

WPFG ABRIDGED RULES - ROAD RACE - Page 1

GUIDING BODIES

World Police and Fire Games Federation (WPFGF)

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EVENTS

INDIVIDUAL; MEN & WOMEN: 21.1 Kilometers (13.1 miles)

Men's and Women's Individual events shall 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

MEN'S & WOMEN'S HEAVYWEIGHT INDIVIDUAL EVENT:

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

TEAM:

Men -	Women -
Open: 18 - 29	Open: 18 - 29
Senior: 30 - 39	Senior: 30 - 39
Master: 40 - 49	Master: 40 +
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 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. Competitors in both events are scored by the results of the one race.

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FACILITY

The course to be used should be chosen from IAAF (or national/state IAAF affiliate) certified courses.

The course shall have water stops every mile.

GENERAL SPORT RULES for Road Race

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

The recommended starting time is 0700 hours.