

# USPFC CROSS COUNTRY-2025

## **GUIDING BODIES**

United States Police and Fire Championships (USPFC)

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**Entry Deadline: May 29, 2025**

## **EVENTS**

**Men & Women - INDIVIDUAL & Team: 6k**

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

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

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

Men: 225 lbs. and over

18 - 39

40+

Women: 165 lbs. and over

18 - 34

35+

### **TEAM:**

Men:	18-29	Women:	18-29
	30-39		30-39
	40-49		40-49
	50-59		50-59
	60+		60+

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 three times determines the Team score. If a placing Team has 4 team members, the fourth team member may only receive a medal if they complete the race.

A competitor must enter the Individual Event to be eligible for the Team event.

Competitors will only run one race.

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## **EQUIPMENT**

Items needed by sport coordinator:

- 1) Chalk and line marker (or other approved marking device)
- 2) Six (6) or more stopwatches
- 3) Starter pistol and ammo
- 4) One (1) box of small safety pins (4 per runner plus extra)
- 5) One set of running numbers
- 6) Water and/or Gatorade type drinks. Fruit and high energy food at the finish line.
- 7) A large map of the course indicating distance markers at 1-mile increments and noting the halfway point.
- 8) Maps to race area
- 9) Chute
- 10) P.A. system announcer

## **GENERAL SPORT RULES for Cross Country**

**Lead Follow Vehicle:** A lead/follow vehicle should be used as a trouble shooter. If a motorized vehicle cannot be utilized, bicycles may be used for this purpose.

**Starting time:** The weather will play a large role in establishing a starting time. The recommended starting time is 0700 hours but can be adjusted to fit the circumstances. Once a starting time has been established, it shall not be changed except to adjust it later in case of hazardous conditions.

**Transportation:** Depending on the distance to the site, transportation for the competitors may be beneficial.

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## **AWARDS**

A maximum of 68 sets of medals (1<sup>st</sup> through 3<sup>rd</sup> place) will be needed for this event. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

### **ATTENTION COORDINATORS**

**THE USPFC 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.***