USPFC TRIATHLON-2026

GUIDING BODIES

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

U.S.A. Triathlon Guidebook (USAT)
1365 Garden of the Gods Rd. Suite 250,
Colorado Springs, CO 80907
Tele: (719) 597-9090 FAX: (719) 597-2121
Website: www.usatriathlon.org

EVENTS

INDIVIDUAL:
MEN & WOMEN

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

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 +
45 - 49	

Men's Individual Heavyweight (200 lbs. & over): Open (Only)

Entry Deadline: Check USA triathlon deadline

EQUIPMENT

Bicycles: Provided by competitor. Unlimited as to type (no motor driven vehicles).

Safety Helmets: A full cycling helmet must be worn by all cyclists. All safety helmets are provided by the competitors.

Water Jugs, paper cups for running course.

Water Bottles should be provided by competitors.

Orange (or bright colored) swim caps are required for the swim. Caps should be provided by competitors.

Equipment required to be provided by competitors will be addressed in the Confirmation Letter.

SCORING

Total time of all three sub-events.

All splits should be recorded.

GENERAL SPORTS RULES for Triathlon

A competitor on a bicycle MUST yield to another competitor who wishes to overtake and pass (No Hindrance). No "drafting" will be allowed in cycling portion of the race. The route will be monitored and any competitor who does not adhere to the rules of the race will be disqualified.

Helmets are required during the cycling portion of the race.

One (1) competitor will complete all three segments of the TRIATHLON. Each competitor in the singles divisions is permitted to change footwear whenever it may become necessary in the race.

Numbered racing bibs must be worn in a visible manner, except in those events not applicable. Bibs are provided by the Host Agency.

Assistants experienced in Triathlon should be stationed in the transition area to assist the athletes in the transition. Each competitor will be asked by the assistants before the race if he/she (the competitor) would like assistance with shoes, wetsuits, etc. The transition area shall be closed to all but competitors and officials. A minimum of 30 transition assistants should be named and provided. No other assistance may be provided.

Competitors may be given non-alcoholic beverages as nourishment during the race.

Non-Completion of the Race: All competitors who are unable to complete the entire race for any reason must check in with a race official as soon as possible.

Finish of Race: Immediately upon crossing the finish line each competitor must present his wristband to the finish line official(s) along with the competitor's name.

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AWARDS

A maximum of 29 sets of medals (1st through 3rd) will be required for this event. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

THE **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.