



EVENT ORGANISERS' NOTES FOR PARATRIATHLON EVENTS

1. Paratriathlon Competition Categories

Paratriathlon Competition Categories shall be established based on physical disabilities. Medical evidence shall be required as to disability and classification. The six categories as of January 1, 2008 are as follows:

- 1.1 TRI 1 - Handcycle: paraplegic, Quadriplegic, Polio, Double Leg Amputee. Must use hand cycle on bike course and racing wheel chair on run.
- 1.2 TRI 2 - Severe leg impairment including above knee amputees. Athlete must ride bicycle and run with above knee prosthesis (or similar prosthesis) or run using crutches.
- 1.3 TRI 3 - Les Autre: This category includes athletes with Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, double leg amputee runners or paralysis in multiple limbs. These athletes will ride a bicycle and run. They may use braces or prosthesis if required.
- 1.4 TRI 4 - Arm impairment including paralysis, above elbow amputees and below elbow amputees, or impairment in both upper limbs. Athletes may use prosthesis, brace or sling on the bike and/or run.
- 1.5 TRI 5 - Moderate leg impairment including below knee amputees. Athlete rides bicycle and runs with prosthesis.
- 1.6 TRI 6 - Visual Impairment, legally Blind (20/200 vision with best corrective vision). A handler of the same sex is mandatory throughout the race. Athlete is tethered during the swim. Athlete uses a tandem bicycle and may be tethered during the run.

2. Registration and Accreditation

Prior to registration Paratriathletes should complete a classification process to ensure athletes meet the 15% minimum disability category and to ensure athletes are registered in the proper category.

If there are any specific course modifications (eg. transition route from Swim to Bike) include a specific handout detailing this information for paratriathletes. A specific briefing session for paratriathletes may be useful where numbers warrant.

Ensure there are credentials at registration for one handler for each registered paratriathlete (note: up to 2 handlers for wheelchair athletes, category TRI1-Handcycle). Tickets for opening and closing (medal) ceremonies are also to be included for handlers.

3. Classification

Regional and International Championships require an official classifier to classify athletes into proper categories TRI1 through TRI6. The classifier should have IPC (International Paralympics) experience. Classification should be completed using the January 2009 ITU classification manual or newer.

A location near registration should be set up for classification. The area must provide some privacy to allow athletes to be physically examined. Preferably a separate room or tent with a divider would be assigned for classification. A small desk with chairs should be provided for the classifier along with an examination table (a portable massage type table works well).

The dates and times to be classified need to be posted in the athlete's handbook and/or in the event schedule. The average time to classify an athlete is 15 minutes. Classification should be available on any day that has registration. Note that the classification process does not need to run for the full hours of registration.

The classifier will be required to provide forms to complete the process. These forms should be submitted to the regional director for regional events and to the ITU for International events. The race director should provide the classifier with a database of paratriathletes registered in the event a minimum of one week prior to classification. This will allow the classifier to an opportunity to pre-classify athletes that have been permanently classified at a previous triathlon event.

4. Competition Rules

LOCs should familiarize themselves with Section P of the ITU Competition Rules.

5. Transition Area

A distinct area within the transition area is required for paratriathletes. The required space per physically challenged athlete should be approximately two metres per athlete. This space will facilitate placement of both wheelchairs and handcycles for TRI1 athletes; as well this space will facilitate additional equipment required for categories TRI2 through TRI6. One chair is to be provided for each paratriathlete within their designated transition space. Chairs are to be provided for all paratriathlon categories.

The transition area should be assigned to keep the distance from swim exit to transition no longer than necessary.

6. Swim to Bike Transition

Consideration needs to be given as to how athletes will move from the swim exit to the bike transition areas. Adaptation may be necessary to eliminate stairs or steep ramps not accessible by wheelchairs. In the case where a steep ramp is used to travel over a roadway; traffic may be required to stop for periods of time to allow paratriathletes the ability to get from the swim exit to the bike transition.

A few additional volunteers may be needed to assist athletes at swim exit depending on the placement of wheelchairs, prosthesis and assistive devices. Several chairs may also be required at swim exit to assist athletes to don their prosthesis.

7. Timing

If a separate paratriathlon transition area is required to be moved outside of the general transition area, every consideration must be given to try to accommodate complete timing for Athletes with a Disability (eg. Swim, bike, run and transition splits).

8. Course Considerations

8.1 Swim

Paratriathletes will start with a deep water start.

In the case of a multiple loop swim, the entire swim portion of the event will be in the water. At no point other than the final exit from the swim will paratriathletes be required to exit the water (and then re-enter the water).

Wetsuits are permitted regardless of temperature using the athlete's discretion.

8.2 Bike

Minimal accommodation is required for the bike course. Consideration may be required with extremely steep grades with respect to handcycles. In general age-group courses are appropriate. (For example Lausanne, Switzerland was challenging but fair)

8.3 Run

The run course must be fully wheelchair accessible. All steps must be eliminated. If there are any curbs on the run course, ramps are required to be placed over curbs to overcome the obstacle. Trail type run courses are not suitable. If a portion of the run course is a trail run an alternate run course for paratriathletes may be necessary.

Ensure the run course is wide enough in all sections to allow a wheelchair athlete and another athlete space to pass each other.

9. Approximate Course Times for Logistics

Olympic Distance 1500m, 40km, 10km

First Swimmer	Last Swimmer	First Bike	Last Bike	First Runner	Last Runner
20 min	45 min	1 h 30min	2h 30 min	2 h 15 min	4 h 0 min

(Times are accumulative; therefore runner times are finish times)

As a guideline, athletes should be able to complete an Olympic distance course in less than 4 hours. However given the course difficulty, weather conditions and the athlete; a course may need to be kept open longer than four hours.

10. Medals

There are six categories in each of the male and female divisions. This will result in the potential of 12 Gold Medals, 12 Silver Medals and 12 Bronze Medals. Medals will be awarded up to third place in each category for each of male and female divisions. The ITU in conjunction with the LOC need to ensure enough medals are available for presentation ceremonies.

If a stage is to be used for Medal ceremonies, ensure a ramp is provided for access by wheelchair athletes.