

# TRIATHLON - 2025 - Page 1

## **GUIDING BODIES**

World Police and Fire Games Federation (WPFGF)  
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International Triathlon Union (ITU)  
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Website: [www.triathlon.com](http://www.triathlon.com)

## **EVENTS**

### **INDIVIDUAL: MEN & WOMEN**

Lightweight:

18+  
30+  
35+  
40+  
45+  
50+  
55+  
60+  
65+

Heavyweight: 18+

Men (91 kg/200 lbs. & Over)

Women (68.04 kg/150 lbs. & Over)

**TEAM:** (3-person team)

**MEN'S, WOMEN'S, MIXED** (must have minimum 1 man and 1 woman)

18+  
30+  
40+  
50+

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.

A competitor may enter only **one** event in the Team Triathlon.

**Entry Deadline:** June 20, 2025

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### **Transition:**

Must be hard, flat, smooth and swept.

The area must be completely secured. It is recommended that the transition be secured by high, hard fencing (or temporary fencing) and security marshals.

The cycle and run course will never cross.

Each person will have a designated location for their bicycle and equipment in the transition area and must return bicycle and equipment to this designated area at the start, and between sport phases.

Bike racks must be placed so that there will be at least 2 Meters between bikes.

The transition area will have maximum security throughout the competition.

The transition area will only be accessible to transition volunteers, race marshals and medical personnel, officials and competitors.

### **Bike Course:**

Will be an approximate 40 km measured 38.5 km course.

A minimum of one traffic lane will be closed, with cyclists given the right of way.

If course is out and back, there must be at least a 5 meter buffer lane, or a grass or concrete meridian which separates the outgoing and incoming cyclists.

There will be no course crossovers during the Bike segment.

The road surface must be hard and smooth with minimal potholes.

All manholes, potholes, and other hazards will be marked with fluorescent paint or other similarly effective marking.

The lead vehicle will stay a minimum of 100 meters ahead of the lead competitor at all times.

There will be straw bales on sharp turns, and placed around dangerous objects.

Police and trained race marshals will be at every access road and turn on the course.

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All railroad tracks will be covered with a safe material (thick rubber matting is suggested.)

All corners will be swept free of debris.

The course will not overlap with the run course or with spectator space unless a 3 Meter safety zone is created with barrier or cones.

No drafting allowed. A participant is not permitted to position his/her bicycle in the proximity of another moving vehicle or competitor so as to benefit from reduced air resistance.

ANSI or SNELL approved helmets are required during the cycling portion of the race.

### **Run:**

Will be a 10 km measured course.

Runners will be given the right of way from traffic and spectators.

There will be no crossovers between cyclists and runners, or runners and runners.

The course will have distance markers every 1 mile and every 1 km, and all turns will be marked with arrows leading in to, and out of, the turn.

The lead vehicles will stay a minimum of 10 Meters ahead of the lead male and 10 Meters ahead of the lead female.

Police and or trained race marshals will be at every access road and turn.

### **Finish Area:**

The finish must be totally secured with a solid fence and security personnel.

The immediate area (chute area) must be fenced within the finish line area to assure a controlled finish for the competitors. Only medical personnel, timers, aid station volunteers, officials and competitors will be permitted within this area.

### **RACE HEADQUARTERS**

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

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Refer to ITU Operations Manual, Page 22.

## **COMMUNICATIONS**

The communications system will link the following with the Race Headquarters: Lead vehicles, last vehicle, Swim start/finish, 4 motorboats, 2 bike aid stations, run aid stations, supply trucks, finish line, and motorcycle with marshals.

The medical crew and the police will design their own internal system of communication independent of the race operations system. (Note: The motorboats on the swim course must be equipped with both systems).

**NOTE:** It might be noted that most cities have a ham radio club. These people are usually happy to assist with equipment, expertise, etc.

## **PUBLIC ADDRESS SYSTEM**

ITU guidelines will be followed. Refer to ITU Operations Manual, Page 23.

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 and the Host country's language.

## **AID STATIONS**

ITU guidelines will be followed. Refer to ITU Operation Manual; Pages 23 - 26, all sections.

A minimum of one station in the transition area, one station on the bike course, and 5 stations on the run course will be provided. Aid stations will all be supplied with water (bottles on bike course, cups on run). Designated aid stations may provide sponges, approved beverage (sports drink), restroom facilities. All aid station volunteers will be trained and instructed in their duties.

## **EQUIPMENT**

The logistics of organizing a Triathlon are many and extreme. The following list of equipment is based on equipment used in other successful WPGA Triathlons and will undoubtedly have to be modified to suit Hosts' needs.

Toilets must be available at or near the transition area. (Approximately 7 toilets)  
Changing areas, for both men and women, close to transition area.

At least 450 Meters (1500 feet) of fence sections for transition area, finish area, etc. Often available from construction companies.

150 traffic cones

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15 large garbage cans or drums (10 for water at aid stations, 5 for garbage)  
8 long tables  
Traffic vests (lots!)  
3" tape used to secure scenes (available from police/fire)  
400 sponges  
Nylon carpet (for swimmers exiting water)  
Bike racks  
Relay wrist bands  
8-10 sheets of plywood (for bike ramps, posting of information, etc.)  
Rope, rope, and more rope  
Swim buoys  
Tents (change, medical, etc.)  
Paint for road marking  
Finish tape  
Blank signs (for directions, etc.)  
Race numbers, swim caps (see section on numbering), safety pins  
Felt pens  
Cups (approx. 2 per aid station per competitor include the finish area)  
Water/electrolyte replacement drinks (200 ml per person, per aid station)  
Ice (for transition area, and medical area)  
Public Address System or Megaphones (check batteries)  
Scaffolding, (2 sections plus platforms is good to hold Public Address System, Announcer, spotter, etc.)  
2 5-Ton trucks (for equipment)  
2 Vehicles for lead and last vehicles (convertible or motorcycle)  
6 2-seater cargo vans (to pick-up broken-down bicycles, etc.)  
5 12-passenger vans (used to shuttle course volunteers, aid station personnel, etc.)  
Motorcycles to carry marshals on Bicycle and Run course.  
Motor home, camper, trailer, etc. is a good idea to have as a quiet area where results can be tabulated etc.  
Watercraft, and/or paddleboards for swim course (for lifeguards)  
4 Motorboats for Swim course (will contain lifeguard/paramedic personnel)  
Communication system: Radios (approx. 20); cellular phones

### **BRACKETING**

Point System (See Bracketing Rules).

### **SCORING**

Total time of all three phases, "with transitions included." Splits should be recorded.

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## AGE GROUP COMPETITIONS

THE FOLLOWING BODY AND SWIM CAP MARKING AND NUMBERING SYSTEM HAS BEEN DESIGNED SPECIFICALLY TO ENSURE THOSE IN DIFFERENT AGE CATEGORIES WILL BE ABLE TO IDENTIFY THOSE THEY ARE COMPETING WITH.

**Swim Caps:** Swim Caps will be provided by the Host. Swim caps are available in at least 10 colors. The Host will make use of all colored swim caps available to assist athletes in distinguishing those they are competing against. Note: Typically, the swim start is done in heats grouped several minutes apart. Where there is little possibility of confusion, same-colored caps may be used (i.e., swimmers in the last one or two groups will have little chance of contacting competitors in the first few groups. Same colored caps could be used for the first and second groups, and the second-to-last and last groups.

**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. A complete list of body marking codes follows:

Individual; Men's Lightweight:

18+	M-O	50+	M-GA
30+	M-SA	55+	M-GB
35+	M-SB	60+	M-GC
40+	M-MA	65+	M-GD
45+	M-MB		

Individual; Men's Heavyweight: M-OH

Individual; Women's Lightweight:

18+	W-O	50+	W-GA
30+	W-SA	55+	W-GB
35+	W-SB	60+	W-GC
40+	W-MA	65+	W-GD
45+	W-MB		

Individual; Women's Heavyweight: W-OH

Team; Men's:

18+	T-OM	40+	T-MM
30+	T-SM	50+	T-GM

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Team; Women's:

18+	T-OW	40+	T-MW
30+	T-SW	50+	T-GW

Team; Mixed: T-OX

### **NUMBERING**

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.

### **GENERAL SPORT RULES for Triathlon**

All competitors will check-in at the venue a minimum of 1 hour before starting time using their Athlete Accreditation. (See WPFPG General Rules).

Coordinators must be familiar with the ITU Manual. International rules will be followed unless specified in WPFPG Triathlon Guidelines. (Due to circumstances unique to WPFPG, some of the ITU rules may have to be modified. THESE MODIFICATIONS SHALL NOT BE MADE WITHOUT CONSULTATION WITH WPFPG DIRECTOR FOR TRIATHLON. ANY CHANGES WILL BE SUBMITTED IN WRITING.)

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 are unable to 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.

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

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

### **AWARDS**

Medals are awarded First through Third Place (1<sup>st</sup> – 3<sup>rd</sup>). A maximum of 33 sets of will be required. WPFGEF will advise you of the number of sets needed based on total entries, plus a reasonable margin.

#### **ATTENTION COORDINATORS**

**THE WPFGEF 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 WPFGEF 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 WPFGEF shall be submitted in a timely manner to this WPFGEF Director.

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

***PLEASE USE THE WPFGEF DIRECTORS AS A RESOURCE.***