



— WORLD —
POLICE & FIRE
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Cross Country Abridged Rules



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General Information

Guiding Bodies

World Police & Fire Games Federation (WPFGF)
7944 Convoy Ct., San Diego, CA 92111 USA
Tele (858) 571-9919; Email info@cpaf.org

World Athletics (WA)
17 rue Princesse Florestine,
BP 359; MC 98007 Monaco
Tele: +37.7.93.10.88.88 FAX: +37.7.93.15.95.15
Website: www.iaaf.org E-Mail: headquarters@iaaf.org

Venue

Birds Hill Provincial Park

Entry Deadline

July 28, 2023

Event Information

Men's and Women's Individual events:

5 Km (3.1 miles)
10 Km (6.2 miles)

Individual Event Age Categories:

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

Weight Categories:

- Men's "Clydesdale" - 220 lbs (99.79 Kg) & over
 - Age Categories: 18 - 39 & 40+
- Women's "Athena" - 165 lbs (74.84 Kg) & over
 - Age Categories: 18 - 34 & 35 and over



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Competitors may only run one (1) Individual event.

TEAM: 10 Km (6.2 miles) Only; no Team event offered in the 5K event.

- Men's
 - Age Categories: 18+, 30+, 40+, 50+
- Women
 - Age Categories: 18+, 30+, 40+, 50+

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 3 times determines Team score. If a placing team has 4 team members, the fourth team member may only receive a medal if he/she starts the race. To run on a Team, competitors must also enter the Individual event. Competitors in both events are scored by the result of one race.

Active competitors from police and fire agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**.

Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes across country lines.

Sport Equipment

All Competitors will be provided a bib with a number.

Awards

Medals are awarded First through Third Place (1st – 3rd).

Competition Format

Scheduling

Scheduled for 1 day of competition. See [Sport Schedule](#) for details.

Start Times

10K Start: 8:30am



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5K Start: 10:00am

*Starting time may be adjusted to later in the case of hazardous conditions.

Course Details

Water stations will be available for runners on the course.

Course Paths contain grass, dirt, gravel, sand, and hazards example: boulders, near water.

Players Conduct

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participants immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGE, who will investigate each incident to determine if additional discipline will be imposed.