



CONVOCAATION

Nom de l'épreuve	LE CAIRE INTERNATIONALE OQ
Dates et lieu	Du 21/01 au 28/01/2024 CAIRO (EGY)

Athlètes Femmes	Club
Rebecca CASTAUDI	NOYON

Encadrement
Christian ROUDAUT

Modalités de déplacement

Déplacement

Départ INSEP : 16H00
RDV Aéroport CDG 2 E : 17H

Date	Départ	Arrivée	Vol	Fin enregistrement	Total bagages**	Cabine	Classe	Statut*
Date	Departure	Arrival	Flight	Latest check-in time	Total baggage**	Cabin	Class	Status*
21JAN	18:55 Paris CDG Aéroport Charles de Gaulle 2E	00:15 (Jour/Day + 1) Le Caire CAI Cairo International Airport 2	AF0568	17:55	1x23 Kg	Economy class Siège/Seat : 23E	X	OK
28JAN	02:20 Le Caire CAI Cairo International Airport 2	06:10 Paris CDG Aéroport Charles de Gaulle 2E	AF0567	00:50	1x23 Kg	Economy class Siège/Seat : 24E	X	OK

BAGAGES AUTORISES :

1 de 23 kg maximum (158cm hauteur+largeur+longueur)
+ 1 bagage cabine de 12 kg maximum

HEBERGEMENT : Adresse localisation

Teams will be accommodated in:

SONESTA HOTEL, TOWER & CASINO
3 El Tayran Street Nasr City, Cairo, EG

<https://www.sonesta.com/eg/nasr-city-cairo/sonesta-hotel-tower-casino-cairo>

[Sonesta Hotel, Tower & Casino - Cairo \[5-star Hotel\] | Sonesta](#)

Competition:

Swimming: 50 m Outdoor pool / 10 lanes
Fencing: 9 + 1 Bonus Round (indoor)
Laser Run: 36+2 shooting range with precision laser targets (ALS)
Running Course: Natural Grass

COMPETITION VENUES

All the competition venues are in Cairo International Stadium compound.

Address: Elstade Street Naser City, Cairo Egypt

Web: <http://www.cairo-stadium.org.eg/Default.aspx>

Programme de la compétition

21 Jan	Arrival of Delegation		
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22 Jan	20:00	Technical Meeting for Women's & Men's Qualification	Sonesta Hotel
	Women's Qualification		
		Fencing	Cairo Int. Stadium
		Swimming	Cairo Int. Stadium
23 Jan		Laser Run	Cairo Int. Stadium
	20:00	Technical Meeting for Women's Semi-Final	Sonesta Hotel
	Men's Qualification		
	10:00	Jumping test	Cairo Int. Stadium
		Fencing	Cairo Int. Stadium
24 Jan		Swimming	Cairo Int. Stadium
		Laser Run	Cairo Int. Stadium
		Women's Semi-Finals Fencing Ranking Round	Cairo Int. Stadium
	20:00	Technical Meeting for Men's Semi-Final	Sonesta Hotel
	Women's Semi Final		
25 Jan		Fencing Bonus Round	Cairo Int. Stadium
		Swimming	Cairo Int. Stadium
		Laser Run	Cairo Int. Stadium
		Men's Semi- Finals Fencing Ranking Round	Cairo Int. Stadium
	Men's Semi Final		
26 Sep		Fencing Bonus Round	Cairo Int. Stadium
		Swimming	Cairo Int. Stadium
		Laser Run	Cairo Int. Stadium
	20:00	Technical Meeting for Men's & Women's Final	
	Women's and Men's Final		
		Riding	Cairo Int. Stadium
		Fencing Bonus Round	Cairo Int. Stadium
27 Jan		Swimming	Cairo Int. Stadium
		Laser Run	Cairo Int. Stadium
		Award Ceremonies	Cairo Int. Stadium
28 Jan	Departure of Delegations		