

USPFC CROSS COUNTRY-2026

GUIDING BODIES

United States Police and Fire Championships (USPFC)
7944 Convoy Ct., San Diego CA 92111
Tele. (858) 571-9919 FAX: (858) 571-1641 E-mail: 4info@cpaf.org

World Masters Athletics
6-8, Quai Antoine 1er
98000 MONACO
info@world-masters-athletics.org

Entry Deadline: June 14, 2026

EVENTS

Men & Women - INDIVIDUAL & Team: 6k

Men's and Women's Individual events will be offered in the following age categories:

18-29	45-49	65-69
30-34	50-54	70-74
35-39	55-59	75-79
40-44	60-64	80+

Men's and Women's Weight events will be offered in the following age categories:

Men: 225 lbs. and over

18 - 39
40+

Women: 165 lbs. and over

18 - 34
35+

TEAM:

Men:	18-29	Women:	18-29
	30-39		30-39
	40-49		40-49
	50-59		50-59
	60+		60+

A team consists of a maximum of 4 runners (best 3 scores to count). At least 3 Team members must complete the course for the Team to be eligible for medals. The aggregate score of the best three times determines the Team score. If a placing Team has 4 team members, the fourth team member may only receive a medal if they complete the race.

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A competitor must enter the Individual Event to be eligible for the Team event. Competitors will only run one race.

EQUIPMENT

Items needed by sport coordinator:

- 1) Chalk and line marker (or other approved marking device)
- 2) Six (6) or more stopwatches
- 3) Starter pistol and ammo
- 4) One (1) box of small safety pins (4 per runner plus extra)
- 5) One set of running numbers
- 6) Water and/or Gatorade type drinks. Fruit and high energy food at the finish line.
- 7) A large map of the course indicating distance markers at 1-mile increments and noting the halfway point.
- 8) Maps to race area
- 9) Chute
- 10) P.A. system announcer

GENERAL SPORT RULES for Cross Country

Lead Follow Vehicle: A lead/follow vehicle should be used as a trouble shooter. If a motorized vehicle cannot be utilized, bicycles may be used for this purpose.

Starting time: The weather will play a large role in establishing a starting time. The recommended starting time is 0700 hours but can be adjusted to fit the circumstances. Once a starting time has been established, it shall not be changed except to adjust it later in case of hazardous conditions.

Transportation: Depending on the distance to the site, transportation for the competitors may be beneficial.

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AWARDS

A maximum of 68 sets of medals (1st through 3rd place) will be needed for this event. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE USPFC GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.