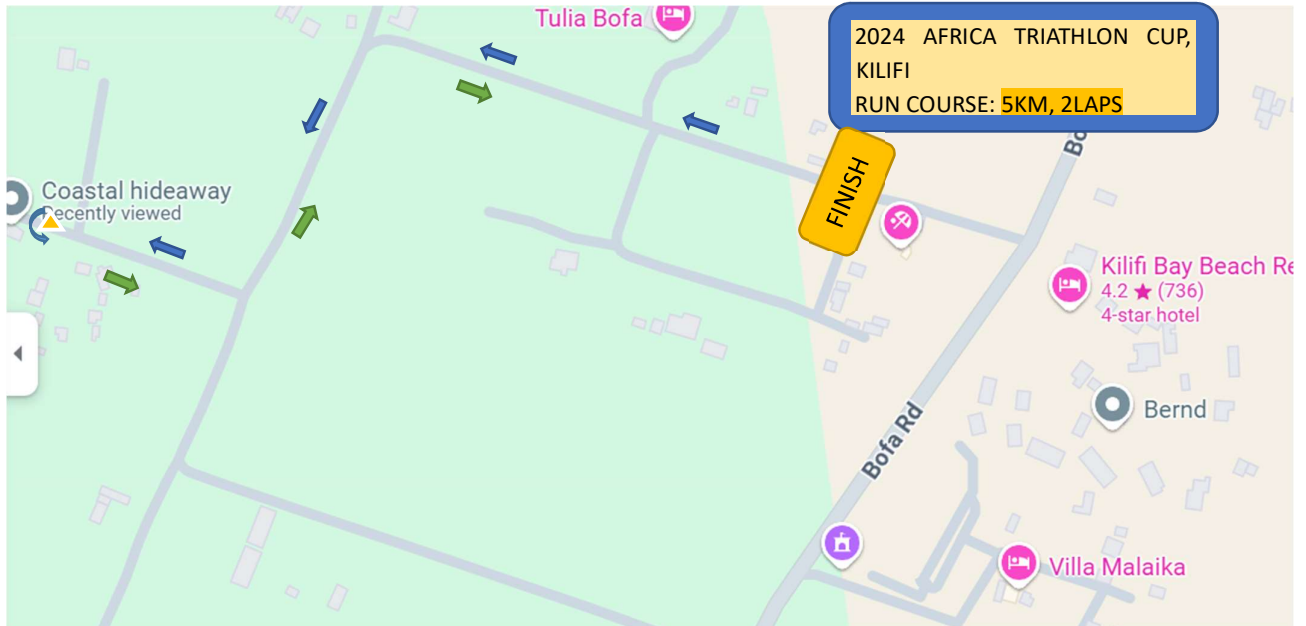
BIKE COURSE

The bike course consists of 4 LAPS for the 20KM bike course. No Technical sections on this flat bike course. There is a slight elevation on the course.



RUN COURSE

The course is a flat course on tarmac with two corners and consists of 2 laps for the 5KM Run.



AID STATIONS

There will be two aid stations on the run course, 30m after both turns.
Sealed bottles water will be handed out.

RESULTS

Elite results will be uploaded few hours after the race at the World Triathlon official website:

https://triathlon.org/events/event/2024_africa_triathlon_cup_kilifi

Results for all other categories will be share on the federation website and social media pages as well as a link to all coaches and schools through WhatsApp.

MEDAL CEREMONIES

Medal ceremonies will be performed according to World Triathlon guidelines. The Medal Ceremonies is as per the event schedule.

PROTEST & APPEALS

The race referee will post penalties, and DSQ if applicable, at the post-finish/recovery area.

For either a protest or an appeal, World Triathlon rules will be followed. The appeal or protest has to be submitted to the head referee and the World Triathlon Competition Jury will meet to discuss it.

The full rules for appeal can be found using the following web link :

http://www.competitions.com/competition_rules

WATER QUALITY ANALYSIS

PH		Entero-cocci		Escherichiacoli	E. Coli
result	standard	result	standard	result	standard
7,6	6 to 9	23	<100	100	<250

SUNRISE, TIDES AND SUNSETS

	Sunrise	Sunset	High Tide (hour and height)		Low Tide (hour and height)	
Friday November 22nd	05h57	18h16	08h02 2.46m	21h07 2.07m	01h38 1.0m	14h39 0.91m
Saturday November 23rd	05h57	18h16	09h14 2.21m	22h44 2.09m	02h51 1.26	15H55 1.6m
Sunday November 24th	05h58	18h16	10h00 2.8m	22h00 2.4m	04h41 1.2m	17h20 1.09m

GOOD LUCK!