



— WORLD —
POLICE & FIRE
— GAMES —

Triathlon



— WORLD —
POLICE & FIRE
— GAMES —

Table of Contents:

General Information

[Guiding Bodies](#)

[Venue](#)

[Events List](#)

[Officials](#)

[Entry Deadline](#)

[Medical](#)

[Race Headquarters](#)

[Public Address System](#)

Competition Format

[Bracketing](#)

[Scoring](#)

[Sport Equipment](#)

[Awards](#)

Sport Rules

[Players Conduct](#)



— WORLD —
POLICE & FIRE
— GAMES —

General Information

Guiding Bodies

World Police and Fire Games Federation (WPFGF)
8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111
Tele. (858) 57-0919 FAX: (858) 57-11641
E-mail: worldgamesinfo@cpaf.org

World Triathlon- formerly International Triathlon Union (ITU)
Maison du Sport International
Av. de Rhodanie 54, Lausanne CH1007, Switzerland
Tel: +4121614 60 30 Fax: +4121614 60 39
Web-site: www.triathlon.org

Venue

St. Malo Provincial Park

Events List

- Men's and Women's (Lightweight) Individual
 - Age categories: 18 +, 30 +, 35 +, 40 +, 45 +, 50 +, 55 +, 60 +, & 65 +
- Men's (91kg/200 lbs. & Over) and Women's (68.04 kg/ 150 lbs. & Over) (Heavyweight) Individual
 - Age categories: 18 +
- Mixed (3 Person) Team (must have minimum 1 man and 1 woman)
 - Age categories: 18 +
- Men (3 Person) Team
 - Age categories: 18 +, 30 +, 40 +, & 50 +
- Women (3 Person) Team
 - Age categories: 18 +, 30 +, 40 +, & 50 +

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



— WORLD —
POLICE & FIRE
— GAMES —

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

A competitor may enter only one sport event in the Team Triathlon

Officials

The Triathlon will be officiated by a head referee, referees in each phase of the race, and race marshals. A head timer will collect and process all data and scores.

Entry Deadline

July 15, 2023

Medical

An EMT and Ambulance shall be on site during the competition. Lifeguards will also be present on the water. Basic medical supplies will be available at the venue. Communications will be available at each venue, and preparations will be made if necessary to summon additional emergency services.

Race Headquarters

Will be located near the Medical Headquarters within the Finish Line area.

Public Address System

A public address system will be located in the start/finish/transition area. Race information including start/finish, race updates, awards and general announcements will be broadcast over the public address system in English.

Competition Format

Bracketing

Point System

Scoring

Total times of all three phases, “with transitions included.” Splits should be recorded.

Sport Equipment

Each athlete is responsible for their personal sport equipment.



— WORLD —
POLICE & FIRE
— GAMES —

Swim Caps will be provided by the Host.

Numbers will be issued according to age groups, each age group with a different colored background. Athletes' numbers will be written on the lateral side of both legs and both upper arms.

Body Markings

- All competitor categories will be marked on their right calves, along with customary race numbering on shoulders, etc. Those competing in the Team event will be marked with a "T" above the category.

Awards

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

Sport Rules

Olympic Triathlon: An Olympic triathlon consists of a 1.5km swim, 40km bike phase, and 10km run.

All competitors will check in at the venue at least 1 hour before starting time using their Athlete Accreditation. (See WPF General Rules).

Each team will consist of three members. Each team will have one team wristband, which must be passed from one team member to another as the relay progresses. Winning teams will be the teams whose runners cross the finish line first. A team competitor may only compete in one of the three segments of the Triathlon.

Team members other than runners are not to cross the finish line.

Competitors may only compete in **one** event. Examples: An Individual event competitor may **not** swim the first segment of the Team event. A Men's Team swimmer may **not** also swim the first segment of the Mixed Team event.

All competitors who cannot complete the entire race or their phase of the team event for any reason must check in with a race official as soon as possible.



— WORLD —
POLICE & FIRE
— GAMES —

There will be a mandatory pre-race meeting held the night/afternoon before the race. At this time, all relevant information regarding the course, rules, etc., will be given to competitors.

Weigh-in for the Heavyweight categories will be at the pre-race meeting the day before the event. Male and female entrants in the Heavyweight categories will be weighed in a bathing suit and bare feet.

*[*WPMFG follows World Triathlon Official Rules](#)*

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 WPMFGF, who will investigate each incident to determine if additional discipline will be imposed.