



2026 USA Paratriathlon Military Standards

The importance of having sprint distance triathlons (750m swim, 20k bike, and 5k run) being the gold standard in determining someone's competitive eligibility is vitally important in determining who the top talent is in paratriathlon. The sprint distance is the Paralympic distance and the distance being contested at all international competitions as well as the Paralympic Games. Additionally, having access for our military veterans to achieve race results is **crucial, so expanding the number of opportunities and reducing barriers to races** is an important next step in our program's evolution.

These are the events in which athletes can strive to achieve the military standard:

- Any World Triathlon or Americas Triathlon sprint distance triathlon in the 2026 calendar year
 - The list of events can be found at www.triathlon.org
- Any USA Triathlon sanctioned sprint triathlon in the 2026 calendar year
 - Athletes must ensure that the race is a sprint distance event (generally 750m swim, 20k bike, and a 5k run).
 - The list of events can be found at www.usatriathlon.org

The chart below shows the finishing time an athlete needs to achieve at the events above, to obtain the qualifying standard. For the qualifying standard, this calculation is 30% slower than the average of the relevant 2023/2024/2025 Para World Triathlon World Champion finishing time. ***If an event is shortened or changed to a duathlon or other non-triathlon format, then the race is void as a qualifier.***

Additionally, an athlete who achieves a spot on the USAT National A, B, or C Teams is also deemed to have achieved the military standard. The criteria for these teams can be found at <https://www.usatriathlon.org/elite/para-elite-athlete-resources>

Sport Class	Average World Championship Finishing Time	Qualifying Standard
Male PTWC	0:59:51	1:17:48
Male PTS2	1:08:22	1:28:53
Male PTS3	1:07:08	1:27:17
Male PTS4	0:59:12	1:16:57
Male PTS5	0:58:05	1:15:30
Male PTVI	0:58:37	1:16:12
Female PTWC	1:09:37	1:30:31
Female PTS2	1:17:39	1:40:57
Female PTS3	1:16:15	1:38:59
Female PTS4	1:14:48	1:37:15
Female PTS5	1:05:19	1:24:54
Female PTVI	1:05:56	1:26:44