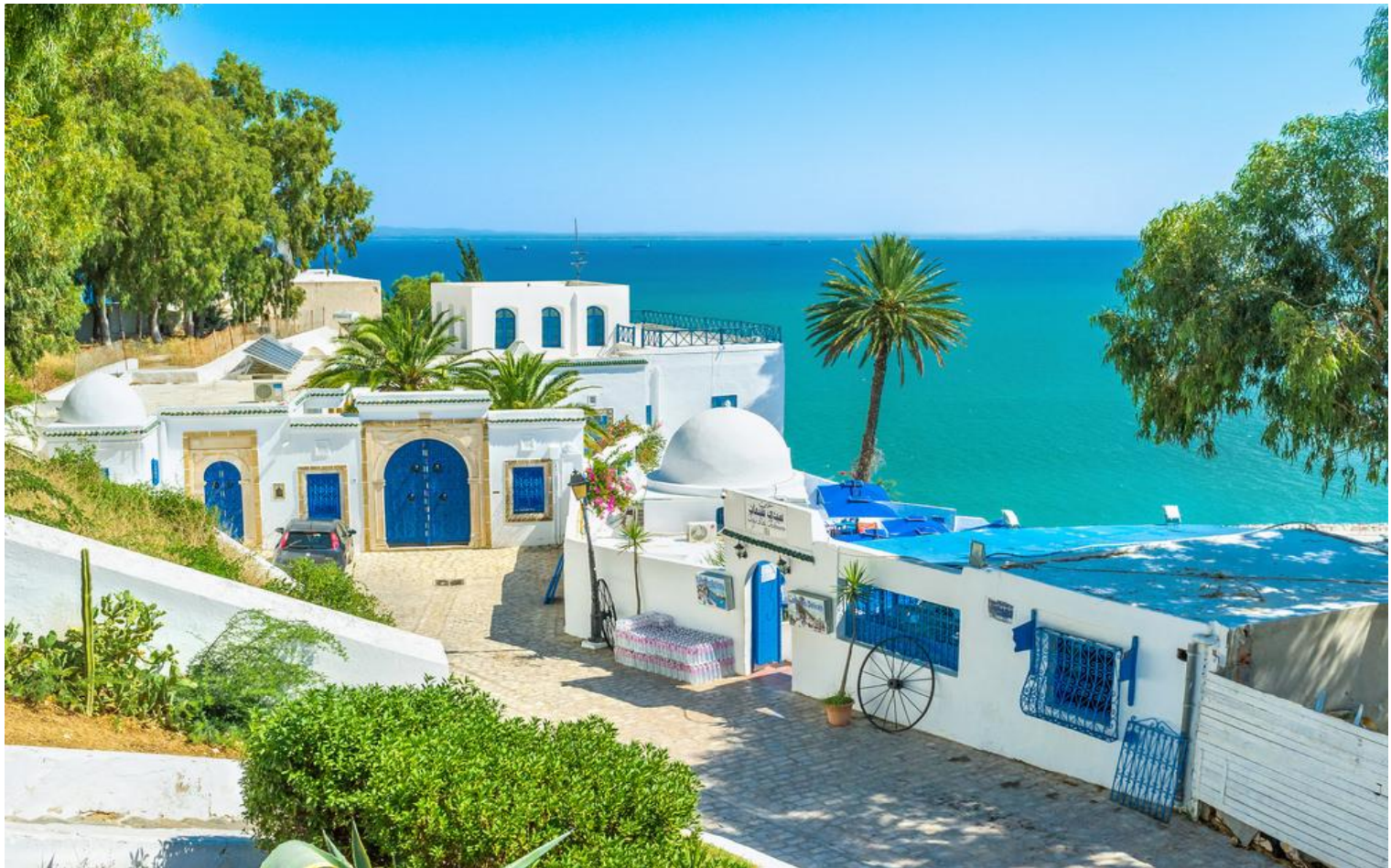


Tunisian Triathlon Federation



International Open Triathlon & Para triathlon 2019 Sprint African and Pan-Arab Cup 2019 Junior ATU Sprint African Cup

May 1st, Yasmine Hammamet - Tunisia



Host City : 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.
- Approximately 60 Km to the Capital, the number of inhabitants is about 100,000.
- It is particularly known for jasmine. All over Hammamet, souvenirs made of jasmine can be found.



Host City : Hammamet, Tunisia

May Averages

- Air Temperature : 19°C - 26°C
- Water Temperature : 19°C
- Hours of Sunshine : 12 hrs
- Rain days : 6 days
- Rainfall : 16 mm



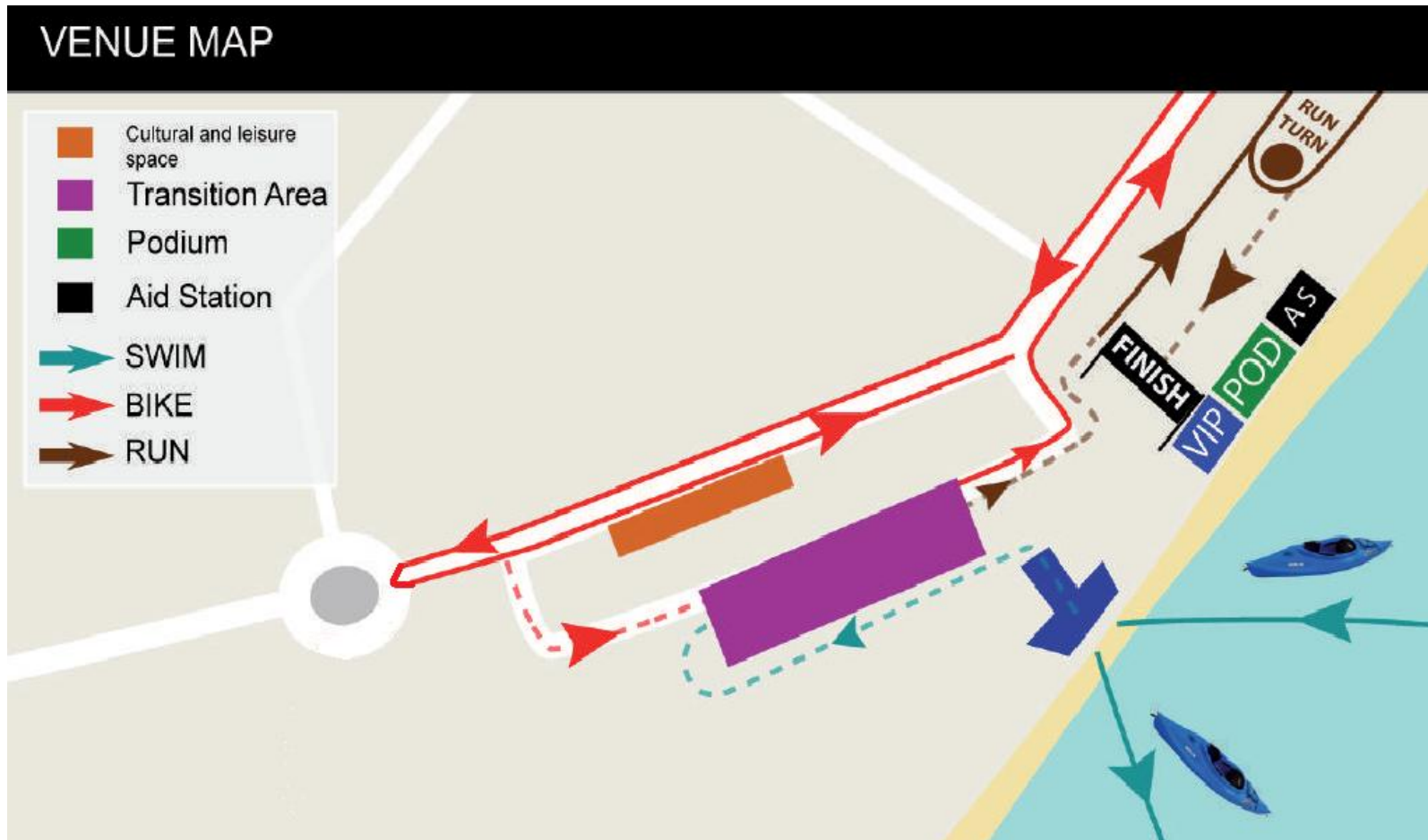
Event Schedule : Tuesday 30 April 2019

TIMES	ACTION	PLACE
10:00 -20:00	Registration	Hôtel Saphir
13:00 - 13:30	Swim Familiarization (All categories)	Venue
13:45 - 14:45	Bike/Run Familiarization (All categories)	Venue
16:00 - 16:45	Athletes Briefing: Youth	Hôtel Saphir
17:00 – 17:45	Athletes Briefing : Junior & U23 & Para triathlon	Hôtel Saphir
18:00 – 18:45	Athletes Briefing : Elite	Hôtel Saphir
19:00 – 19:30	Technical Officials Briefing	Hôtel Saphir

Event Schedule : Wednesday 1st MAY 2019

TIMES	ACTION	PLACE
07:30	START Para triathlon	Venue
08:00	START Age Group M & F	Venue
10:15	START Youth M & F	Venue
11:00	START Junior M	Venue
11:15	START Junior F	Venue
13:30	START Elite/U23 M	Venue
14:30	START Elite/U23 F	Venue
15:30	Medal Ceremony: Youth/AG/Para triathlon	Venue
16:30	Medal Ceremony: Elite/U23/Junior	Venue

Venue : Yasmine Hammamet - Tunisia



Elite, U23, Junior, Age Group & Para triathlon Courses

- **Swim** 750 m (1 lap)
- **Bike** 20 Km (5 laps of 4 km)
- **Run** 5 Km (2 laps of 2,5 km)

Elite, U23, Junior, Age Group & Para triathlon Courses



Youth Courses

- **Swim** 450 m (1 lap)
- **Bike** 10,5 Km (3 laps of 3.5 km)
- **Run** 2,5 Km (1 lap of 2,5 km)

Youth Courses



1 x LAP = 450 m



3xLAPS = 10.5 KM (1LAP = 3.500 km)



1x LAP = 2.5 Km

Registration

Registration for the African or the Pan-Arab Cup and for all categories (Elite, U23, Junior, Youth, Age Group and Para triathlon) will be on Tuesday April 30th, 2019.

Registration fees for all categories : 65 €

Travel and Accommodation

International Airport

The closest airport to Hammamet is

- **Tunis Carthage Airport** : 66 km – 55 min drive

Shuttle bus will be available from Tunis Carthage Airport to Yasmine Hammamet.

Travel and Accommodation

- **Host Hotel**

SAPHIR PALACE & SPA - Yasmine Hammamet will be the Official hotel for all the participating athletes and officials.

All reservations will be made through the Tunisian Federation, to benefit from an interesting and complete package (All Inclusive accommodation, Airport Transport, Bike transport, Assistance and support from arrival to departure, attending the opening and closing ceremony, ...)

Single room (Per Night / Per Person) : 95 €

Double room (Per Night / Per Person) : 68 €

Travel and Accommodation

- **Local Transport**

The LOC will provide free transportation for the Junior and Elite Athletes and their Team Officials from the airport to the hotel (27-28-29-30 April) and back to the airport (2-3 May).

- **VIP package**

VIP packages will be available.

For all your accommodation and travel enquiries, Please contact : Email: tunisia.triathlon@gmail.com

Phone: +216 98223510 // +216 70 814 334

Hammamet sightseeing and attractions

Hammamet has a wonderfully quaint location, snugly wrapping around a cove on the Cap Bon Peninsula. This is Tunisia's original tourism resort. With its sandy beaches and pretty, well-preserved Medina (Old Town), it's a gentle introduction to the culture and traditions of North Africa.



2019 Sprint African and Pan-Arab Cup

2019 Junior ATU Sprint African Cup

Contacts

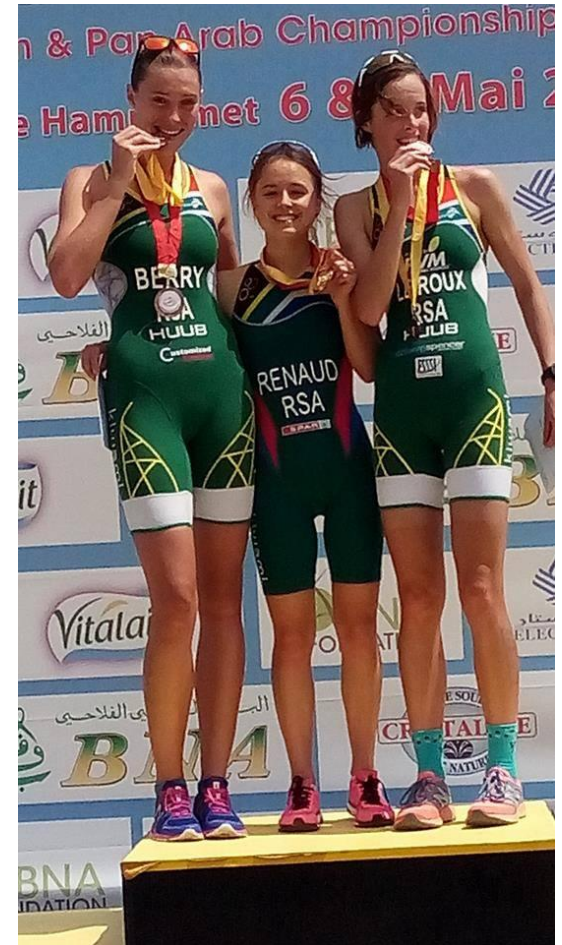
- General Secretary : tunisia.triathlon@gmail.com
- Mr. Lotfi LABAIED, President : lotfilabaied@gmail.com
- Mr. Ahmed ALLOUCH, Vice-president : alouch18@yahoo.fr
- Mr. Issam NEILI, Athlete Services Manager : issam_neili@hotmail.fr

Let's experience Hammamet -Tunisia

Memories from African and Pan-Arab Championship 2017 and 2018 in Tunisia



Memories from African and Pan-Arab Championship 2017 and 2018 in Tunisia



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Welcome to Tunisia

