DO YOU HAVE WHAT IT TAKES?
COME RACE AGAINST SOME OF THE WORLD’S BEST ATHLETES

CONTACT INFORMATION
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FOR MORE INFORMATION ON COMPETING AND HOW TO QUALIFY, PLEASE VISIT WWW.TRIATHLON.ORG/PARATRIATHLON
**BACKGROUND**

**WHO:** Paratriathlon events are for athletes with physical and visual impairments. See the ITU categories section (to the right) for more details.

**WHAT:** Sprint Distance Triathlon - 750m swim, 20km bike, 5km run.

**WHERE:** International or National events. Most Local Organising Committees will try to accommodate Paratriathlon races in a separate wave or event.

**WHY:** Paratriathlon is unique in the way that it fully integrates athletes with physical and visual impairments fully alongside their able bodied counterparts in the same event.

**WHEN:** Check www.triathlon.org and the website of your local triathlon association for events.

**QUALIFICATION:** To qualify to compete at the ITU World Paratriathlon Championships please contact your National Federation. As a guideline, athletes should be able to complete a Sprint distance triathlon in under 2 hours.

**CLASSIFICATION:** A Paratriathlete must be classified by an ITU International Classification Panel prior to an ITU Sanctioned event to determine eligibility for competition and to allocate a competition class. Classification will ensure that the competition is fair and equitable. A temporary classification can be assigned to Paratriathletes competing at an ITU event, where a formal classification process is not available. The ITU Paratriathlon Classification Rules and Regulations is available at www.triathlon.org

**CLASSIFICATION CATEGORIES**

Classifications are based on impairment and functional ability. Medical evidence is required as proof of physical or visual impairment. The six categories are as follows:

**TRI 1 - Wheelchair user:** Includes Paraplegic, Quadriplegic, Polio, Double Leg Amputee and disabilities that prevent the safe use of a conventional bicycle. Athletes must use handcycle on bike course and racing wheelchair on the run.

**TRI 2 - Severe leg impairment,** including above knee amputees. Athletes must ride bicycle and run with above knee prosthesis or run using crutches.

**TRI 3 - Les Autres:** Includes athletes with Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, double leg amputee or paralysis in multiple limbs. Athletes must ride a bicycle or tricycle and run. They may use braces or prosthesis.

**TRI 4 - Arm impairment:** Includes paralysis, above elbow amputees and below elbow amputees, or impairment in both upper limbs. Athletes must ride a bike. They may use prosthesis, brace or sling on the bike and/or run.

**TRI 5 - Moderate leg impairment:** Includes below-knee amputees. They must ride a bicycle and may run with prosthesis.

**TRI 6 - Visual Impairment:** Includes visual acuity of less than 6/60 vision or visual field less than 40 degrees with best corrective vision. One guide of the same gender is mandatory throughout the race.

**PARALYMPICS**

“We are delighted the International Paralympic Committee has included Paratriathlon in the Rio 2016 Paralympic Games’ Programme. Now we are full members of the IPC, we will continue to work hard together to develop our classification process and paratriathlon events to deliver a memorable and inspirational race in Rio and beyond.”

-Sarah Springman, ITU Vice President

**MAJOR EVENTS**

**PARATRIATHLON WORLD CHAMPIONSHIP**

2012 Barfoot & Thompson World Triathlon Grand Final Auckland- Paratriathlon World Championship 22 October 2012 – International Classification and Classification protest are available.

**PARATRIATHLON CONTINENTAL CHAMPIONSHIP**

2012 Devonport OTU Triathlon Oceania Championships (AUS) 10 March 2012

2012 Le Morne ATU Triathlon African Championships (MRI) 31 March 2012

2012 Tateyama ASTC Triathlon Asian Championships (JAP) 8 April 2012

2012 Eilat ETU Triathlon European Championships (ISR) 22 April 2012

2012 Edmonton PATCO Triathlon Pan American Championship (CAN) 6 July 2012

**PARATRIATHLON INTERNATIONAL EVENTS**

Dextro Energy World Triathlon Series Sydney (AUS) 15 April 2012

ITU World Triathlon Series San Diego (USA) 12 May 2012

ITU World Triathlon Series Madrid (ESP) 27 May 2012

Dextro Energy World Triathlon Series Kitzbühel (AUT) 24 June 2012

ITU World Triathlon Series Hamburg (GER) 22 July 2012

ITU World Triathlon Series Stockholm (SWE) 26 August 2012

ITU World Triathlon Series Yokohama (JPN) 30 September 2012

Contact Eric Angstadt (ITU Staff Liaison) at eric.angstadt@triathlon.org for enquiries on international classification opportunities.