

WPFG ABRIDGED RULES: TRIATHLON - Page 1

GUIDING BODIES

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EVENTS

INDIVIDUAL:

Men's Lightweight: See Individual "Age Categories" below. (all men except heavyweight class)

Men's Heavyweight (91KG / 200# & Over): Open Age Category Only

Women's Lightweight: See Individual "Age Categories" below. (all women except heavyweight class)

Women's Heavyweight (63.5 KG / 140# & Over): Open Age Category Only

TEAM:

Men's; 3-man: See Team "Age Categories" below.

Women's; 3-woman: See Team "Age Categories" below.

Mixed; 3-person: Open Age Category Only

(Mixed Team must have a minimum of 1 male and 1 female.)

In the Team events each team member will compete in one stage (swim, bike or run)

AGE CATEGORIES:

Men's and Women's Lightweight 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 +
Master (B): 45 - 49	

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

Open: 18 - 29	Master: 40 - 49
Senior: 30 - 39	Grand Master (A): 50 +

A competitor may enter only one event in the Triathlon.

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FACILITY

Swim:

Will be an approximate 1.5 km open water swim.

Wet suits or open water suits are mandatory if water temperature is below 70 degrees F (or 21 degrees C). Water temperature is measured in the center of the course, one foot (1/3 M) below the surface. Wet suits or open water suits are permitted when water temperature is 70 degrees F to 77 degrees F (25 degrees C). Wet suits or open water suits are not permitted when water temperature is above 77 degrees F.

Bike Course:

Will be an approximate 40 km measured 38.5 km course.

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.

BRACKETING

Point System (See Bracketing Rules).

SCORING

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

GENERAL SPORT RULES for Triathlon

Swim Caps will be provided by the Host.

All competitors will check-in at the venue a minimum of 1 hour before starting time using their Competitor Pass.

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.

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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 before the race. At this time, all relevant information regarding 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.