

# WPFG ABRIDGED RULES - CROSS COUNTRY -- Page 1

## GUIDING BODIES

World Police and Fire Games Federation (WPFGE)  
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## EVENTS

INDIVIDUAL: 10 K. (6.2 miles)  
(OR)

INDIVIDUAL: 5 K. (3.1 miles)

**Competitors may only run one (1) Individual event.**

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

Open: 18 - 29	Grand Master (A): 50 - 54
Senior (A): 30 - 34	Grand Master (B): 55 - 59
Senior (B): 35 - 39	Grand Master (C): 60 - 64
Master (A): 40 - 44	Grand Master (D): 65 - 69
Master (B): 45 - 49	Grand Master (E): 70 - 74
	Grand Master (F): 75 - 79

10 K (ONLY) MEN'S & WOMEN'S HEAVYWEIGHT INDIVIDUAL EVENT:

Men - 200 lbs (90.72 Kg) & over	Women - 140 lbs (63.5 Kg) & over
Open: 18-39	Open: 18-34
Master: 40 and over	Senior: (B) 35 and over

TEAM: 6.2 miles (10,000 meters) - Only; no Team event offered in the 5 K event.

Men -	Women -
Open: 18 - 39	Open: 18 - 34
Master: 40 - 49	Senior (B) 35 and over
Gr Master: 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

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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.

Entrant may enter both Individual and Team events in the 10 K event. Competitors in both events are scored by the results of the one race.

### FACILITY

A premeasured, IAAF/national affiliate certified course shall be used.

There shall be water available for runners every mile.

### GENERAL SPORT RULES for Cross Country

All Competitors will be provided a color-coded bib with a number.

The recommended starting time is 0700 hours.