

paratriathlon

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, National or Local events. Most race directors will try to accommodate paratriathletes when requested.

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

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

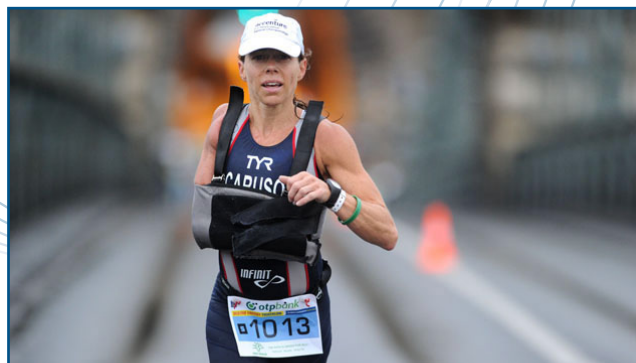
QUALIFICATION: To qualify to compete at the ITU World Paratriathlon Championships please contact your National Federation. As a guideline, athletes should be able to complete a Sprint distance triathlon in under 2 hours.

CLASSIFICATION: A Paratriathlete must be classified by an ITU International Classification Panel prior to an ITU International Paratriathlon to determine eligibility for competition and to allocate a competition class. Classification will ensure the competition is fair and equitable. The ITU Paratriathlon Classification Manual is available at www.triathlon.org.

PARALYMPICS

"We are delighted the International Paralympic Committee will award programme status to paratriathlon for the Paralympic Games in Rio 2016. ITU's success reflects wonderful teamwork between the charismatic athletes, their National Federations, ITU staff and Board members, and the hard working Paratriathlon Committee. We will continue to work hard together to deliver a memorable and inspirational race in Rio and beyond."

-Sarah Springman, ITU Vice President



PARATRIATHLON CLASSIFICATION CATEGORIES

Classifications are based on impairment and functional ability. Medical evidence is required as proof of physical or visual impairment. The six categories as of January 1, 2008 are as follows:

TRI 1 - Handcycle: Paraplegic, Quadriplegic, Polio, Double Leg Amputee. Athletes must use a recumbent handcycle on bike course and racing wheel chair on run.

TRI 2 - Severe leg impairment including above knee amputees. Athletes must ride bicycles and run with above knee prosthesis (or similar prosthesis) or run using crutches.

TRI 3 - Les Autres: 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.

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.

TRI 5 - Moderate leg impairment including below knee amputees. Athletes ride bicycles and run with prosthesis.

TRI 6 - Visual Impairment, legally Blind (20/200 vision with best corrective vision). A handler of the same sex is mandatory throughout the race. Athletes are tethered during the swim. Athletes use a tandem bicycle and must be tethered during the run. Athletes shall use approved "black out glasses" during the entire run portion.

PARATRIATHLON WORLD CHAMPIONSHIP GRAND FINALS

2011 Dextro Energy Triathlon ITU World Championship Grand Final Beijing
9 - 11 September 2011
<http://beijing.triathlon.org/>

2012 Dextro Energy Triathlon ITU World Championship Grand Final Auckland
18 - 22 October 2012
<http://auckland.triathlon.org>

PARATRIATHLON WORLD CHAMPIONSHIP SERIES

2011 Dextro Energy Triathlon ITU World Championship Series Sydney - 10 April 2011
<http://sydney.triathlon.org/>

2011 Dextro Energy Triathlon ITU World Championship Series Yokohama - 15 May 2011
<http://yokohama.triathlon.org/>

2011 Dextro Energy Triathlon ITU World Championship Series Madrid - 4 June 2011
<http://madrid.triathlon.org/>

2011 Dextro Energy Triathlon ITU World Championship Series Kitzbuehel - 19 June 2011
<http://kitzbuehel.triathlon.org/>

2011 Dextro Energy Triathlon ITU World Championship Series Hamburg - 16 July 2011
<http://hamburg.triathlon.org/>

2011 Dextro Energy Triathlon ITU World Championship Series London - 7 August 2011
<http://london.triathlon.org/>

PARATRIATHLON CONTINENTAL CHAMPIONSHIPS

2011 Wellington OTU Triathlon Oceania Championships (NZL) - 12 March 2011

2011 Mombasa ATU Triathlon African Championships (KEN) - 28 May 2011

2011 Pontevedra ETU Triathlon European Championships (ESP) - 25 June 2011

2011 I-lan ASTC Triathlon Asian Championships (TPE) - 24 September 2011

INTERNATIONAL PARATRIATHLON RACES

New York City Triathlon - Accenture USA Paratriathlon National Championship - 7 August 2011
www.nyctri.com

750M SWIM 20KM BIKE 5KM RUN

paratriathlon

ARE YOU READY?

2011 BEIJING

SEPTEMBER 9 - 11

CONTACT

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