2026 US Police & Fire Championships Triathlon

Welcome to the United States Police and Fire Championships. This letter serves as your Final Confirmation of your participation in Triathlon. Triathlon will be held in conjunction with the San Diego International Triathlon at Spanish Landing Park on Sunday, June 28th. The Guiding Bodies are the United States Police and Fire Championships and the U.S.A. Triathlon.

Conduct Expected of ALL Participants:
Drinking of alcoholic beverages, unlawful consumption of controlled substances, and gambling is prohibited while competing. Unsportsmanlike conduct will not be condoned either before, during, or after competition. Any physical or verbal assaults on officials, competitors, spectators, coordinators or ex-officios will be met **with IMMEDIATE AND SEVERE PENALTIES**, including **EXPULSION** from these and future United States Police & Fire Championships.

Registration:
USPFC offers onsite registration for this event. **AGENCY IDENTIFICATION REQUIRED.** Please see below for SDIT requirements.

Pre-Race Check In & Packet Pick Ups (Must attend one)
Date: Friday, June 26th, 2026
Location:
Road Runner Sports
5553 Copley Dr.
San Diego, CA 92111

Times Open: 3pm-6pm

OR

Date: Saturday, June 27th, 2026
Location:
Ruocco Park
585 Harbor Lane
San Diego, CA 92101

Times Open: 10am-3pm

For further race information CLICK HERE

Saturday Only - Course Talk Times ***We recommend you attend the course talk so you will be completely informed of all details.***
11:30 am - Course Talk
1:00 pm - Course Talk

NO RACE DAY REGISTRATION

Finish Line: All athletes must check in with USPFC staff at the finish line. Look for the USPFC flag. AGENCY IDENTIFICATION REQUIRED. This is where you will get your athlete bag and your medal once results for all athletes in your age division have been posted.

Pre-Race Check in Policies:

1. All athletes **MUST ATTEND** one (1) pre-race check-in (Fri or Sat) to pick up their race materials. Relay packets will be split up for each participant if all members are not present.
2. It is **MANDATORY** for all athletes to bring a **VALID** picture ID to the pre-race check-in. Packets will not be distributed without ID.
3. All athletes must sign waiver(s) to receive race materials.
4. You will be required to show proof of USAT annual membership or purchase a one-day membership.
5. Friends and family members **WILL NOT** be allowed to pick up materials for an athlete. **NO EXCEPTIONS**. These events are USAT sanctioned and USAT doesn't allow anyone other than the participant to receive materials.

RACE DAY
International Triathlon consists of a 1K Swim - 30K Bike -10K Run.

The 10k run ends at park behind Seaport Village. Shuttles run immediately after race back to the transition area and continue until after award ceremony.

EQUIPMENT:
Bicycles: Unlimited as to type (no motor driven vehicles). Please be prepared and equipped to repair any malfunctions on your bike.

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

Water Bottles: Provided by competitor.

Swim Caps: Caps will be provided by race organizers.

Wristbands (Provided by Host) are required to enter the transition area. Teams members must pass wristband from one team member to another.

Although the majority of competitors in the race choose to utilize a wetsuit, Wetsuits **ARE NOT** mandatory.

Water temperature expected to be 62 degrees.

EXPO:
Location: Ruocco Park, 585 Harbor Lane, San Diego, CA 92101

Saturday, June 27th: 10:00 AM-3:00 PM

Sunday, June 28th: 6:00 AM-2:00 PM

SPORT RULES:
Please refer to our website at www.uspfc.org

A competitor on a bicycle **MUST** yield to another competitor who wishes to overtake and pass (No Hindrance). No "drafting" will be allowed in the 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.

Aid will be provided on the running course every 2 miles.

For additional information, please contact Ben Orgovan-Lee at borgovan@cpaf.org

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