



# PARATRIATHLON

**PARATRIATHLON** events made its debut on the Paralympic program at the Rio Paralympic Games in 2016.

## BASIC RULES

Athletes will swim 750-meters, bike 20-kilometers and run five kilometers.

## EQUIPMENT

Equipment will vary depending on sport class, but in general the following equipment is needed: wetsuit, swim goggles, bicycle (or handcycle or tandem), cycling helmet, cycling shoes, running shoes or racing wheelchair.

## PARALYMPIC CLASS OVERVIEW

There are a number of classes in paratriathlon. Below is a summary of some of the sport classes.

- **PTWC** - wheelchair users. Athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run segment.
- **PTS2** - severe impairments. In both bike and run segments, amputee athletes may use approved prosthesis or other supportive devices.
- **PTS3** – significant impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- **PTS4** – moderate impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive devices.
- **PTS5** – mild impairments. In both bike and run segments, the athlete may use approved prosthesis or other supportive device.
- **PTVI** - total or partial visual impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye to some light perception (B1) and partially sighted athletes (B2, B3). One guide is mandatory throughout the race. Athletes must ride a tandem during the bike segment.

## GETTING STARTED

We encourage you to get started by connecting with a local triathlon community program. To find a list of clubs in your area, please visit <https://membership.usatriathlon.org/Public/Public/FindAClub>.

For more information on paratriathlon, please visit [www.usaparatriathlon.org](http://www.usaparatriathlon.org).

## PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference
- Visual Impairment

## PARALYMPIC CLASSIFICATION

Determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek a classification.

## START COMPETING

You are encouraged to get started competing by attending local and regional USAT-sanctioned triathlons to build your race resume. A list of competition opportunities may be found at <https://www.teamusa.org/usa-triathlon/events/usat-events-calendar>.

## COLLEGIATE CLUBS

Several colleges and universities have triathlon club teams. Click **HERE** to view collegiate triathlon club programs.